



HUDSON GUILD

January Sundial Adult Services

PROGRAMS AND SERVICES FOR OLDER ADULTS

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

WE ARE CLOSED MONDAY JANUARY 1, 2018

OBSERVED FOR NEW YEARS DAY

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

Trips For January

Wednesday

January 10, 2018

MOCA - Museum Of Chinese In America

Bus Departs: 9:30 AM - Returns 3 PM

Trip Includes: Guided Tour & Bagged Lunch

Bus Is Sold Out

For More Information:

See Elena Callahan/ Armisha Mitchell

Sharing Memories

Group Beginning

Monday : January 8th, 2018

Time: 10:00 am-11:30 am Location : Grual A 2nd FL

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 or kmckinstry@hudsonguild.org

Casino Day

Please Give Our Volunteers From
Coach

A Warm Welcome As We Have Casino Day

Please Join the Fun

Games, Prizes & Light Refreshments

When: Thursday January 25, 2018

Location: GYM

Time: 1:00 pm - 2:30 pm



Whitney Museum Movement WorkShop

Dance and movement workshop

with Mecca Vazie Andrews & a tour with Laura Owens.

workshops, centered around dance and movement,

When: Monday

January 22 & 29, 2018

Location: Whitney Museum 3rd Floor Theater

Time: 10:00 am - 12:00 pm

If you are interested

Please See Armisha Mitchell or Elena Callahan

To Register Only 20 Slots Available !

Registration Will Start

Monday: January 8, 2018 at 12:00 pm

Location: Dan Carpenter 2nd FL

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,
or call - 212 924-6710 x 4018**

Chelsea Coalition On Housing
(Assistance with Tenants' Rights)
Meeting Every Monday at 6 :30 pm
2nd FL

ALEX RYLEY WILL BE HERE TO GIVE
LEGAL INFORMATION & ADVICE

When : Thursday January 11, 2018

Location: Please See Front Desk

IF YOU HAVE ANY QUESTIONS
PLEASE FEEL FREE TO CONTACT

- djohnson-laird@hudsonguild.org,
or call - 212 924-6710 x 4018

FURNITURE

Do you have a one time need for furniture?

Please speak to Carmen Castaneda or Dorothy Johnson-Laird in
Social Services to see if you may qualify.

Programming

Senior Advisory Counsel Meeting

January 8, 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 1/27/17

See You In April 2018

Atlantic City Signup

Theater Desk

Distribution Hours

When: Tuesday, Wednesday ,Thursday & Friday

Time: 12:00 - 2:00 PM

Location: Elliott Lobby

Lively Arts

When: Thursdays

Time: 1:00 - 2:30 PM

THE LIVELY ARTS

1/4/18 Wagner's The Flying Dutchman,
Act 1

1/11 Wagner's The Flying Dutchman,
Act 2

1/18 Wagner's The Flying Dutchman,
Act 3

1/25 Puccini's Turandot,
Act 1

MTA MetroCard Van

Every Second Monday of the Month

Date: 1.08.18

Time: 9:30 - 11:30

Location: 119 9th Avenue

MTA Metrocard Van

Every Second and 4th Thursday

Date: 1.09.18 & 1. 25.18

Time: 11:30 - 1:30

Location: 23rd Street and 9th Avenue

January Breakfast

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 WE ARE CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	2 Ham w/ Swiss Cheese	3 Vegetable Egg Frittata	4 French Toast & Granola	5 Mozzarella Cheese w/ Tomato
8 Baked Egg Omelette w/ Tomato & Avocado	9 Western Frittata	10 Grilled Cheddar Cheese w/ Tomato	11 Turkey Sausage & Waffles	12 Egg Benedict & Roasted Potatoes
15 WE ARE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY	16 Scrambled Egg & Bluebeery Muffin	17  Birthday Party Baked Bean w/ Hard Boiled Egg	18 Egg Frittata w/ Potato-Spinach	19 Egg Ala Mexicana
22 Scrambled Egg & Turkey Sausage	23 Vegetable Egg Frittata	24 Spinach and Mushroom Crepe	25 Yogurt & French Toast	26 Baked Bean & Scrambled Egg
29 Scrambled Egg & Oatmeal	30 Turkey Bacon & Cereal	31 Grilled Mozzarella & Tomato Sandwich	1 Spinach & Mushroom Crepe (w/ Cheddar Cheese)	2 Turkey Sausage & French Toast

