



# April Sundial Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

*Celebrating the Art of Living Well for Adults Age 55 & Better!*

### Breakfast

**Time:** 8:45 - 9:30 am

### Location:

Dan Carpenter A & B  
Location: 2nd FL

### Lunch

**Time:** 11:45 - 1:30 pm

### Location:

Dan Carpenter A & B  
Location : 2nd FL

### Trip This Month

Robert Harling's Acclaimed Play

### Steel Magnolias At

### Hunterdon Hills Play House

May 24, 2018

Departure: 7:30 AM

Return : 5:00 PM

### Registration Dates

Monday, Tues., Wed., Thurs.

April 23, 2018 thru April 26, 2018

10 :00 AM - 12:00 PM

Cost 35.00

### No Refunds Accepted

Check/ Cash ONLY

Must Be A Current Member Of Hudson Guild

### New Classes Starting April

#### Artful Gardening

Tuesdays 04.03.18 - 06.19.18

Time: 1:00 PM - 2:30 PM

Tuesdays Grinell Art RM 2nd FL

#### Story Circle With The High Line

Tuesdays 4.03.18 - 4.17.18 Time: 12:00 PM - 1:00 PM

Grinell Art RM 2nd FL

**A Matter Of Balance** Tuesdays 4.03.18 - 5.24.18

Time: 1:00 PM - 2:30 PM

Gural B

#### Walk With Ease

Thursdays 4.19.18 - 5.22.18 Time: 1:00 PM - 2:00 PM

Groncki Conf. RM 2nd FL

### Confronting Ageism w/

### The Radical Age Movement

Monday 4.16.18 Gural A & B 1ST FL

Time: 1:00 pm-2:00 pm

### REFRESHMENTS!

Staff and participants are invited to hear from the founder of the Radical Age Movement, Alice Fisher about how we can confront ageism and fight for age justice!

### Atlantic City

### Next Trip

### Resorts Casino

4.26.18

## Social Service Unit

### Our Social Services Staff Are Here To Assist!

Monday - Friday

**1:30 pm - 3:30 pm**

**10:00 - 12:00 pm**

By Appointment Only!

Teresa Olvera and Julia Koo

Location: 428 west 26th St.

Carmen Castaneda & Dorothy Johnson-Laird

Location: 441 west 26th St.

**Questions:** Ask Dorothy Johnson-Laird  
email - [djohnson-laird@hudsonguild.org](mailto:djohnson-laird@hudsonguild.org),  
or call - 212 924-6710 x 4018

### Chelsea Coalition On Housing

(Assistance with Tenants' Rights)

Meeting Every Monday at 6:30 pm 2nd FL

### Medicare Presentation,

Wednesday, April 11th at 1:00 pm

Dan Carpenter 2nd FL

### Coping with Sadness

Thursday, April 12th at 12:00 pm

Dan Carpenter 2nd FL

**Say Ah!** Monday, April 23rd at 10:30 am in

Dan Carpenter 2nd FL

## Programming

### THE LIVELY ARTS

**When: Thursdays**

**Time: 1:00 - 2:30 PM**

**4/5 Mozart's The Abduction from the Seraglio -  
a sparkling springtime comedy, part 1**

**4/12 Mozart's Abduction, part 2**

**4/19 Mozart's Abduction, part 3**

**4/26 Smetana's The Bartered Bride -  
an effervescent, dance-filled delight, part 1**

### Story Circle

Wednesday, April 11th at 1 pm

Last day of story circle with refreshments!

