

Section 1   Classes By Phone / Online		<i>Class info will be sent separately</i>	
<p><b>Square Dancing</b> Mondays, 1pm-2:30pm <i>Class led in Cantonese</i></p>		<p><b>Latin Dance</b> Saturdays, 4/17 &amp; 24, 11am-12pm Class led in English</p>	
<p><b>Learn Origami with Post-It Notes</b> Tuesday, 4/13, 7pm-8pm <i>Class led in English</i></p>		<p><b>Origami Workshop – Lantern</b> Friday, 4/23, 3:15pm-4:45pm <i>Class led in Cantonese &amp; Mandarin</i></p>	
<p><b>Learn to Sing</b> Tuesdays, 3pm-4pm <i>Class led in Mandarin</i></p>			<p><b>Singing Practice Group</b> Thursdays, 8pm-9pm <i>Class led in Mandarin</i></p>
<p><b>“Heal” Thy Self Cooking Recipes</b> Wednesday, 4/7, 7pm-8pm <i>Class led in English</i></p>		<p><b>Cell Phone &amp; iPad Help</b> Wednesdays, 1:30pm-2:45pm <i>Class led in Cantonese, Mandarin &amp; English</i></p>	
Section 2   Language Classes		<i>Class info will be sent separately</i>	
<p><b>Spanish Conversation - Elementary</b> Thursdays, 2pm-3pm</p>		<p><b>Spanish Conversation - Intermediate</b> Tuesdays, 11am-12pm</p>	
<p><b>English Conversation - Elementary</b> Mondays, 6:30pm-7:30pm</p>		<p><b>English Conversation - Intermediate</b> Wednesdays, 3pm-4pm</p>	
<p><b>Putonghua Lesson</b> Fridays, 2pm-3pm <i>Class led in Mandarin</i></p>			
Section 3   Celebrations		<i>Class info will be sent separately</i>	
		<p><b>April Birthday Party</b> Thursday, 4/15, 5-6pm <i>Celebration led in English, Mandarin, Cantonese &amp; Spanish</i></p>	

Do you want to learn how to name your device in **zoom**

*Individual help is available*

Contact TimeBank at 844-371-6870 or [timebank@healthfirst.org](mailto:timebank@healthfirst.org)

**Section 4 | Stress Release Activities**

*Class info will be sent separately*

**Laughter Yoga/Stress Management Group**

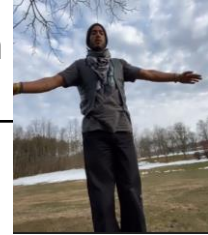
Monday, 4/19, 4pm-4:45pm

*Group led in English*

**Physical Meditation Group**

Mondays, 4/12 & 4/26, 4pm-5pm

*Group led in English & Spanish*



**Karaoke**

Tuesdays, 1pm-2pm

*Class led in Cantonese & Mandarin*

**Meditation Group**

Friday, 4/2 & 4/16, 4pm-5pm

*Group led in English*

**Yoga Dance**

Thursday, 4/8 & 4/22, 11am-12pm

*Class led in Cantonese & Mandarin*

**Section 5 | Staying Healthy**

*Class info will be sent separately*

**Vaccine Information with Jean Qingjun Zheng, MD**

*affiliated with Mount Sinai Beth Israel and NY Presbyterian Lower Manhattan hospitals*

Thursday, 4/1, 11am-12pm

*Group led in Mandarin*

*Sponsored by Healthfirst*



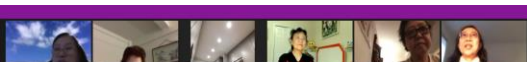
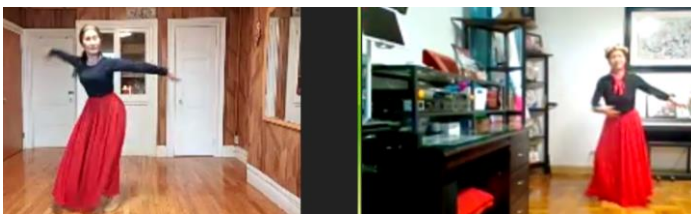
**Learn about COVID vaccines.**

See if you are eligible to receive the vaccine and use these Vaccine Finders to search for a location near you.

NYC Residents <https://www1.nyc.gov/site/doh/covid/covid-19-vaccines.page>

All Others <https://covid19vaccine.health.ny.gov/what-you-need-know#check-your-eligibility>

**March Birthday & Celebration**



**TimeBank by Healthfirst | 844-371-6870 | [timebank@healthfirst.org](mailto:timebank@healthfirst.org)**