*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

January Lunch

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 WE ARE CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	2 Beef Brisket w/ Tomato & Onion Veggie Rice Pilaf w/ Bean w/ Shredded Cheese	3 Baked Turkey Breast w/ Gravy Veggie Baked Ziti w/ Vegetable	4 Sliced Pork with Smothered Onions & Cheese Ravioli	5 Baked Salmon Veggie Cheese Pizza w/ Vegetable
8 Bean Burrito w/ Cheese	9 Chicken Stir-Fry w/ Vegetable Veggie Tofu Stir-Fry	10 Beef Stroganoff Veggie Baked Ziti w/ Mushroom	11 Baked Tilapia w/ Corn Potato Sauce & Rice & Bean	12 Italian Roasted Pork Tenderloin & Bean Enchiladas w/ Shredded Cheese
15 We Are Closed In Observance For Martin Luther King Day	16 Turkey Meatloaf w/ Gravy Veggie Lentil & Rice Loaf	17  Birthday Party Baked Fish in Cajun Style Veggie Baked Bean w/ Rice w/ Shredded Cheese	18 Beef Fajitas Veggie Bean Quesadilla	19 Rosemary Chicken Veggie Mac & Cheese w/ Veggie
22 Vegetable Biryani w/ Chickpeas	23 Chicken Parmesan w/ Garlic & Onion Veggie EggPlant Parmesan w/ Ricotta Cheese	24 Apricot Glazed Salmon Veggie Black Bean Burger w/ Cheddar Cheese	25 Baby Back Ribs Veggie Cheese Ravioli	26 Beef Stew Veggie Three Bean Stew
29 Veggie Lasagna	30 Baked Cod Fish Spanish Style Veggie Bean Enchiladas w/ Shredded Cheese	31 BBQ Pulled Pork & Veggie Baked Bean w/ Rice	1 Beef Teriyaki Veggie: Tofu Teriyaki	2 Sunny Mediterranean Chicken Veggie Cheese Pizza w/ Vegetable

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 (Cancelled Until
February 11, 2018)**

10:00 - 11:30 Story Circle **Gural A 1st FL**

1:00 – 2:30 Beginners' Jewelry
Grinnell Art Room 2nd FL
(Cancelled Until February 11, 2018)

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

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
(Cancelled until February 14)
Grinnell Art Room 2nd FL

11-12:00 Afro-Brazilian Dance
Fitness
Gym

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

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 The Lively Arts

2nd FL Grinnell Art Room

3:00-4:30 Bingo

1st FL Gural A & B

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

10:30-11:30 Ancient Arts Exercise

Gym

Friday

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 1. 2.18

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, January 6th from 4-10pm

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.**



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Speakers (POSTPONED UNTIL FURTHER NOTICE)

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

NORC SpotLights

Evento NOMBRE: NOCHE DE JUEGOS

CUÁNDO: Sábado, 6 de enero de 4 a 10 p. M.

DETALLES: Únase a los miembros de NORC para este evento de una vez al mes donde se realizan mesas de juego, incluido el bingo. Por favor traiga un plato para compartir!

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



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(**Gural A**)
10:30-11:30 Walk with Ease (**Gym**)
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Speakers (POSTPONED UNTIL FURTHER NOTICE)4:00-10:00 Game Night (1st Saturday
of each month) (**Activity Room B**)**NORC SpotLights**