**2nd FL Conference Room Executive Suite**

When: Every 4th

Saturday of the Month

Location: Dan Carpenter A & B 2nd FL

Time: 12:00 pm - 4:00 pm

Upcoming Class 4/28/18

### Senior Advisory Council Meeting

**Time:** April 3rd at 1:00 pm

**Location:** Gural A 1 St FL

### Theater Desk

Distribution Hours

**When:**

Tuesday, Wednesday, Thursday & Friday

**Time:**

12:00 - 2:00 PM

**Location:**

Elliott Lobby

### New Group:

Gifts Of Aging

April 18th-May 16th

Wednesdays 1-2:30 pm

Location: 2nd FL Executive Suite

Conference Room

### Atlantic City

Registration

**Mondays & Thursdays**

**11:00 AM - 1:00 PM**

**Location: Elliott**

**Next Trip Trip**

**4.26.18**

### MTA Metrocard Van

Every Second and Fourth Thursday

**Dates: 4/5 & 4/26**

**Time: 11:30 - 1:30**

Location: 23rd Street and 9th Avenue

# April Breakfast

**Menu is subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
2  Omelette with Spinach and Parmesan Cheese	3  Pork Breakfast Sausage Patty	4  Ground Turkey and Salsa Breakfast Burrito	5  Turkey Sausage	6  Greek Yogurt
9  Apple Pancakes	10  Egg a la Mexicana	11  Grilled Mozzarella and Tomato Sandwich	12  Bran Muffin (preprepared) Spinach and Cheese Frittata	13  Home Fries Tuna Cake
16  Pancakes Turkey Bacon	17  Frittata with Broccoli and Potato	18  Turkey Sausage Link Waffles	19  Hard Boiled Egg French Toast	20  Egg Frittata with Potatoes and Peas
23  Blueberry Muffin Hard Boiled Egg	24  Pork Breakfast Sausage Patty	25   Turkey Bacon	26  Turkey Sausage Link	27  Scrambled Eggs
30  Egg Frittata with Potatoes and Peas	1  Turkey Bacon Waffles	2  Baked Egg Omelette	3  Scrambled Eggs with Red Peppers and Onions	4  Grilled Mozzarella and Tomato Sandwich

\*Breakfast is served Monday - Friday 8:45 - 9:30 AM

**Adult Services' activities, meals and services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants and your support.**

Your Breakfast ticket includes the above plus juice and other items available.

Suggested Contribution for those 60 and better - \$1.00  
Breakfast for 59 and under - \$2.00

\*Coffee and tea are .25 with free refills

# April Lunch

## Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Breaded Chicken Cutlet - OR - Eggplant Parmesan	3 Hamburgers - OR - Homemade Black Bean Burger	4 Homemade Roast Pork Spanish Style - OR - Pasta Pesto Primavera	5 Baked Turkey Breast - OR - Roasted Eggplant	6 Baked Tilapia - OR - Corn, Black Bean and Pepper Salad
9 Beef Meatloaf - OR - Lentil Stew with Carrots and Turnips Vegetarian	10 BBQ Chicken Leg Quarters - OR - Soft Tacos with Black Beans and Mixed Vegetables	11 Baked Tilapia - OR - Spaghetti Carbonara with Green Peas	12 Turkey and Black Bean Enchilada - OR - Vegetable Biryani with Chickpeas	13 Vegetable Lasagna - OR - Vegetable Lasagna
16 Broccoli Cheese Quesadilla Stewed Chicken Breast	17 Chickpea Salad with Tomatoes and Parsley - OR - Chili con Carne	18 Pulled BBQ Pork OR Bean Burrito with Whole Wheat Tortilla	19 Vegetable Pasta - OR - Broccoli Cheese Quesadilla	20 Baked Tilapia - OR - Chickpea Salad with Tomatoes and Parsley
23 Arroz con Pollo Chicken Breast and Rice - OR - Brown Rice with Pigeon Peas	24 Whole Grain Macaroni and Cheese - OR - Spaghetti Carbonara with Green Peas	25  Italian Meatballs with Beef and Turkey - OR - Veggie Meatballs in Tomato Sauce	26 Baked Chicken Quarters - OR - Baked Macaroni and Cheese	27 Baked Tilapia - OR - Chinese Style Spaghetti
30 Chili con Carne - OR - Vegetarian Chili	1 Baked Tilapia - OR - Eggplant Parmesan	2 Basic Shepherd's Pie - OR - Broccoli and Potato Soup	3 Baked Chicken Quarters - OR - Chickpea Stew	4 Turkey with Gravy - OR - Roasted Eggplant

Try our weekend take-home meals! Sign up at Elliott's on Monday, Tuesday or Wednesday & pick up your meals Friday

Suggested Contribution for those 60 and better - \$1.25/ Lunch for 59 and under - \$2.50.

Coffee and tea are .25 with free refills. \*Menu items are subject to change \*

# Weekly Activities

## Monday

**9:30 AM – 5:30** Dominoes and Games  
Lobby  
**10:00 -12:00** Advanced Jewelry  
**Grinnell Art RM 2nd FL**

**1:00 – 2:30** Beginners' Jewelry  
**Grinnell Art RM 2nd FL**  
**1:30- 2:30** Chair Aerobics  
**Gural A 1st FL**

## Tuesday

**9:00-10:00** Walking Club  
**Gural A 1st FL**  
**10:00 -11:30** De-Cluttering  
**Gural B 1st FL**  
**10:00 - 11:30** Theater Games/ Storytelling with  
Wendy  
**Gural A 1st FL**  
**10:00 - 12:00 pm** Beading with Sarita  
**Groncki Conf. RM 2nd FL**  
**11:30 - 12:30** Senior Fitness Stretch  
**Gural A & B 1st FL**  
**12:00 - 1:00 PM** Story Circle With The Highline  
**Grinnell Art RM 2nd FL**

