



**NEW Classes and Groups**

**Special Events**

**COMPLETE SCHEDULE ON NEXT PAGE**

**Current Events** –Bring your comments. Learn how to take action. **Tues. 11-12 w/ George.**  
**Creative Writing Workshop**– Get help with fiction & non-fiction. **Tues. 1:00-3:00 w/Larry.**  
**Pictures of Your Life** **Thur. 1-2 w/ Belle**  
Learn to create and share meaningful photos. NO experience necessary. Sign up at reception.  
**Computer Topics!** **Fri. 1-2:30 pm.**  
**One-on-One Computer Training on Any Topic You Need** **Fri. 3:30-4:30 pm.**

**Crime Prevention** **Wed. 2/3 12:45 p.m.**  
**Make Valentine’s Decorations w/ kids** **Saturday, Feb 6 @Elliot 441W 26 St. 2 p.m..**  
**Blood Pressure Taken** **Beth Israel Students 1st & 3rd Wed & Fri. Certified Nurses on the 2nd & 4th Tues.**  
**Osteoporosis/Active Minds** **Wed. 2/3 11 a.m.**  
**Trip-Onassis Cultural Center** **El Greco icons Mon. 2/8**  
**HIV + Aging** **Wed. 2/10, 12:45 p.m.**  
**Acid Reflux / Better Sleep Tips** **Fri. 2/12 11:00**  
**Valentine’s & Asian New Year Party** **Wed, 2/10 1-3:00**  
**Dehydration/Improving Your Energy Level** **2/17 11:00**  
**Preventing Heart Attacks & Strokes** **2/17 12:45**  
**Purim/ Birthday Dance** **Wed 2/24 1-3 p.m.**  
**Atlantic City** **Thurs. 2/25, 8:30 am.** \$25 fee, get back \$30 in casino chips. Register **Mon. and Thurs. 11-1** with Ana.  
**Low Vision** **Fri. Starts 2/19** Practical tips & support  
**Bridging The Gap** seniors & high schoolers carry out projects to improve Chelsea. **Fri in Spring.** Talk to Yve.

**SAVE THE DATE! Wednesday, March 17th**  
**Luncheon Theater trip to**  
**Hunterdon Playhouse Performance of American**  
**Music plus choice of lunch**  
**Buy tickets from Maria, Tues. & Wed. 10:30-1:30**

**ELLIOTT-CHELSEA NORC**

**JOIN ELLIOTT-CHELSEA NORC!  
ASISTA ELLIOTT-CHELSEA NORC!**

**If you are age 60+ and live in Elliott-Chelsea Houses, we can help you!**  
**Si tiene más 60 años y vive en Elliott-Chelsea Houses, podemos ayudarle!**

- \* Nursing and social services**  
*Enfermera y servicios sociales*
- \* Discounts and giveaways**  
*Descuentos y regalos*
- \* Clubs, activities, and parties**  
*Clubs, actividades, fiestas*

Visit the Elliott Center to join/renew your membership. *Visite en el Centro Elliott y agase miembro o renueva su afiliación.*

**Have you lost someone close to you?  
¿A perdido un ser querido?**

**GRIEF AND LOSS  
SUPPORT GROUP**

**GRUPO DE APOYO DE  
DOLOR Y PÉRDIDA**

**Whether your loss was recent or long ago, the support of others can help. Aunque su pérdida sea reciente o mucho tiempo atras, el grupo lo ayudara.**

Contact **Fulton** or **NORC Social Services** if interested.  
*Contacto Fulton o NORC servicios sociales si interesado.*

**Grupos Y Eventos en Español**

**CLASES Y GRUPOS NUEVOS EN ESPAÑOL**

**Conversaciones en Ingles** - **Martes 11-12**  
**Eventos de Actualidad** Traiga sus comentarios. Aprende a tomar accion en cuestiones que a todos concierne. **Martes 11-12 con Jorge Colon**  
**Jueves 12:30-1:30.** Aprenda y practique.