活動名稱：GAME NIGHT

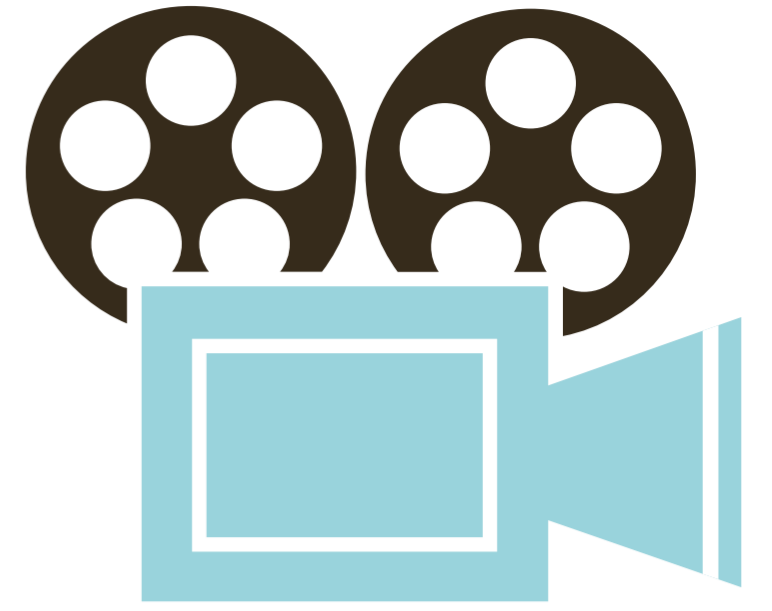
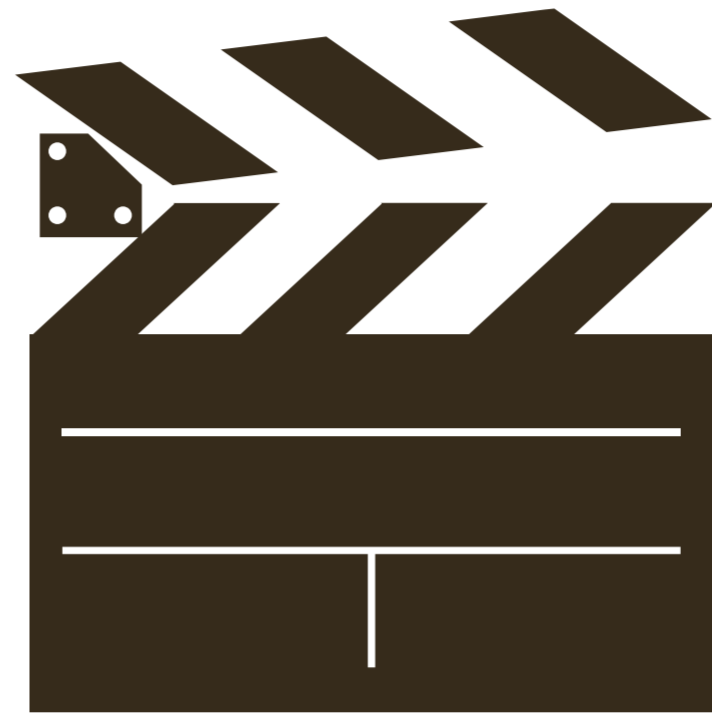
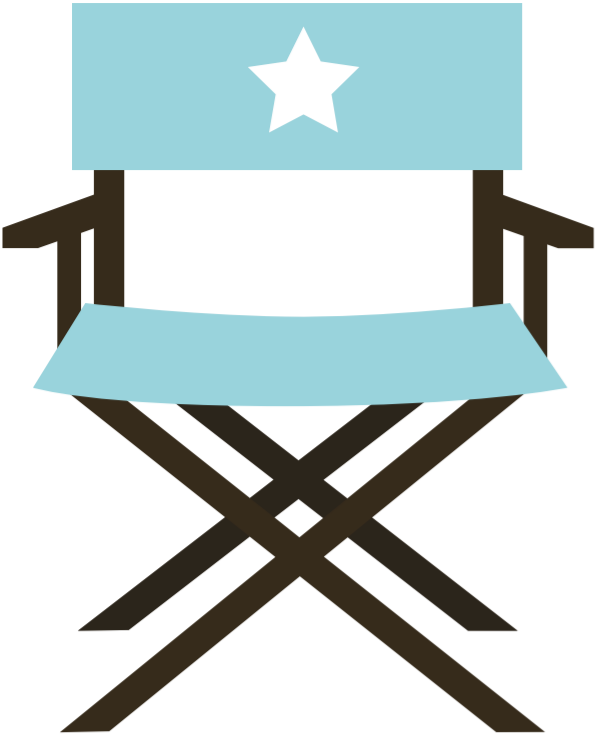
時間：1月6日星期六下午4-10點

詳細信息：加入NORC會員這個每月一次的事件桌面遊戲，包括賓果遊戲
發生。請帶上一盤分享！For more information, please contact **Roxanne Henry @ 212-760-9800 x 3002.**

Adult Services

Movie Listing

January 2018



Tuesday Movies!

Time: 1:30 - 4:00 PM

Location: Groncki 2nd FL

1/2 - Crown Heights

1/9 - Pasioness Escondidas (2005)
(in Spanish with English subtitles).

1/16 - Stronger

1/23 - Viceroy's House

1/30 - The Sense of an Ending