



Catholic Charities Neighborhood Services Inc.

Attend fun & educational events from the comfort of your own home. 😊



If you have a Smart Phone, Tablet or Computer you can join the zoom events listed below with a link.

[HTTPS://VNSNY.ZOOM.US/J/7726623351](https://vnsny.zoom.us/j/7726623351)

Virtual Exercises: -

- Zumba Gold every Monday at 10:00am
- Chair Exercise every Tuesday at 10:00am
- Chair Yoga every Thursday at 10:00am
- Tai Chi every Friday at 10:00am

Cantonese Instructor led Exercises: -

- Zumba Gold Every 1st Tuesday at 2:30pm
- Zumba Gold in Chair Every 2nd Tuesday at 2:30pm
- Chair Yoga Every 3rd Tuesday at 2:30pm
- Chair Exercise Every 4th Tuesday at 2:30pm

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