**Fotos De Su Vida** **Jueves 1-2 con Belle** Aprenda a crear compartir fotos significativas. NO se requiere experiencia. Registrate en la recepcion. De Fulton  
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BUSCA la “Bridging the Gap” un programa Entre mayores y Jovenes trabajando en proyectos para la comunidad. Hable con Yve.  
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**¡SEPRE ESTE FECHA! MIER. 17 DE MARZO**  
**Viaje con almuerzo y teatro Hunterdon: Musica Americana ademas variedades de almuerzo**  
**Compra su tarjetas con Maria– Martes y Miercoles 10:30– 1:30 con Maria.**

**EVENTOS ESPECIALES**

**Prevencion De Delito** **Miercoles 2/3 12:45pm**  
**La Presion Arterial** **Estudiantes De Beth Israel el primero y tercero Miércoles y Viernes.**  
**Enfermeras el segundo y cuarto, Martes.**  
**Osteoporosis/Mentes Activas** **Miercoles 2/3 11**  
**Viaje-Onassis Centro Cultural el Greco Icons** **Lunes 2/8**  
**HIVE + Vejez** **Miercoles 2/10, 12:45**  
**Acido** **Viernes, 2/12 11**  
**Fiesta de Día de Valentine y Año Nuevo/ Lunar**  
**Chino** **Miercoles 2/10, 1-3 pm**  
**Viernes /12, 11:00**  
**Baile de Compleaño y Purim** **Miercoles 2/24, 1-3 pm**

**Atlantic City, Jueves, 2/25** paga \$25 y recibe \$30 en fichas del casino. Registro **Lunes y Jueves de 11 am - 1 pm** con Ana Torres.

