

# December Sundial Adult Services

PROGRAMS AND SERVICES FOR OLDER ADULTS

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

**We are Open For Christmas Day Closed New Year's Day Monday 01.01.18**

## 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

## WE ARE OPEN CHRISTMAS DAY

"Please Join Us For Lunch"

Members Can Sign Up Starting

**When:** December 1, 2017

**Location:** Dan Carpenter 2nd FL

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

Christmas Lunch Will Take Place

**When:** Christmas Day

**Time:** 11:15 am - 1:15 pm

**Location:** Dan Carpenter RM 2nd FL

## Sharing Memories Group Beginning

**Monday : January 8th, 2018**

**Time: 10:00 am-11:30 am Location : TBD**

In this group, participants will get to know other members while sharing stories that matter to them. Using objects, songs, photos and interesting questions, we will create a welcoming environment where listening, understanding and community building are valued.

If you have any questions or ideas about the group feel free to get in touch.

**Facilitators: Elena Callahan and Katie McKinstry.**

**Email: [ecallahan@hudsonguild.org](mailto:ecallahan@hudsonguild.org) or [kmckinstry@hudsonguild.org](mailto:kmckinstry@hudsonguild.org)**

## Movement Speaks Holiday Celebration

Dances for a Variable Population's Teaching Artists

Rebecca Teicheira

and

Mor Mendel

Join seniors from the neighborhood!

**When:** Thursday December 14, 2017

**Location:** GYM

**Time:** 1:15 pm

## Trips For December

Tuesday, December 12

Brownstone, New Jersey "Doo Wop"

Bus Departs: 8:00 AM - Returns 6 PM

Trip Includes: Christmas songs, Doo Wop favorites,  
Comedian Marvin Bell.

**Bus Is Sold Out**

**For More Information:**

**See Marietta Hawkes/ Armisha Mitchell**

**Please Arrive By 7: 45 AM for Departure**

## Our Social Services Staff is Here to Assist You!

Walk-in Hours:

Monday - Friday 10:00 am - 12:00 PM

1:30 - 4:00 pm by appointment only !

Teresa Olvera and Julia Koo

Location: 428 west 26th St.

Carmen Castaneda & Dorothy Johnson-Laird

Location: 441 west 26th St.

