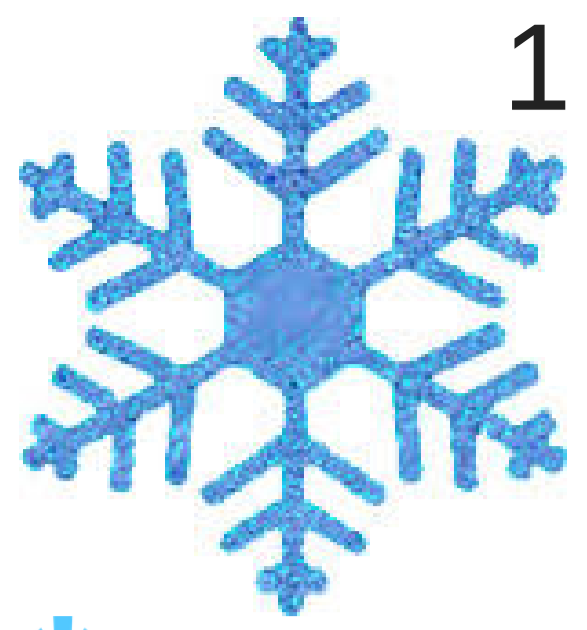




HUDSON GUILD



December Sundial Adult Services

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

We'll be Closed on Monday, 12/26 and Close 12/2 & 12/23 at 4:00

Please help us welcome your New Neighborhood Center Staff!

Armisha Mitchell, *Community Engagement Manager*

Hameen Eason, *Chef Manager*

It's Holiday Bazaar Time! Saturday, December 3rd, 11:00 a.m. to 3:00 p.m. Finish your Holiday Shopping with great gifts from our Vendors and crafts classes! 50/50 Raffle!

Canta para Esperanza 12/2/16 1:00 pm-2:00pm
Movimiento habla rendimiento 16/12/16 1:30 pm-2:30pm

12/1 Puccini's La Boheme, Act 1
12/8 Puccini's La Boheme Acts 2 and 3
12/15 Puccini's La Boheme Act 4
12/22 TBA
12/29 no class

This Month Christmas Day Dinner Sunday, 12/25 at Fulton Community Center Open 11:00 am - 1:00 pm For Midday Dinner Please RSVP with Fulton Reception. Won't know until that morning? You'll still be welcome!

Eleanor's Outings Trip to Cabaret Lulu at Harlem's Alhambra Ballroom (sold out) Date: Friday, 12/9. Meet at 9:30 am (arrive 8:45 if you'd like breakfast), return by 4:00 pm

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HGAS Social Services

Our Social Services Staff is Here to Assist You!

We can offer General Information, Assistance with Forms, Translation, Referral to Resources, Assistance in Obtaining Entitlement Benefits, Crisis Intervention, a Sympathetic Ear and a Helpful Hand.

Please see **Teresa** or **Julia** in the **Social Services Unit**,
Daily 1:30-3:30 or by appointment.

SNAP Food Stamps & Rent Freeze Application Assistance

Neighborhood Center, Auditorium **Every 2nd & 4th Monday of the month, 10:00 am - 3:00 pm.** Sponsored by *LiveOn NY*

Question About Medicare A, B, D?

Supplemental Health Plans?

See our trained expert **Brenda Nguyen** in Fulton Center's Room 4
Tuesdays 2:00-5:00

Are Financial Issues Causing You Concern?

Our Financial Coach **Sue Saidel** can assist you in developing the skills you need to manage money and gain financial stability in the following areas: *Reviewing and Understanding Your Credit Report, Setting Financial Goals, Budgeting and Saving, Opening a Bank Account, Addressing Debt Issues*

Get Your Free Credit Report!

Fulton Center Room 4 **Tuesdays 11:00 am - 2:00 pm**

Sign Up For An Appointment with **Dorothy** in SSU Office 12

Sponsored by the *Community Service Society of NY*

Need Necessary Furniture or Other Vital Assistance?

See **Dorothy** or **Julia** in Social Services. They may be able to help if you are unable to purchase these items yourself.

Friendly Visiting & Escort Assistance

Interested in having a weekly visitor? Need escort for an appointment?

Interested in volunteering? Call **Dorothy** at 212-924-6710.

