



**August  
2021**

## News

As the temperature continues to heat up, so are IWD virtual programs. We are offering a new workshop series and games this month. Our Pre-Work Readiness Workshop Series will help develop your soft skills; soft skills are abilities that relate to how you work and how you interact with other people. These skills are valuable not only in the workforce but also in social environments. Join us for a virtual gathering to "act out" a phrase without speaking while playing Charades, guess the letters before it's too late while playing Hangman, or try to fill in all the squares to complete Crossword Puzzles with us. Maybe you want a casual conversation to chit-chat about a new TV show; Virtual Coffee Break has got you covered!

The monthly fee for exercise classes is \$40, with scholarship the monthly fee is reduced to \$20 this will allow access to an unlimited amount of virtual classes. We are currently accepting check or money order as forms of payment. All payments can be mailed to IWD at: 318 East 23<sup>rd</sup> Street New York, NY 10010. Please contact our office at 212-598-6429 to register or to voice any questions or concerns.

## Highlights of our Virtual Educational Workshops

### Pre-Work Readiness Workshop Series

**Friday, 8/6, 8/13, 8/20, 8/27**

**11:00 am — 12:00 pm**

**Presented by: Michele Greene and Barbara Blake**

Prepare yourself for work by becoming work ready! Join us to develop your work readiness skills. The goal of the Pre Work Readiness Workshop Series is to help develop soft skills. Soft skills refer to a group of personal qualities that enable someone to interact effectively with other people, personal qualities such as positive attitude, the ability to communicate, to think critically, to organize and plan, to work with a team, and more.

### Organization Workshop Series

**Tuesday, 8/10, 8/17, 8/24, 8/31**

**11:00 am — 12:00 pm**

**Presented by: Litsa DeJulio, LCSW**

Feeling overwhelmed with clutter? Difficulty organizing daily life and home? Join our Organization Workshop Series for support along with tips to manage clutter, organize life, and stress less.

### NYU Langone Health MyChart App Updates Workshop

**Wednesday, 8/18**

**1:00 pm — 2:00 pm**

**Presented by: Lisa Fung-Liao and Dominique Chase**

Join us to learn the ins and outs of the newly remodeled NYU MyChart app, with the new layout you can easily find and access the information most important to you. At the touch of your fingertips you can find an NYU provider, schedule radiology imaging, send a message to anyone on your care team, and even upload proof of your Covid-19 vaccine. The MyChart app is safe and secure, it gives you the ability to share and link your medical record amongst multiple health organizations.

# IWD Virtual Classes Calendar

## August 2021

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### Adaptive Workout

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**Monday 11:00 am – 12:00 pm**  
8/2, 8/9, 8/16, 8/23, 8/30  
**Instructor: Steph Roach**

This class is a total body, cardio and strength conditioning workout. With a new workout every week, the classes are designed to push participants harder than they'd push themselves. This class can be done in a seated and/or standing position.

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### Moving For Life

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**Tuesday 1:00 pm – 2:00pm**  
8/10, 8/17, 8/24, 8/31  
**Instructor: Jyothi Larson**

Moving For Life focuses on building balance, coordination, strength, and flexibility through dance, weight bearing and muscle strengthening exercises. A fun, invigorating class beneficial for everyone but especially for those with osteopenia and osteoporosis.

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### Adaptive Workout

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**Wednesday 11:00 am – 12:00 pm**  
8/4, 8/11, 8/18, 8/25  
**Instructor: Steph Roach**

This class is a total body, cardio and strength conditioning workout. With a new workout every week, the classes are designed to push participants harder than they'd push themselves. This class can be done in a seated and/or standing position.

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### Zumba

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**Wednesday 3:00 pm – 4:00 pm**  
8/4, 8/11, 8/18, 8/25  
**Instructor: Emi Asano**

Zumba is an easy to follow aerobic dance program inspired by Latin Music. It is a cardio based total body workout combining fast and slow rhythms that tone the body. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.

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### Empowerment Group

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**Thursday 11:00 am – 11:45 am**  
8/12, 8/19, 8/26  
**Led by: Kathryn Malone, LMSW**

The program is specifically designed for women 21 to 32 years old who have physical disabilities. Topics addressed in this supportive program relate to independence, employment, and self advocacy.