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

## Programming

Senior Advisory Counsel Meeting

**December 4, 2017**

**Time:** 1:00 pm

**Location:** Gural A 1 St FL

## Quilters of Color

**When:** Every 4th

Saturday of the Month

**Location:** Dan Carpenter A & B 2nd FL

**Time:** 12:00 pm - 4:00 pm

**Upcoming Class 12/16/17**

Atlantic City Signup

**See You In March 2018**

Lively Arts

**When:** Thursdays

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

**THE LIVELY ARTS**

12/7

Tchaikovsky's

The Sleeping Beauty, part 1

12/14

Tchaikovsky's

The Sleeping Beauty, part 2

12/21

Tchaikovsky's

The Sleeping Beauty, part 3

12/28 no class

Theater Desk

Distribution Hours

**When:** Tuesday, Wednesday, Thursday & Friday

**Time:** 12:00 - 2:00 PM

**Location:** Elliott Lobby

**MTA MetroCard Van**

Every Second Monday of the Month

**Date:** 12.11.17

**Time:** 9:30 - 11:30

**Location:** 119 9th Avenue

**MTA Metrocard Van**

Every Second and 4th Thursday

**Date:** 12.14.17 & 12. 21.17

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

**Location:** 23rd Street and 9th Avenue

# December Breakfast

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Eggs Benedict & Roasted Potatoes
4  Turkey Bacon & Oatmeal	5  Scrambled Egg Blueberry Muffin Cereal	6  Baked Beans W Boiled Egg & French Toast	7  Egg Frittata	8  Eggs Ala Mexicana
11  Turkey Sausage Patty w/ Oatmeal	12  Vegetable Egg Fittata	13  Spinach and Mushroom Crepe	14  French Toast	15  Baked Bean & Scrambled Egg
18  Scrambled Egg	19  Turkey Bacon	20  <b>Birthday Party</b> Grilled Mozerrella & Tomato Sandwich	21  Spinach & Mushroom Crepe (w/ Cheddar Cheese)	22  Turkey Sausage Link French Toast
25  <b>OPEN FOR CHRISTMAS LUNCH 11: 15 am - 1:00 pm</b>	26  Grilled Mozzarella and Tomato Sandwich	27  Frittata w/ Broccoli and Potato	28  Omelette w/ Spinach and Parmesan Cheese	29  Ham & Cheese Frittata

\*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.

Breakfast for those 60 and better - \$1.00

Breakfast for 59 and under - \$2.00

\*Coffee and tea are .25 with free refills

# December Lunch

## Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Beef Stew Veggie: Three Bean Stew
4  Tofu/ W Vegetables	5  Turkey Meatloaf W Gravy <b>Veggie</b> Lentil & Rice Loaf	6  Baked Fish i Cajun Style <b>Veggie</b> Baked Bean W Rice	7  Beef Fajitas <b>Veggie</b> Bean Quesadilla	8  Rosemary Chicken <b>Veggie</b> Mac & Cheese Veggie
11  Vegetable Biryani W Chickpeas	12  Chicken Parmesan <b>Veggie</b> Eggplant Parmesan	13  Apricot Glazed Salmon <b>Veggie</b> Black Bean Burger	14  Ribs <b>Veggie</b> Cheese Ravioli	15  Beef Stew <b>Veggie</b> Three Bean Stew
18  Veggie Lasagna	19  Baked Cod Fish Spanish Style <b>Veggie</b> Bean Enchiladas w/ Shredded Cheese	20   <b>Birthday Party</b> BBQ Pulled Pork <b>Veggie</b> Baked Bean w/ Rice	21  Beef Teriyaki Veggie Tofu Teriyaki W White Rice	22  Sunny Mediterranean Chicken <b>Veggie</b> Cheese Pizza w/ Vegetable
25  <b>OPEN FOR CHRISTMAS LUNCH 11: 15 am - 1:00 pm</b>	26  Pork with Zesty Cilantro Sauce <b>Veggie</b> Bean Quesadilla	27  Lentil Stew w/ Carrot & Turnips	28  Herb Roasted Chicken <b>Veggie:</b> Baked Bean w/ Rice w/ Shredded Cheese	29  Turkey & Black Bean Ensalada <b>Veggie</b> Black Bean Ensalada w/ Shredded Cheese