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1 Spinach; Mushrooms & Crepe Orange Pineapple Juice	2 Eggs & Home fries O.J. W.W., :Bread
5 French Toast Turkey sausage Banana Orange pineapple	6 Greek Yogurt (non-fat) W.W. Blueberry Muffins Banana	7 Omelet Bar Mixed Greens O.J.	8 Grilled Ham & Cheese Apple juice	9 Scrambled eggs w Roasted Peppers
12 Pancakes Turkey Ham Apple Juice	13 Grilled Mozz & Tomato sandwich Cheerios & Apple	14 Frittata W.W. Bread Mixed Greens	15 (2) Boiled Eggs/ toast Shredded wheat	16 Scrambled Eggs Toasted Oats Apple juice
19 French toast Eggs Toasted Oats O.J.	20 Cream of Wheat Shredded Wheat's Banana Grape juice	21 Omelet Bar Mixed greens English Muffin Toasted Oats	22 Grilled mozz & Tomato sandwich Shredded wheat	23 Omelet Bar Mixed Greens W.W. Mini Bagel Orange Pineapple
26 Turkey Ham w/ Pancakes Banana & Apple juice Yogurt	27 Boiled Eggs & Wheat Bran Cereal Banana & O.J.	28 Grilled Cheese(Cheddar) Oatmeal Banana Orange	29 Eggs Benedict Mixed Greens Grape Juice	30

*Breakfast is served Monday - Friday 8:45 - 10:00 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

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1 Breaded Fish Sautéed veggies Mashed Cauliflower & Potato & Apple	2 Veggie Soup Chicken Pallard w/ Tarragon Sage Butter Sauce w/ Brown rice Pilaf Succotash, Fruit Cocktail
5 Sesame Chicken w/ W.W. Spaghetti Oriental Blend Orange	6 Chicken Noodle soup Salisbury steak w/ Gravy Rosemary Mashed potato Steamed Broccoli	7 BBQ Chicken Breast W/ Cuban Style Yellow rice Corn and Black bean salad Cantaloupe	8 Vegetable Lasagna W/ W.W. Dinner Rolls & Salad Canned Pineapples	9 Cajun Fish W/ Creole Sauce Brown Rice Pilaf Braised collards Greens Fruit cocktail
12 Curry Chicken Brown rice & Chana(Stew chickpeas) Apples	13 Eggplant Parmesan w/ Pasta & Roasted Carrots Cantaloupe	14 Turkey Meatloaf Mashed Potatoes Broccoli Orange	15 Cauliflower soup Fish Gremolata Pasta Pesto Primavera Garden Salad Fruit Cocktail/ Jello	16 Apricot Glazed Salmon over Quinoa Pilaf with Bok Choy Banana
19 Pollo Guisado (Stew chicken) Rice Mixed Veggies Apple juice	20 Baked fish with Ginger Scallion sauce Barley Sautéed Spinach	21 Baked fish with Ginger Scallion sauce Barley Sautéed Spinach	22 Baked Chicken W/ Rice with corn Collard Greens Mandarin Oranges	23 Cheeseburger Deluxe Potato wedges Butternut Squash Soup Peaches
26 Baked Ziti W/ Beef W.W. Dinner Roll Garden Salad Mixed veggies Pineapples	27 Chicken stew Brown rice Black Beans & Banana	28 BBQ Prok Chops Mac & Cheese Braised Cabbage Sliced peaches	29 Lemon Rosemary Chicken W/ quinoa Pilaf & Brussels Sprouts Orange	30 Spanish Beef Stew Yellow Rice & Beans Mangu w/ Onions Salad

Try our weekend take-home meals! Sign up at Fulton's reception for your choice of three entrees on Monday, Tuesday or Wednesday & pick up your meals Friday
 *Table Service is available from 11:45 AM- Noon and as requested & the lunch line allows. *Regular window service is from Noon to 1:30 PM

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 *LIMITED alternative vegetarian available

Monday

8:30-10 & 11:30-1:15 Computer Lab
10-12 Advanced Jewelry
11-12 Dream Imagery
1-3 Beginners' Jewelry

1:30-3:30 Movie & Discussion
1:40-2:25 Chair Aerobics
2:30-3:30 Millinery
3:30-5:00 Table Tennis Team Play
4-5:30 Massage Therapy

Tuesday

8:30-5:15 Computer Lab
9-10 Walking @ Elliott Center Gym
10-12 DeCluttering
10:30-11:30 Ancient Arts Exercise
11-2 Financial Coaching
12:15-1:15 Lunch & Learn
1:30-4 Movies & Emotions
1-3:30 Sewing Club

