August Sundial Adult Services

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

Vocal Ease Performance
When: Wednesday August 2
Time: 1:30 pm
Where: Dan Carpenter Room
2ndFL

GET FIT WITH S.A.I.L
Stay Active & Independent for Life
is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling
When:
Wednesday, August 2, 2017
Time: 9:30 am - 10:30 am
Location:
GYM

MTA MetroCard Van
Every second Monday of the Month
Date: 8.8.17
Location: 119 9th Avenue

Theater Desk Update
Last Day of Distribution For
Theater Desk Will Be Friday
August 11th
and
Distribution Will Resume
Wednesday Sept 6th

Monday Movies
will resume in September
Thank you for your patience

Returning This Month
Friday August 18
Pin Pin (Qi Gong & Tai Chi )
11:00 - 1:00
GYM
Our Social Services Staff is Here to Assist You!

New summer Hours Walk-in Hours:
Monday - Thursday 1:30 - 3:30 PM or by appointment!
Friday 10:00 am to 12:00 pm or by appointment!

Teresa Olvera and Julia Koo
Location: 428 west 26th St.

Carmen Castaneda & Dorothy Johnson-Laird
Location: 441 west 26th St.

Liveon-NY  Will be returning to our site to screen people for benefits such as SNAP and SCRIE.
Thursday August 3 & August 17  from 10:00 am - 2:30 pm

Friendly Visiting & Escort Assistance
Need Necessary Furniture or Other Vital Assistance?
See Dorothy in Social Services. They may be able to help if you are unable to purchase these items yourself.
(212) 924-6710 ext 4018

Programming

Atlantic City Signup

When: Monday & Thursday
Time: 11:00 AM - 1:00 PM
Location: Elliott Lobby

Quilters of Color

When: Every 4th Saturday of the Month
( On Break Until September 22, 2017)
Location: Dan Carpenter A & B 2nd FL
Time: 12:00 pm - 4:00 pm

Theater Desk

Distribution Hours

When: Tuesday, Wednesday, Thursday, & Friday
Time: 12:00 - 2:00 PM
Location: Elliott Lobby
On Break From August 11th until September 6

Lively Arts

Location: Grinnell
When: Thursdays Time: 1:00 - 2:30 PM
8/3  - No class
8/10 - Cole Porter's Kiss Me, Kate Part 1
8/17 - Cole Porter's Kiss Me, Kate Part 2
8/24 - Cole Porter Songs
8/31 - No Class
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Egg &amp; Pancakes</td>
<td>Western Frittata</td>
<td>Egg Benedict</td>
<td>French Toast</td>
</tr>
<tr>
<td>7</td>
<td>Ambrosia Fruit Salad</td>
<td>Egg a la Mexicana</td>
<td>Breakfast Burrito</td>
<td>Scrambled Eggs &amp; Ham</td>
</tr>
<tr>
<td>14</td>
<td>BLT</td>
<td>Western Frittata</td>
<td>Birthday Party</td>
<td>Egg Benedict</td>
</tr>
<tr>
<td>21</td>
<td>High Tea</td>
<td>Eggs &amp; Home Fries</td>
<td>Fruit Mix</td>
<td>Turkey Bacon &amp; Waffles</td>
</tr>
<tr>
<td>28</td>
<td>Eggs &amp; Turkey Bacon</td>
<td>Grilled Mozzarella and Tomato Sandwich</td>
<td>Hard Boiled Egg, Plain Yogurt, &amp; Cheerios</td>
<td>Turkey Sausage &amp; French Toast</td>
</tr>
</tbody>
</table>

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

Your Breakfast ticket includes the above plus juice and other items available.
Breakfast for those 60 and better - $1.00
Breakfast for 59 and under - $2.00
*Coffee and tea are .25 with free refills

Adult Services' activities, meals and services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants and your support.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Broccoli Cheese Quesadilla</td>
<td>2</td>
<td>Beef Stroganoff with Noodles</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>Chickpea Salad &amp; Quinoa</td>
<td>8</td>
<td>Tofu or Soft Tacos with Black Beans</td>
<td>9</td>
</tr>
<tr>
<td>14</td>
<td>Chicken Cutlet</td>
<td>15</td>
<td>Beef Fajitas</td>
<td>16</td>
</tr>
<tr>
<td>21</td>
<td>High Tea Baked Salmon with Cilantro Citrus Sauce or Tofu Stuffed Peppers</td>
<td>22</td>
<td>Chili Lime Chicken Wraps</td>
<td>23</td>
</tr>
<tr>
<td>28</td>
<td>Chicken Caprese &amp; Pesto Pasta with Broccoli</td>
<td>29</td>
<td>Fish Tacos &amp; Cole Slaw</td>
<td>30</td>
</tr>
</tbody>
</table>