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### Strength & Tone

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**Monday 4:00 pm – 5:00 pm**  
8/2, 8/16, 8/30  
**Instructor: Laurie Malen**

This class is a combination of strength training and aerobic conditioning. It is designed to improve upper body flexibility and strength; includes boxing weight training and cardio conditioning. This class can be done in a seated and/or standing position..

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### Chair Pilates

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**Friday 12:30 pm – 1:30 pm**  
8/13 & 8/27  
**Instructor: Gail Accardi**

Exercise incorporates techniques to strengthen your core and upper body muscles. Core and arm exercises help build better balance, stability and shoulder mobility. This class will be adapted to all levels and abilities and can be done in a seated and/or standing position.

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### Virtual Gathering:

### Virtual Coffee Break!

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**Friday 1:00 pm – 2:00 pm**  
8/6 & 8/20  
**Led by: Dominique Chase**

Connect with others from your home! Join IWD for a casual conversation meetup with your friends. Share your favorite recipes with us, introduce your pet on camera, or chat about your favorite tv show.

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### Virtual Gathering:

### Virtual Games

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**Charades– Monday 1:00 pm – 1:45 pm**  
8/16 & 8/30

**Hangman - Tuesday 3:00 pm – 3:45 pm**  
8/10 & 8/31

**Crossword-Thursday 2:00pm – 2:45 pm**  
8/12 & 8/26 – **Theme: Food**

You are invited to join us for fun, interactive virtual games from the comfort of your own home.



**September  
2021**

## News

September is Healthy Aging Month, the mission is to bring attention to the importance of a healthy lifestyle. Grab onto that old “back-to-school” feeling and make this month a fresh start to set some healthy goals. To help you get started or keep you going IWD has several virtual classes and groups to help you live your best life. We are currently offering Adaptive Workout, Zumba, Strength & Tone, Moving for Life, and Chair Pilates. All of our virtual fitness classes are modified for all different levels led by our expert instructors and can be done in a seated or standing position. Join us for one of our virtual gatherings to exercise your brain by playing a game of Charades, Hangman, or Crossword Puzzles. IWD social workers also facilitates workshop series and discussion groups that let you freely express your feelings while respecting your confidentiality.

The monthly fee for exercise classes is \$40, with scholarship the monthly fee is reduced to \$20 this will allow access to an unlimited amount of virtual classes. We are currently accepting check or money order as forms of payment. All payments can be mailed to IWD at: 318 East 23<sup>rd</sup> Street New York, NY 10010. Please contact our office at 212-598-6429 to register or to voice any questions or concerns.

## Highlights of our Virtual Educational Workshops

### Mindfulness Workshop Series–Part 1

**Tuesday, 9/14**

**11:00 am — 12:00 pm**

**Presented by: Litsa DeJulio, LCSW**

Introduction and overview of mindfulness practices. Learn what they are, how they help, and why mindfulness practices are important.

### Mindfulness Workshop Series–Part 2

**Tuesday, 9/28**

**11:00 am — 12:00 pm**

**Presented by: Litsa DeJulio, LCSW**

Dive deeper into mindfulness practices. This workshop will include time to practice what we have learned.

*To get the most out of the experience, be sure to sign up and attend both workshops.*

### Avoidance: Discussion Group

**Wednesday, 9/15 & 9/29 from 10:00 am — 10:45 am**

**Presented by: Kathryn Malone, LMSW**

Do you often find yourself avoiding things you would rather not think about, perhaps a medical appointment or a tough conversation with family or friends?

Avoidance can bring short term relief but also yields long term consequences. Join us as we discuss how we get stuck in avoidance patterns and how to challenge these behaviors that do not benefit us.

### Pre–Work Readiness Workshop Series

**Friday, 9/3, 9/10, 9/17, 9/24**

**11:00 am — 12:00 pm**

**Presented by: Michele Greene and Barbara Blake**

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### Adaptive Workout

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9/1, 9/8, 9/15, 9/22, 9/29  
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9/13 & 9/27

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9/14 & 9/28

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9/8 & 9/22

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