1:30-4:30 Bridge Workshop (\$3)
2-3:30 Poetry
2-4 Bingo
2-5 Medicare Help
3:30-4:30 Group Hypnosis
3:30-5:30 MoreArt Workshop (thru 12/6)
5:30-6:30 Zumba
6:30-7:30 Toning Boot Camp

Wednesday

8:30-1:15 & 2:45-5:15 Computer Lab
10-10:50 Afro-Brazilian Dance Fitness
10-12 Beginners' Ceramics (\$3)
10:30-11:45 Intermediate Spanish
11:45-1:00 Basic Spanish

1:30-2:30 Singing in Spanish
1:30-3 Movie Game Show for Prizes
1:30-3:30 Game Quest in Chinese
2:30-4:30 Crocheting
3:30-5 Table Tennis Team Play
3:30-5:30 Creative Writing

WiFi Password: fultonwifi
 No Activity Pre-Registration or Fees Required Unless Specified

Guild Gallery II: Open Wed-Fri from 3-6; **Theater Tickets** available Tues-Fri from 12-2

Weekly Activities

Thursday

8:30-5:15 Computer Lab
9-12 Intermediate/ Advanced
 Ceramics (\$3)
10:30-11:20 Zumba Gold
12-3:30 Intermediate/ Advanced
 Ceramics Open Workshop

1-2:30 The Lively Arts
1-2:30 Acupressure (\$2)
1-4 Beginners' Bridge (\$2)
1:30-2:30 DGI Hands-On
 Technology Tutoring
2-4 Bingo
2:30-3:30 Yoga

Friday

8:30-10:15/12:15-3:45 Computer Lab
9-10 Walking @ Elliott Center Gym
9:30-11 Board Game Club
10-12 Collage
10:30-11:45 Movement Speaks (thru
 12/16)
10:30-12 Chinese Club
10:30-12 Computer Intro

11-12 Qi Gong
12-1 Tai Chi
1:15 Win-a-Week Raffle
1:30-2:30 Hudson Guild Singers
1:30-3 Painting
1:30-3:30 Movie & Discussion
2:30-4 Theater Skills
2:45-3:45 Ballroom Dancing
3:30-5 Table Tennis Team Play

Daily

8:30-5:30

Dominoes & Pool

1:30-2:30

Social Hour

Monthly

12/1 @ 1-2:30 Free Legal Assistance

12/1 @ 2:00 Senior Advisory Council Meeting

12/6 @ 11-12 BodyWork

12/12 @ 9:30-11:30 MTA MetroCard Van

12/16 @ 3:30-5 Table Tennis Tournament

12/21 @ 1:00 General Membership Meeting

12/21 @ 1:30 Birthday Parties

Contact

Hudson Guild Fulton Center (NSC) 119 9th Avenue, NY, NY 10011

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

Hameen Eason *Food Services Manager*, ext. 4006

WEEKLY ACTIVITIES CALENDAR

For Elliott-Chelsea Housing Residents age 60 & Better

Mondays

9:00 - 12:00 Social Services

9:00 - 12:00 Mah Jongg & Social Club
in Chinese

12:30 - 3:00 Movies & Emotions

Tuesdays

9:00 - 5:00 Nursing Services

9:30 - 12:00 & 5:00 - 7:00 Social Services

11:00 - 12:00 Tai Chi for Arthritis

12:30 - 1:30 Lunch and Learn

2:00 - 3:30 NORC Advisory Council
(3rd Tuesday in odd months)

Wednesdays

9:00 - 10:30 Handicrafts in Chinese

9:30 - 12:00 Social Services

10:30 - 12:00 Chinese Club

11:30-1:00 Life in the 21st Century

1:00 - 2:00 Yoga

Thursdays

9:30 - 12:00 Social Services

1:00 - 2:00 Cultura Hispana

1:30 - 3:00 Jewelry

Fridays

9:00-5:00 Nursing Services

9:30-12:00 Social Services

10:00-11:00 Blood Pressure Screenings

10:00-11:00 Tai Chi in Chinese

10:30-11:30 Walk with Ease

1:00-3:00 NORC/NSC Bingo

Saturdays

10:00-2:00 Open For Walk-In Assistance

10:30-12:00 Basic English for Chinese
Speakers

4:00-10:00 Game Night (1st
Saturday of each month)

NORC SpotLights

Due to limited staffing, NORC Social Services will be *appointment only* effective Thursday, December, 1st. Please contact the NORC office to schedule an appointment. We will return to a regular schedule shortly.

Event NAME: Parenting A Second Time Around:
Support Group

WHEN: Cancelled

DETAILS: We will revisit schedule

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