## FEBRUARY 2010 WEEKLY ACTIVITIES


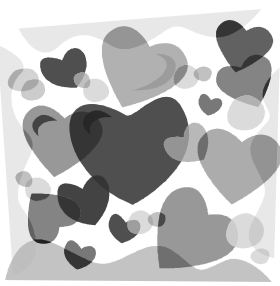
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>10:00-4:00</u> <b>Computer Lab</b></p> <p><u>9:00-5:00</u> <b>Dominoes &amp; Pool</b></p> <p><u>9:30-11:30</u> <b>Metro Bus (2/8)</b></p> <p><u>10:00-12:00</u> <b>Costume Jewelry w/ Marcela</b></p> <p><u>11:00-1:00</u> <b>Atlantic City Tickets w/ Ana</b></p> <p><u>1:00-2:00</u> <b>Mixed Crafts w/ Marcela</b></p> <p><u>1:10-1:55</u> <b>Chair Aerobics</b></p> <p><u>1:30-3:30</u> <b>Movie &amp; Discussion w/ Katherine</b></p> <p><u>2:00-3:00</u> <b>Naam Yoga w/ Gary</b></p> <p><u>2:30-3:30</u> <b>Bonnets w/ Ellen</b></p> <p><b>No Theater Tickets</b></p>	<p><u>9:00-10:00</u> <b>Walking w/ Ivy @ Elliott</b></p> <p><u>10:00-11:00</u> <b>De-Cluttering w/ Anna Leah 2/2 &amp; 2/16</b></p> <p><u>11:30-2:30</u> <b>Theater Tickets*</b></p> <p><u>9:00-12:30</u> <b>Computer Lab</b></p> <p><u>11:00-12:00</u> <b>Current Events w/ George</b></p> <p><u>11:00-12:00</u> <b>Learn English w/ Carolina</b></p> <p><u>12:00-12:45</u> <b>Ladies Who Lunch w/ Shelly</b></p> <p><u>1:00 -2:30</u> <b>Computer Basics w/ Mort</b></p> <p><u>1:30-3:30</u> <b>Writing w/Larry</b></p> <p><u>1:00-3:30</u> <b>Movies &amp; Emotions w/ Shelly</b></p> <p><u>1:30-3:00</u> <b>Bingo w/ Ana Maria</b></p> <p><u>3:00-4:00</u> <b>Qi Gong w/ Pin Pin</b></p>	<p><u>9:00-4:00</u> <b>Computer Lab</b></p> <p><u>9:00-5:00</u> <b>Dominoes &amp; Pool</b></p> <p><u>11:30-2:30</u> <b>Theater Tickets*</b></p> <p><u>11:00-12:00</u> <b>Conv. Spanish w/ Oscar</b></p> <p><u>11:00-12:00</u> <b>Your Exercise w/ Wendee</b></p> <p><u>1:00-2:00</u> <b>Poetesia w/ Ana Sofia</b></p> <p><u>1:00-2:30</u> <b>Movie Game Show w/Prizes w/ Paul</b></p> <p><u>2:30-4:30</u> <b>Crocheting w/ Kim</b></p> <p><u>3:30- 5:30</u> <b>Memoir/Creative Writing w/ Larry</b></p> <p><b>*Theater Ticket Distribution Now in Auditorium</b></p>	<p><u>9:00-12:00</u> <b>Computer Lab</b></p> <p><u>9:00-5:00</u> <b>Dominoes &amp; Pool</b></p> <p><u>10:00-12:00</u> <b>Bridge Class w/ Muriel</b></p> <p><u>11:30-2:30</u> <b>Theater Tickets*</b></p> <p><u>11:00-1:00</u> <b>Atlantic City Tickets w/ Ana</b></p> <p><u>12:00-4:00</u> <b>AARP Tax Return Assistance (By Appointment Only)</b></p> <p><u>12:30-1:30</u> <b>Learn English w/ Carolina</b></p> <p><u>1:00-2:00</u> <b>Pictures of Your Life w/Belle</b></p> <p><u>1:00-2:30</u> <b>The Lively Arts w/ Jim</b></p> <p><u>1:30-2:30</u> <b>Basic Spanish w/ Carolina</b></p> <p><u>1:30-3:00</u> <b>Legal Clinic (2/5 &amp; 2/18)</b></p> <p><u>1:30-3:30</u> <b>Bingo w/ Ana Maria</b></p> <p><u>2:30-3:30</u> <b>Yoga w/Marta</b></p>	<p><u>9:00-1:00</u> <b>Computer Lab</b></p> <p><u>9:00-5:00</u> <b>Dominoes &amp; Pool</b></p> <p><u>9:00-10:00</u> <b>Walking w/ Ivy @ Elliott</b></p> <p><u>10:00-12:00</u> <b>Collage w/Liz</b></p> <p><u>10:30-12:30</u> <b>Theater Tickets</b></p> <p><u>11:00-11:45</u> <b>Tai Chi w/ Pin Pin</b></p> <p><u>11:45-12:30</u> <b>Brainercise w/ Pin Pin</b></p> <p><u>1:00- 2:00</u> <b>Low Vision w/ Dorothy &amp; Eugene starts 2/19</b></p> <p><u>1:00-2:30</u> <b>Computer Topics w/ Mort</b></p> <p><u>1:00-2:00</u> <b>Sing-along w/Novac</b></p> <p><u>1:30-3:30</u> <b>Movie w/ Katherine</b></p> <p><u>3:30-4:30</u> <b>Computer Tutor w/ Alex</b></p> <p><u>3:00-4:00</u> <b>Dancing w/ Donatas</b></p>
			<i>WiFi is Available in our Auditorium</i>	
			<b>Guild Gallery II Viewing Hours:</b> Tuesday, Thursday, Friday, 3-6 pm <b>Galería Guilo II Día y horas de visita:</b> Martes, Jueves y Viernes 3-6 pm	

### Ways to Support Hudson Guild Adult Services

- Contribute regularly at lunch time, whether or not you eat at Hudson Guild — all our activities have costs connected to providing them. Contribute as much as you can; every little bit counts!
- Contribute special goods and services to benefit the center.
- Make special contributions during the holidays and in honor or memory of someone special.
- Remember Hudson Guild in your Will or Trust. (Contact Hudson Guild External Relations at 212-760-9800 to learn about membership in the John Lovejoy Elliott Society.)
- Donations may offer tax benefits. Please see Cheryl about contributions and/or special donations to the program.

Hudson Guild Adult Services is an inclusive community, committed to providing services and activities to all participants age 55+ with dignity & respect. We welcome and encourage participation to support a diverse environment that respects each person's contributions.

