



October Sundial Adult Services



PROGRAMS AND SERVICES FOR OLDER ADULTS

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

Columbus Day We Are Closed 10.9.17 See You On 10/10/17

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

Greenmarket, the largest network of farmer's markets in New York City, will present an information session
Learn all about the Greenmarket, including:

- o What is the Greenmarket?
- o What can I buy there?
- o What makes it a special, unique place to shop?
- o What are Health Bucks? FMNP vouchers?
- o Enjoy a mini-nutrition lesson on healthier eating
- o Cooking demonstration – everyone will receive a sample of delicious, locally grown food and a recipe to take home

When: Tuesday October 10, 2017

Time: 1:00 pm

Location: Dan Carpenter 2nd FL

STILL HAVE YOUR FARMERS MARKET VOUCHERS ???

join us 2 weeks later on Monday,

October 16 at 9:30 am for a tour of the Union Square

Greenmarket. Up to 20 people can participate. Each person who attends the tour will receive a \$2 Health Bucks voucher!

Subject to Availability !!

Singn up with Armisha Mitchell

12:00 PM Dan Carpenter

10/4/17- 10/11/17 If you are interested

Returning This Month !!!!

Theater Games & Story Telling
with Wendy

Tuesdays: 10:00 am - 12:00 pm

Location: Gural RM A 1st FL

Returing This Month !!!!

Beading with Sarita

Tuesdays: 10:00 am - 12:00 pm

Location: GYM

Trips for October

"Tribute to Johnny Cash"

Hunterdon Playhouse, N.J - Luncheon , Show

When: October 20, 2017 **Time:** 7:30 AM

Registration: Monday to Thursday

Time: 10:00 am 10/2 - 10/5

Cost: 25.00

Location: Dan Carpenter 2nd FL

AMISH COUNTRY, PA

WHEN: Tuesday, October 10, 2017 6:30 AM - 7:30 PM

Cost:55.00

DETAILS: Please see Darlene, Mae or Flo in the Dan Carpenter 2nd FL During Breakfast and Lunch

Our Social Services Staff is Here to Assist You!

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.

Chelsea Coalition On Housing

Assistance with

Tenants' Rights

Meeting

When: Mondays

Time: 6:00 pm

Location: Activity RM B 2nd FL

with an experienced attorney and tenant advocate.

Presentation from the Department of Finance on
SCRIE/ DRIE, the rent freeze program.

When: Tuesday October 17

Time: 1:00 pm **Location:** Dan Carpenter 2nd FL

Please join us for a presentation with
Michelle Berney from DFTA's HIICA
(Health Insurance Information Counseling and
Assistance Program).

She will give an overview of the Medicare program
and upcoming open enrollment period
(November 1st to December 15th) on

October 10th from 1 to 2 pm

Location: Dan Carpenter 2nd FL

SUGGESTIONS?

The Social Services Unit
Is always open to suggestions as to how we can better serve you. If
you have thoughts about additional services, groups and/or
presentations we can provide,
Please email Dorothy Johnson-Laird, Social Services Manager
djohnson-laird@hudsonguild.org,
212 924-6710 x 4018

Programming

Atlantic City Signup

When: Monday & Thursday

Time: 11:00 AM - 1:00 PM

Location: Elliott Lobby

Upcoming Trip 10.26.17

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 10/28/17

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

10/5 Verdi's Falstaff, Act

10/12 Verdi's Falstaff, Act 3

10/19 Rodgers and Hammerstein's Carousel,
part 1

10/26 Rodgers and Hammerstein's Carousel,
part 2

Location: Grinnell Art Room

Please join us for a presentation with
Michelle Berney from DFTA's HIICAP, (Health
Insurance Information Counseling and Assistance
Program). She will give an overview of the Medicare
program and upcoming open enrollment period
(November 1st to December 15th) on