Try our weekend take-home meals! Sign up at Elliott’s on Monday, Tuesday or Wednesday & pick up your meals Friday.
Lunch 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*
### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 AM – 5:30</td>
<td>Dominoes and Games</td>
<td>Lobby</td>
</tr>
<tr>
<td>11:30 – 2:30</td>
<td>Beginners' Jewelry</td>
<td>Grinnell Art Room 2nd FL</td>
</tr>
<tr>
<td>1:30- 2:30</td>
<td>Chair Aerobics</td>
<td>Gural A &amp; B</td>
</tr>
<tr>
<td>10:00 -11:30</td>
<td>Advanced Jewelry</td>
<td>Grinnell Art Room 2nd FL</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:00</td>
<td>Walking Club</td>
<td>Gym</td>
</tr>
<tr>
<td>10:00 -12:00</td>
<td>De-Cluttering</td>
<td>Gural Room B 1st FL</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Ancient Arts Exercise</td>
<td>Gym</td>
</tr>
<tr>
<td>12:15-1:15</td>
<td>Lunch &amp; Learn</td>
<td>2nd FL Dan Carpenter Room</td>
</tr>
<tr>
<td>00-2:30</td>
<td>Bingo</td>
<td>Grinnell Art Room (Until September)</td>
</tr>
<tr>
<td>1:30 – 4:00</td>
<td>Movies &amp; Emotions</td>
<td>Groncki Conf. Room 2nd FL</td>
</tr>
<tr>
<td>2:15-5:15</td>
<td>Bridge Workshop ($3)</td>
<td>Gural Room A, Gural Room B 1st FL</td>
</tr>
</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 – 5:30</td>
<td>Dominoes and Games</td>
<td>Lobby</td>
</tr>
<tr>
<td>11:45-1:00</td>
<td>Basic Spanish</td>
<td>Grinnell Art Room 2nd FL</td>
</tr>
<tr>
<td>1:30- 3:30</td>
<td>Crocheting</td>
<td>Groncki Conf. Room 2nd FL</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Intermediate Spanish</td>
<td>Gronnell Art Room 2nd FL</td>
</tr>
<tr>
<td>11-12:00</td>
<td>Afro-Brazilian Dance Fitness</td>
<td>Gym</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Table Tennis Team Play</td>
<td>Gural Room A 1st FL</td>
</tr>
<tr>
<td>3:30-5:30</td>
<td>Creative Writing</td>
<td>Groncki Conf. Room 2nd FL</td>
</tr>
</tbody>
</table>

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

- **9:30 – 5:00** Dominoes and Games
  - Lobby
- **9:30-10:30** Yoga
- **10:30-11:30** Zumba Gold

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 1:00</td>
<td>Ballroom Boutique Gym</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>DGI</td>
</tr>
<tr>
<td>12:30-2:30</td>
<td>Acupressure ($2) Gym</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>The Lively Arts 2nd FL Grinnell Art Room</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Bingo</td>
</tr>
<tr>
<td>1st FL</td>
<td>Gural A &amp; B</td>
</tr>
</tbody>
</table>

### Friday

- **9:00 -10:30** Walking Club
- **9:30 – 5:30** Dominoes and Games
- **10:00 -12:00** Collage
- **10:00 - 12:00** Sewing with Hands
- **11:00- 12:00** Qi Gong

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 1:00</td>
<td>Tai Chi Gym</td>
</tr>
<tr>
<td>12:15 -2:15</td>
<td>Chinese Club Grinnell Art Room 2nd FL</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>Painting ARBY Gym</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Table Tennis Team Play Gural Room A &amp; B</td>
</tr>
<tr>
<td>1st FL</td>
<td></td>
</tr>
</tbody>
</table>

### Dream Imagery

- **Every Saturday**
- **Time:** 1:00 - 2:00 pm
- **Location:** Activity Room B 2nd FL

### Monthly:

- **High Tea**
  - Every 3rd Monday of The Month
  - 8/21/17 Time: 11:00 - 12:00
  - Location: GYM
  - Body Works Etta
  - Every 1st Tuesday of The Month
  - 8/2/17 Time: 11:45am - 12:45pm
  - Location: Dan Carpenter

### Contact

**Elliot 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** - *Director NORC Program*, ext. 3002
### Weekly Activities Calendar