**FEBRUARY 2010 MENU AND SPECIAL EVENTS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><i>Please Let Our Lunch Sign-In Volunteer Know If You Would Like Table Service When You Arrive. Lunch is Served in our Fulton Center Auditorium Monday - Friday, 11:45 am - 1:00 pm</i></p>				
<p>*Whole Wheat Bread &amp; Fresh Fruit served every day unless otherwise noted. Low Fat Milk served every day. All Juice is Vitamin C fortified</p>			<p><b>SATURDAY EVENTS</b> February 6th - <i>Make Valentine's Decorations w/kids,</i> 2 pm @ Elliott 441 West 26th St. Questions? See Yehudit.</p>	<p><b>SATURDAY EVENTS</b> February 20th- <i>Quilters of Color,</i> 11am- 4 pm @ Fulton Center New Members Welcome!</p>
<p><b>1 Poached Fish w/ Herb Sauce</b> Brown Rice Green beans n Carrots  <i>1:30 Secret Life Of Bees</i></p>	<p><b>2 BBQ Pork</b> Sweet Potato Cabbage w/ Apples &amp; Onions  <i>1:00 Frida Kahlo</i></p>	<p><b>3 Hawaiian Chicken</b> Jasmine Rice Broccoli Cauliflower  <i>1:30-3 Legal Clinic</i> <i>1:00 Bernstein's Wonderful Town, pt 1</i></p>	<p><b>4 Stuffed Shells</b> Tomato Cream Sauce Spinach  <i>1:30 Meet the Artists Found Objects Sculpture</i></p>	<p><b>5 Roasted Chicken</b> Rice Peas n Carrots  <i>1:30 Julia and Julie</i></p>
<p><b>8 Chicken w/ Mushrooms</b> Rice Broccoli Cauliflower  <i>1:30 Claudine</i></p>	<p><b>9 Hamburger Deluxe w/ Assorted Toppings</b> Baked Potato Cabbage  <i>11:30 Blood Pressure Screening</i> <i>1:00 West Side Story</i></p>	<p><b>10 Chicken Teriyaki</b> Noodles Oriental Blend Vegetables  <i>12:45 - HIV &amp; Aging</i> <i>1-3 Valentine's Day/ Asian New Year Dance</i></p>	<p><b>11 Blackened Fish</b> Vegetable Dirty Rice Carrots Greens Beans Broccoli  <i>1:30 Meet the Artists Wagner's Ring: Die Walkure, Part 2</i></p>	<p><b>12 Meatloaf</b> Mashed Potato Vegetables Glazed Carrots  <i>11- Better Sleep Tips</i> <i>11 - Acid Reflux</i> <i>1:30—Dim Sum</i></p>
<p align="center"><b>Closed in Recognition of President's Day</b></p>	<p><b>16 Chicken w/ White Sauce</b> Sweet Potato Broccoli Normandy  <i>1:00 Revolutionary Road</i></p>	<p><b>17 Sliced Corned Beef</b> Herb Red Potato Braised Cabbage  <i>11:00 - Dehydration/ Improve Energy Level</i></p>	<p><b>18 Moroccan Chicken</b> Tabouli Rice Cumin Carrots  <i>1:30-3 Siegfried Part 1</i></p>	<p><b>19 Poached Fish w/ Caper Sauce</b> Rice Mixed Vegetables  <i>1:30 Moulin Rouge (1952 Oldie)</i></p>
<p><b>22 Meatballs w/ Tomato Sauce</b> Wheat Pasta Italian Blend Vegetables  <i>1:30 Something New</i></p>	<p><b>23 Jerk Chicken</b> Sweet Potato Mixed Vegetables  <i>12:45 Blood Pressure Screening</i> <i>1:00 Driving Ms. Daisy</i></p>	<p><b>24 Roast Beef w/ Pan Gravy</b> Asparagus Herbed Potato Carrots  <i>1:00 Membership Mtg</i> <i>1:30-3 Purim &amp; Birthday Dance</i></p>	<p><b>25 Spanish Chicken</b> Rice n Beans Kale w/ Garlic  <i>1:30-3 Siegfried Part 2</i></p>	<p><b>26 Manicotti w/ Cream Basil Sauce</b> Spinach Ratatouille  <i>1:30 Star Trek</i></p>

**HGAS is funded by the NYC Department for the Aging, Citymeals-on-Wheels, Hudson Guild, private foundation grants & YOUR contributions.**