**12:15-1:15** Lunch & Learn  
**2nd FL Dan Carpenter A & B**  
**12:30-2:00** Bingo  
**Gural A 1st FL**  
**12:30- 2:00 AMOB** ( Fitness Class )  
**Gural B 1st FL**  
**1:00 pm - 2:30** Artful Gardening Workshop  
**Grinnell 2nd FL**  
**1:30 – 4:00** Movies & Emotions  
**Groncki Conf.RM 2nd FL**  
**2:15-5:15** Bridge Workshop (\$3)  
**Gural A & B 1st FL**

## Wednesday

**9:30 – 5:30** Dominoes and Games  
**Lobby**  
**10:30-11:30** Advanced Spanish  
**Grinnell Art RM 2nd FL**  
**11-12:00** Afro-Brazilian Dance Fitness  
**Groncki 2nd FL**  
**11:45-1:00** Intermediate Spanish  
**Grinnell Art RM 2nd FL**

**11:45-1:00** Intermediate Spanish  
**Grinnell Art RM 2nd FL**  
**1:30- 3:30** Crocheting  
**Groncki Conf. RM 2nd FL**  
**2:00-3:30** Table Tennis Team Play  
**Gural RM A & B 1st FL**  
**3:30-5:30** Creative Writing  
**Gural A 1st FL**

WiFi Password: ECWifi123  
No Activity Pre-Registration  
or Fees Required Unless Specified

# Weekly Activities

## Thursday

**9:30 – 5:00** Dominoes and Games

**Lobby**

**9:30-10:30** Yoga

**Gural A& B 1st FL**

**10:30-11:30** Zumba Gold

**Gural A & B 1st FL**

**12:30-2:30** Acupressure (\$2)

**Dan Carpenter 2nd FL**

**1:00 - 2:30** Lively Arts

**Grinell Art RM 2nd FL**

**1:00 - 2:00** Walk With Ease W/ Wendy

**Groncki Conf. RM 2nd FL**

**1:00-2:30** Middle Eastern Arts

**Gural A & B**

**3:00-4:30** Bingo

**Gural A & B 1st FL**

## Friday

**9:00 -10:00** Walking Club

**Gural A**

**9:30 – 5:30** Dominoes and Games

**Lobby**

**10:00 - 12:00** Collage

**Groncki Conf. RM 2nd FL**

**10:00 - 12:00** Sewing with Hands

**Executive Suite Conf. RM 2nd FL**

**10:00-11:00** Ancient Arts Exercise

**GYM Cancelled Until May**

**11:00 -12:00** Qi Gong

**Grinell Art RM 2nd FL**

**12:00 -1:00** Tai Chi

**Grinell Art RM 2nd FL**

**12:15 -2:15** Chinese Club

**Grinnell Art RM 2nd FL**

**1:00-2:30** Painting ARBY

**Cancelled Until Mid May**

**3:30-5:00** Table Tennis Team Play

**Gural Room A & B 1st FL**

Body Works With Etta

Every 1st Tuesday of The Month

**Time : 11:45 am - 12:45 pm**

**Location: Dan Carpenter 2nd FL Next Class 4. 3.18**

**Elliott Center - Site of The Neighborhood Senior Center ( NSC)**

441 W 26th Street New York, NY 10001 **(212) 760-9800**

Phone:(212) 924-6710 Fax:(646) 599 8785 Email: info@hudsonguild.org

**Armisha Mitchell** Community Outreach Manager, ext. 4004

**Dorothy Johnson-Laird** Social Services Manager, ext. 4018

**Roxanne Henry** - NORC Services Director, ext. 3002

# WEEKLY ACTIVITIES CALENDAR

For Elliott-Chelsea Housing Residents age 60 & Better

## Mondays

9:00 - 12:00 Social Services (NORC)

11:00 - 12:00 Tai Chi for Arthritis (GURAL)

9:30 - 12:30

Mah Jongg & Social Club  
in Chinese (TBD)

## Tuesdays

9:00 - 5:00 Nursing Services (NORC)

9:30 - 12:00 & 2:00 - 4:30 Social Services

1:00 - 2:00 Lunch and Learn (Gural B)

2:00-3:30 NORC Advisory Council (TBD)  
(3rd Tuesday every other month)

## Wednesdays

9:00 - 10:30 Handicrafts in Chinese  
(Gural B)

9:30 - 12:00 Social Services (NORC)

10:30 - 12:00 Chinese Club (Gural B)

12:00-1:30 Life in the 21 Cent (Gural A)

1:00 - 2:00 Yoga (GRINNELL)

## Thursdays

9:30 - 12:00 Social Services (NORC)

1:00 - 2:00 Cultura Hispana (GRONCKI)

2:00 - 3:00 Jewelry (GRONCKI)

## Fridays

9:00-5:00 Nursing Services (NORC)

9:30-12:00 Social Services (NORC)

10:00-11:00 Blood Pressure Screenings (NORC)

10:00-11:00 Tai Chi in Chinese  
(Gural A)

10:30-11:30 Walk with Ease (GURAL B)

12:00-3:00 NORC/NSC Bingo (Gural)

## NORC SpotLights

**Event Name: Chronic Disease Self Management -- Diabetes**

**WHEN:** April 19th through May 24th ,  
10:00am-12:30pm (GRINNELL RM)

**DETAILS:** Learn how to manage diabetes or reverse pre- diabetes. Get books, CD and a certificate at graduation of the workshop.