October 10th from 1 to 2pm

Location: Dan Carpenter 2nd FL

MTA MetroCard Van

Every Second Monday of the Month

Date: 10.09.17

Time: 9:30 - 11:30

Location: 119 9th Avenue

Every Second and 4th Thursday

Date: 10.12.17 & 10 26.17

Time: 11:30 - 1:30

Location: 23rd Street and 9th Avenue

October Breakfast

Menu is subject to change

Tuesday	Wednesday	Thursday	Friday	
2 Turkey Bacon & Grit & Shredded Wheat Cereal	3 Grilled Mozzarella and Tomato Sandwich & Farina	4 Frittata w/ Broccoli and Potato	5 Omelette w/ Spinach and Parmesan Cheese	6 Ham & Cheese Frittata with Pancakes
9 Columbus Day We Are Closed	10 Ham w/ Swiss Cheese	11 Vegetable Egg Frittata	12 French Toast & Granola	13 Mozzarella Cheese w/ Tomato
16 Baked Egg Omelette w/ Tomato & Avocado	17 Western Frittata Oatmeal & Wheaties Cereal	18 Birthday Party Grilled Cheddar Cheese w/ Tomato 	19 Turkey Sausage Link Waffles & Toasted Oats Cereal	20 Egg Benedict & Roasted Potatoes
23 Turkey Bacon Maple Quinoa Oatmeal Porridge & Whole Wheat Bread	24 Scrambled Egg Blueberry Muffin & Wheatie Cereal	25 Baked Bean w/ Hard Boiled Egg French Toast	26 Egg Frittata w/ Potato-Spinach Pancake	27 Egg Ala Mexicana & Cream of Wheat
30 Turkey Sausage Pattie Oatmeal	31 Vegetable Egg Frittata	1 Spinach and Mushroom Crepe	2 French Toast & Yogurt	3 Baked Bean & Scrambled Egg

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

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

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

Breakfast for those 60 and better - \$1.00

Breakfast for 59 and under - \$2.00

*Coffee and tea are .25 with free refills

October Lunch

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Barley Soup Veggie Lasagna	3 Baked Cod Fish Spanish Style Veggie: Bean Enchiladas w/ Shredded Cheese	4 BBQ Pulled Pork Veggie: Baked Bean w/ Rice	5 Beef Teriyaki Veggie: Tofu Teriyaki White Rice	6 Broccoli & Potato Soup Mediterranean Chicken Veggie: Vegetable Cheese Pizza
9 Columbus Day We Are Closed	10 Beef Brisket Veggie: Rice Pilaf with Bean & Shredded Cheese	11 Baked Turkey Breast w/ Gravy Veggie: Baked Ziti w/ Vegetable	12 Sliced Pork with Smothered Onion Veggie: Cheese Ravioli	13 Baked Salmon Veggie: Cheese Pizza w/ Vegetable
16 Chicken Noodle Soup Bean Burrito w/ Cheese	17 Chicken Stir-Fry w/ Vegetable Tofu Stir-Fry	18 Birthday Party Beef Stroganoff Veggie Baked Ziti w/ Mushroom Sauteed Collard Greens 	19 Baked Tilapia w/ Corn & Potato Sauce	20 Chicken Vegetable Soup Italian Roasted Pork Bean Enchiladas w/ Veggie Shredded Cheese
23 Chicken Noodle Soup Tofu w/ Vegetables	24 Turkey Meatloaf w/ Gravy Veggie: Lentil & Rice Loaf	25 Baked Fish in Cajun Style Veggie: Baked Bean w/ Rice w/ Shredded Cheese	26 Beef Fajitas Veggie: Bean Quesadilla	27 Minesterone Soup Rosemary Chicken Veggie: Mac & Cheese w/ Veggie
30 Butternut Squash Soup Vegetable Biryani w/ Chickpeas	31 Chicken Parmesan Veggie: EggPlant Parmesan	1 Apricot Glazed Salmon Veggie: Black Bean Burger w/ Cheddar Cheese	2 Glazed Baby Back Ribs Veggie: Cheese Ravioli	3 Lentil Soup Beef Stew Veggie: Three Bean Stew

