



Elliott-Chelsea NORC Calendar

For Residents of Elliott-Chelsea Houses Age 60+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>9:00-12:00</u> Social Services</p> <p><u>9:00-12:00</u> Food Stamp Applications 3/2 3/16</p> <p><u>9:00-12:00</u> *Mah Jongg & Social Club</p> <p><u>1:00-2:00</u> **Cultura Hispana (Giselle)</p> <p><u>2:00-3:30</u> Weaving (Rachel)</p>	<p><u>9:00-12:00</u> Social Services</p> <p><u>9:00-5:00</u> Nursing (Maria)</p> <p><u>9:00-10:45</u> Photography (Rachel)</p> <p><u>11:00-12:00</u> Arthritis Exercise I (Marline)</p> <p><u>12:30-1:30</u> Lunch & Learn (Maria)</p> <p><u>5:00-7:00</u> Social Services Evening Hours (Giselle)</p>	<p><u>9:00-12:00</u> Social Services</p> <p><u>9:00-10:30</u> *Handicrafts (Ms. Yan)</p> <p><u>10:30-12:00</u> *Chinese Club (Margaret & Sophie)</p> <p><u>1:00-2:00</u> Yoga (Nobue)</p>	<p><u>9:00-12:00</u> Social Services</p> <p><u>9:00-5:00</u> Nursing Services (Maria)</p> <p><u>10:00-11:00</u> Blood Pressure Screenings (Maria)</p> <p><u>11:00-1:30</u> Quilting Workshop (+Arts, Until 3/5)</p> <p><u>1:30-3:00</u> Jewelry (Janice)</p>	<p><u>9:00-12:00</u> Social Services</p> <p><u>10:00-11:00</u> *Tai Chi (Sunny)</p> <p><u>10:30-11:30</u> Arthritis Exercise II (Marline)</p> <p><u>11:30-1:00</u> Life in the 21st Century (Natalie/Patrice)</p> <p><u>1:00-3:00</u> NORC/Fulton Bingo (Darlene & Mae)</p>	<p style="text-align: center;">NORC OFFICE CLOSED ON SAT UNTIL FURTHER NOTICE</p> <p><u>10:30-12:00</u> *Basic English for Chinese Speakers (Bernard)</p>
<p><i>*in Chinese</i> <i>**in Spanish</i></p>			<p>BLOOD PRESSURE SCREENINGS</p> <p>Every Thursday from 10-11</p>		

Call the Elliott-Chelsea NORC for assistance with shopping/errands; escort to appointments; Social Security, Disability, Food Stamps, HEAP, and other benefits; mental health or family issues; legal help; health care and health insurance; housing issues; and more.

Elliott-Chelsea NORC is a joint effort by Hudson Guild, NYC Housing Authority, Visiting Nurse Service of NY & St. Luke's-Roosevelt Hospital Center and is funded by the NYC Department for the Aging, Fan Fox & Leslie R. Samuels Foundation & Hudson Guild.

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Hudson Guild offers additional services and activities for ages 55+ at the Fulton Center, 119 Ninth Avenue.