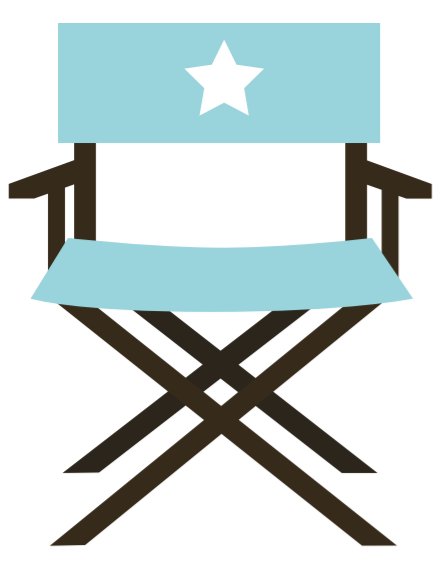
**Event Name: Game Night**

**WHEN: Cancelled in April**

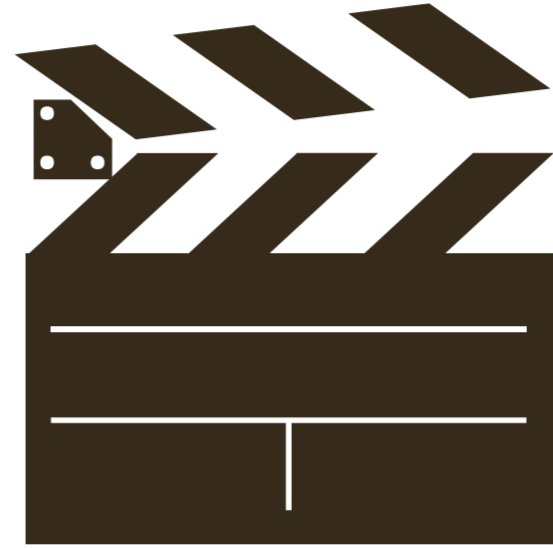
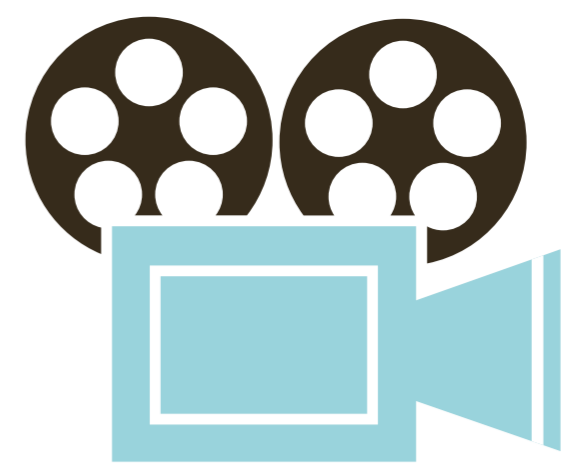
**DETAILS:** See you in May where you will join other NORC members for this once a month event where tables games, including bingo occurs. *Please bring a dish to share!*

For more information, please contact Roxanne Henry @ 212-760-9800 x 3002.





# Adult Services Movie Listing April 2018



**Tuesday Movies**  
**Time: 1:30 - 4:00 PM**  
**Location: Groncki 2nd FL**

**4/3 The Assistant**

With his wife in labor, father-to-be Thomas (Malik Zidi) speeds to the hospital, and in the process, accidentally kills a young man on the road. That death sets into motion events that will change everyone's lives forever, including the young man's mother, Marie-

**4/10 Just Getting Started**

It takes all kinds to make a community, which is why an ex-lawman and a former mob lawyer find themselves on the same side when it comes to fending off a threat to the tiny resort where they live.

**4/17 Wonder**

Entering fifth grade will be momentous for Auggie because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his fac

**4/24 Golden Years**

Retired couple Arthur and Martha Goode live a quiet suburban life, tending to their garden and socializing with friends at their club. But when the nation's financial crisis empties their hard-earned pension accounts, the couple seizes the opportunity to replenish their funds through a series of bank robberies.



# JOIN OUR LUNCH LOYALTY PROGRAM

## How it works

- Come to five lunches and your name will be entered into a raffle to win a prize!
- Get a new loyalty card everytime you attend five lunches
- If you paid for the trip already, we will refund you your money if you win the raffle

For more info contact  
Armisha

Get your loyalty card at Lunch  
**Wednesday, April 4, 2018**