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

Gym

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 Intermediate Spanish

Grinnell Art Room 2nd FL

11-12:00 Afro-Brazilian Dance

Fitness

Gym

11:45-1:00 Basic 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

Groncki Conf. Room 2nd 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

12:30-1:30 DGI

Dan Carpenter

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

Gym

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 10. 3.17

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 (**Gym**)

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: **TRIP TO AMISH COUNTRY, PA**

WHEN: Tuesday, October 10, 2017 6:30AM-7:30PM
DETAILS: Please see Darlene, Mae or Flo in the
Dan A. Carpenter Room, during breakfast and lunch,
to purchase tickets. *It's first come first serve!*

Event NAME: **GAME NIGHT**

WHEN: Saturday, October 7, 2017 4-10pm
DETAILS: Joins NORC members for this one a
month event where tables games, including
bingo occurs. *Please bring a dish to share!*

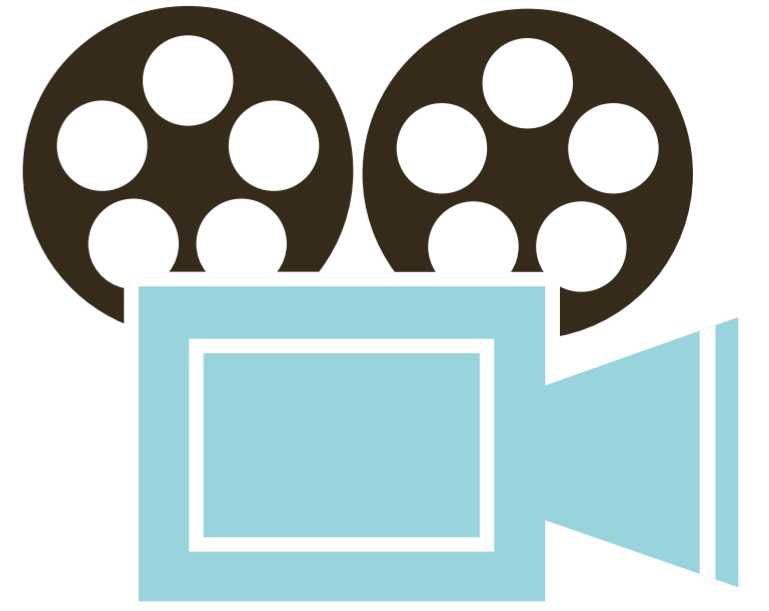
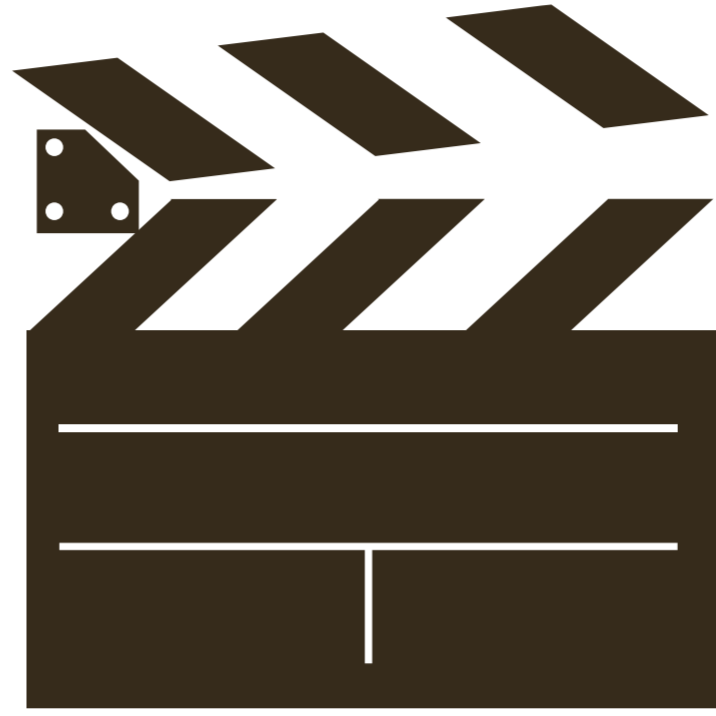
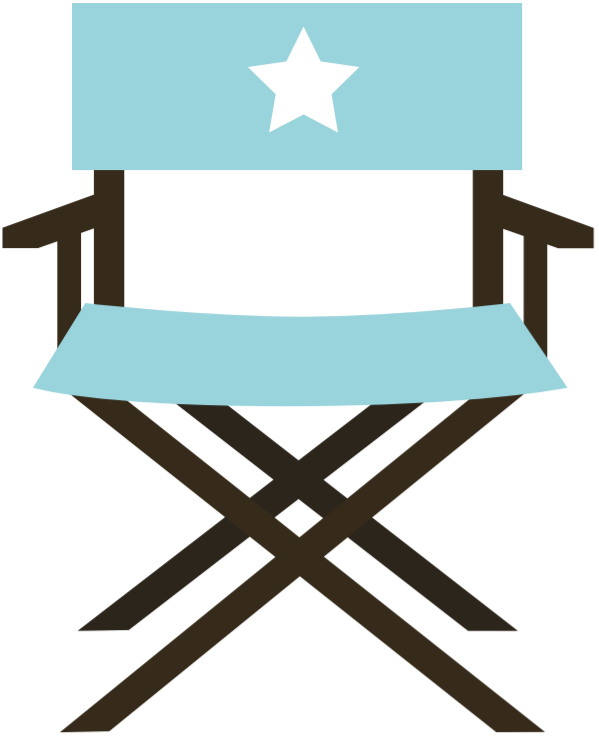
For more information, please contact **Roxanne Henry @ 212-760-9800 x 3002.**