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

**9:30 AM – 5:30** Dominoes and Games  
Lobby

**10:00 -12:00** Advanced Jewelry  
**Grinnell Art Room 2nd FL**

**1:00 – 2:30** Beginners' Jewelry  
**Grinnell Art Room 2nd FL**

**1:30- 2:30** Chair Aerobics  
**Gym**

## Tuesday

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

**10:00 -12:00** De-Cluttering  
**Gural Room B 1st FL**

**10:00 - 12:00** Theater Games with Wendy  
**Gural Room A 1st FL**

**10:00 - 12:00 pm** Beading with Sarita  
**Groncki 2nd FL**

**10:30-11:30** Ancient Arts Exercise  
**Gym**

**12:15-1:15** Lunch & Learn  
**2nd FL Dan Carpenter A & B**

**1:00-2:30** Bingo  
**Gym**

**1:30 – 4:00** Movies & Emotions  
**Groncki Conf.Room 2nd FL**

**2:15-5:15** Bridge Workshop (\$3)  
**Gural Room A, Gural Room B 1st FL**

## Wednesday

**9:30 – 5:30** Dominoes and Games  
**Lobby**

**9:30 - 10:30** S.A.I.L  
**Gym**

**10:30-11:30** Advanced Spanish  
**Grinnell Art Room 2nd FL**

**11-12:00** Afro-Brazilian Dance  
Fitness  
**Gym**

**11:45-1:00** Intermediate Spanish  
**Grinnell Art Room 2nd FL**

**1:30- 3:30** Crocheting  
**Groncki Conf. Room 2nd FL**

**2:00-3:30** Table Tennis Team Play  
**Gural Room A 1st FL**

**3:30-5:30** Creative Writing  
**Grual 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**

**Gural Room B 1st FL**

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

**Gym**

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

**Gym**

**12:00 - 1:00** Ballroom Boutique

**Gym**

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

**Gym**

**1:00 - 2:30** Movement Speaks

**GYM**

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

**2nd FL Grinnell Art Room**

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

**1st FL Gural A & B**

## Friday

**9:00 -10:30** Walking Club

**Gym**

**9:30 – 5:30** Dominoes and Games

**Lobby**

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

**Grinnell Art Room 2nd FL**

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

**GYM**

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

**Gym**

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

**Gym**

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

**Grinnell Art Room 2nd FL**

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

**Gym**

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

**Gural Room A & B**

**1st FL**

Body Works Etta

Every 1st Tuesday of The Month

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

**Location: Dan Carpenter 2nd FL Next Class 12. 5.17**

## Contact

**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** - *Director NORC Program*, ext. 3002

# WEEKLY ACTIVITIES CALENDAR

For Elliott-Chelsea Housing Residents age 60 & Better

## Mondays

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

9:30 - 12:30 Mah Jongg & Social Club  
in Chinese (**Gural A**)

## Tuesdays

9:00 - 5:00 Nursing Services (**NORC**)  
9:30 - 12:00 & 2:00 - 4:30 Social Services  
11:00 - 12:00 Tai Chi for Arthritis (**GYM**)

1:00 - 2:00 Lunch and Learn (**Gural B**)  
2:00 - 3:30 NORC Advisory Council  
(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 (**Gym**)

## Thursdays

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

1:00 - 2:00 Cultura Hispana  
(**Gural B**)  
1:30 - 3:00 Jewelry (**Gural A**)

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

## Saturdays

Basic English for Chinese  
Speakers (POSTPONED UNTIL FURTHER NOTICE)

4:00-10:00 Game Night (1st Saturday  
of each month) (**Activity Room B**)

## NORC SpotLights

Event NAME: **GAME NIGHT**

WHEN: Saturday, December 2nd from 4-11pm

DETAILS: Join NORC members for this once a month event where  
tables games, including bingo occurs. *Please bring a dish to share!*