For Elliott-Chelsea Housing Residents age 60 & Better

<table>
<thead>
<tr>
<th>Mondays</th>
<th>9:30 - 12:30 Mah Jongg &amp; Social Club in Chinese (Gural A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 12:00 Social Services (NORC)</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesdays</strong></td>
<td></td>
</tr>
<tr>
<td>9:00 - 5:00 Nursing Services (NORC)</td>
<td>1:00 - 2:00 Lunch and Learn (Gural B)</td>
</tr>
<tr>
<td>9:30 - 12:00 &amp; 2:00 - 4:30 Social Services (GRINELL)</td>
<td>2:00 - 3:30 NORC Advisory Council (3rd Tuesday every other month)</td>
</tr>
<tr>
<td>11:00 - 12:00 Tai Chi for Arthritis (GRINELL)</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesdays</strong></td>
<td></td>
</tr>
<tr>
<td>9:00 - 10:30 Handicrafts in Chinese (Gural B)</td>
<td>10:30 - 12:00 Chinese Club (Gural B)</td>
</tr>
<tr>
<td>9:30 - 12:00 Social Services (NORC)</td>
<td>12:00-1:30 Life in the 21 Cent (Gural A)</td>
</tr>
<tr>
<td>1:00 - 2:00 Yoga (Gural B)</td>
<td></td>
</tr>
<tr>
<td><strong>Thursdays</strong></td>
<td>1:00 - 2:00 Cultura Hispana (Gural B)</td>
</tr>
<tr>
<td>9:30 - 12:00 Social Services (NORC)</td>
<td>1:30 - 3:00 Jewelry (No Class in August)</td>
</tr>
<tr>
<td><strong>Fridays</strong></td>
<td></td>
</tr>
<tr>
<td>9:00-5:00 Nursing Services (NORC)</td>
<td>10:00-11:00 Tai Chi in Chinese (Gural A)</td>
</tr>
<tr>
<td>9:30-12:00 Social Services (NORC)</td>
<td>10:30-11:30 Walk with Ease (Gym)</td>
</tr>
<tr>
<td>10:00-11:00 Blood Pressure Screenings (NORC)</td>
<td>12:00-3:00 NORC/NSC Bingo (Gym)</td>
</tr>
<tr>
<td><strong>Saturdays</strong></td>
<td>4:00-10:00 Game Night (1st Saturday of each month) (Activity Room B)</td>
</tr>
<tr>
<td>10:30-11:30 Basic English for Chinese Speakers (Gural)</td>
<td></td>
</tr>
</tbody>
</table>

### NORC SpotLights

**EVENT NAME:** TRIP TO CITY ISLAND  
WHEN: Tuesday, Aug 8, 2017 11am-3pm  
5.00 per person includes Transportation & Lunch  
**EVENT NAME::** Snug Harbor 9am - 2pm  
Chinese Scholars Garden  
12.00 per person includes Transportation & Lunch  
**DETAILS:** Contact Armisha Mitchell x4004

**EVENT NAME:** GAME NIGHT  
WHEN: Saturday, August 5, 2017 4-10  
DETAILS: Join NORC members for this one 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.
Atlantic City
When: Thursday, August 31, 2017
Price: $30.00
****Transportation Provided****

Where: City Island
When: Tuesday August 8
11:00 am - 3:00 pm
Price: 5.00
Please Arrive at Elliott By: 10:30

Includes Transportation, Lunch, and Tour
*****Please Contact Armisha Mitchell
For More Information *****
Registration
Monday - Friday 12pm - 1pm

Snug Harbor
Where: Chinese Scholars Garden
(Located in Staten Island )
When: Tuesday, August 15, 2017
9:00 am - 2:00 pm
Price: 12.00
Please Arrive at Elliott By: 8:30 am

Includes Transportation, Lunch, and Tour
***** Please Contact Armisha Mitchell
For More Information *****
Registration
Monday - Friday 12pm - 1pm

**** Information ****

PLEASE NOTE
IN ORDER TO BE ELIGIBLE TO
ATTEND ALL TRIPS
You Must Have The Following
1. Please Bring Your Current Hudson Guild Membership Card When You Register
2. Full Payment Only
3. One Ticket Per Person
Additional Guest Must Be Present
Payment By Check Preferred. Sorry, No Refunds.
All Trips Includes Bagged Lunch
Tuesday Movies!
Time: 1:30 - 4:00 PM
Location: Groncki

8/8 - Life
8/15 - Pulling Strings
8/22 - Norman
8/29 - Get Out
Celebrate Moving in Strong and Creative Ways
All Fun. All Welcome!

Hudson Guild Elliott Center, 441 West 26th Street, New York, NY
FALL SESSION: Thursdays, 9:30-11AM
Sep 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7
Culminating Presentation: December 14, 2017 at 10AM

Older adults of all ages and abilities welcome. All sessions recommended but not required.

Special Thanks to Council Member Corey Johnson for his support of this program.

ABOUT US
Dances for a Variable Population provides lively, fun and free programs for adults, low cost classes, and performances beautifully crafted choreography. Through our programs, we strive to extend and improve the quality of life, and enhance communities as participants and audience members.

Naomi Goldberg Haas, Artistic Director • 347.683.2691 • naomi@dvpnyc.org

FOR MORE INFORMATION
Stephanie (DVP) 347.683.2691
stephanie@dvpnyc.org
Photos by Kelly Stuart