

Willing Hearts Helpful Hands Virtual Programming Calendar

Monday April 20 – Sunday May 3, 2020

Relaxation Zensation with Rina Dutta

When: Monday, April 20th, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/3644645057228415245>

Memory Cafe with John Ciotta

When: Monday, April 20th, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/3084781432946384653>

Zumba with Andrea

When: Tuesday, April 21st, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/4589357542441622797>

Chair Yoga with Michelle and Cindy from the Yoga Shack

When: Tuesday, April 21st, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/3955327460819554317>

Exercise with Ian from Metro Physical Therapy

When: Wednesday, April 22nd, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/8720478914205484813>

For Caregivers: Meaningful Activities for Individuals with Alzheimer's Disease

When: Wednesday, April 22nd, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/682244072651434509>

Memory Cafe with Steve Cassano

When: Thursday, April 23rd, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/3100539633595956237>

**Virtual Yoga, Sound Healing and Guided Meditation
with Michelle from the Yoga Shack**

When: Thursday, April 23rd, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/5321597102168609805>

Relaxation Zensation with Sue Panurach

When: Friday, April 24th, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/3389250496329077005>

Memory Cafe with Mark Danti

When: Friday, April 24th, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/3015901427513120781>

Chair Yoga with Michelle and Cindy from the Yoga Shack

When: Saturday, April 25th, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/2084251140438072333>

Exercise with Ian Feurtado from Metro Physical Therapy

When: Sunday, April 26th, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/8234222095845022733>

For Caregivers: How To Manage Dementia Related Behaviors

When: Monday, April 27th, 2020

Time: 10:00 am - 2:00 pm

Click the link Below to Register.

<https://us02web.zoom.us/meeting/register/tZMvf-mhqj0iGNH7ADpa5Bog5YC8cS4W86Pq>

Memory Café with Alex Alexander

When: Monday, April 27th, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/8967958091029305359>

Zumba with Andrea

When: Tuesday, April 28th, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/77629225739536655>

Chair Yoga with Michelle and Cindy from the Yoga Shack

When: Tuesday, April 28th, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/8134851533593718799>

Exercise with Ian from Metro Physical Therapy

When: Wednesday, April 29th, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/4306680799654422031>

For Caregivers: Memory Loss, Dementia and Alzheimer's Disease

When: Wednesday, April 29th, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/1224869553765739791>

For Caregivers: Dementia Care for Families

When: Thursday, April 30th, 2020

Time: 10:00 am - 12:00 pm

Click the link Below to Register.

https://us02web.zoom.us/meeting/register/tZwkceCoqz4iGNP2Jf_oygj9r-kzhWZKvXn

**Yoga, Sound Healing and Guided Meditation
with Michelle from the Yoga Shack**

When: Thursday, April 30th, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/7613339974400144399>

Mobility Fitness With Ruben

When: Friday, May 1st, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/8240300196255715855>

Memory Cafe with Alex Alexander

When: Friday, May 1st, 2020

Time: 3:00 pm - 4:00 pm

Click the link Below to Register.

<https://register.gotowebinar.com/register/7725766137851918351>

Chair Yoga with Michelle and Cindy from the Yoga Shack

When: Saturday, May 2nd, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/8868107042064862735>

Exercise with Ian Feurtado from Metro Physical Therapy!

When: Sunday, May 3rd, 2020

Time: 10:00 am - 11:00 am

Click the link Below to Register.

<https://register.gotowebinar.com/register/2931046617772057359>

Advance Registration is Required.

If you have difficulties registering please contact us.

Call: (516) 586-1507

Email: whhh@parkerinstitute.org

After registering, you will receive a confirmation email containing information about joining the webinar.

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