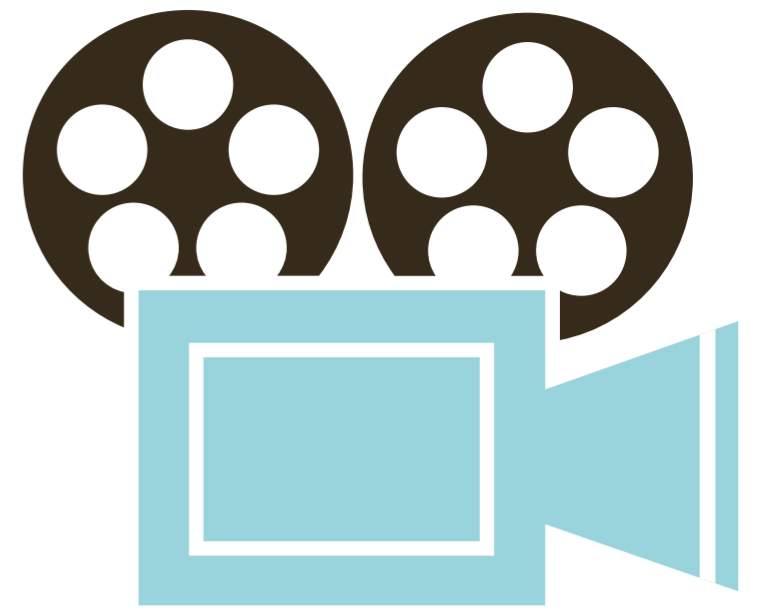
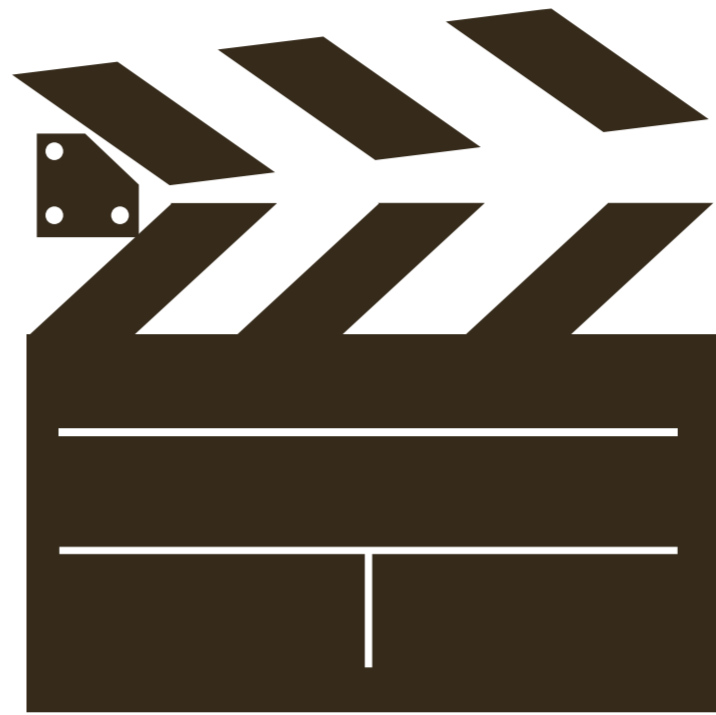
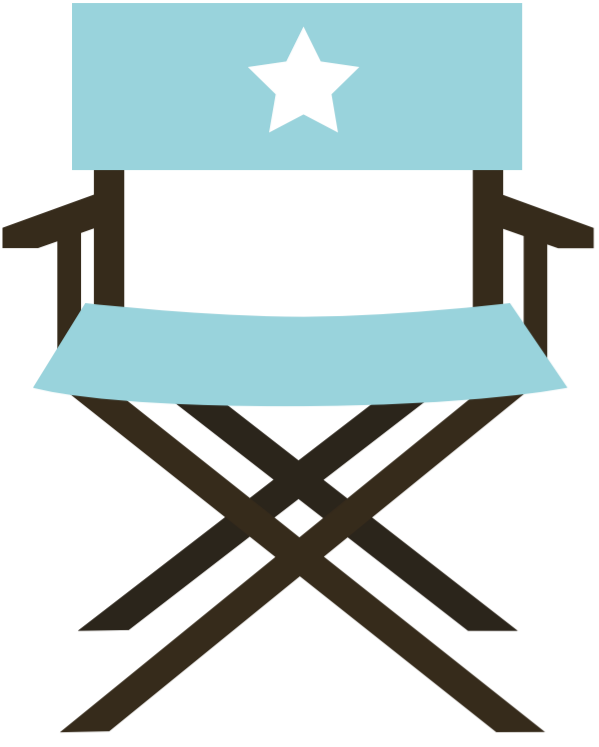
For more information, please contact **Roxanne Henry @ 212-760-9800 x 3002.**



# Adult Services

## Movie Listing

### December 2017



#### **Tuesday Movies!**

**Time: 1:30 - 4:00 PM**

**Location: Groncki 2nd FL**

**12/5 - Crown Heights**

**12/12 - Pasiones Escondidas (2005)**  
**(in Spanish with English subtitles)**

**12/19 - Miracle on 34th Street**

**B&W Version (1947)**

**Happy Christmas**

**12/26 - The Hero**