Adult Services

Movie Listing

October 2017



Tuesday Movies!

Time: 1:30 - 4:00 PM

Location: Groncki 2nd FL

10/3 - Now, Voyager (1942)

10/10 - Donde Quedo La Abuela?

El Viaje De La Nonna (2005)

10/17 - Queen of Katwe (2016)

10/24 - Beatriz at Dinner (2017)

10/31 - The House on Haunted Hill (1959)

**LETS HAVE A WARM WELCOME TO OUR
NEW MSW INTERNS FOR THIS SCHOOL YEAR**

Adult Services
Elena Callahan
Katie McKinstry

Xin Shi

Norc

Ed Lessard:

YiYin Tang

Alma Velazquez

Theater Games with Wendy

Tuesdays : 10:00 - 12:00

Location: Gym

Beading With Sarita

Tuesdays : 10:00 - 12:00

Location: Gym

S.A.I.L Class

Fitness Class Based On Strength , Balance, and Fitness

Wednesdays: 9:30 - 10:30

Location: Gym

Movement Speaks

Creative Dance Class

Thursdays 1:00 pm - 2:30 pm

Location: Gym

Friday October 20

"Tribute to Johnny Cash"

Hunterdon Playhouse, N.J - Luncheon , Show

Registration: Monday to Thursday

Time: 10:00 am 10/2 - 10/5

Price: 25.000

Location: Dan Carpenter 2nd FL

Payment should be by check. No refunds available.

Registration is first come, first served.

All participants must have an updated membership with

Hudson Guild Neighborhood Senior Center

If there are more participants than the number of bus sets available,

a waiting list will be kept to fill any seats that open up.

All trip participants must sit in their assigned seat.

EVENT NAME: TRIP TO AMISH COUNTRY, PA

WHEN: Tuesday, October 10, 2017 6:30 AM-7:30 PM

Cost: 55.00

DETAILS: Please see Darlene, Mae or Flo in the Dan A. Carpenter Room, during breakfast and lunch, to purchase tickets. It's first come first serve!