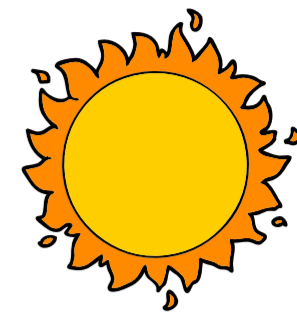




July Sundial Adult Services



PROGRAMS AND SERVICES FOR OLDER ADULTS

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

Breakfast

Time: 8:45 - 9:30 am

Location:

Dan Carpenter A & B

Lunch

Time: 11:30 - 1:30 pm

Location:

Dan Carpenter A & B

Presentation Project Cart

Location: Dan Carpenter A & B

When: July 6, 2017

Time: 12:00 PM

Weekend Meals Returns

When: Monday July 3

**Please Sign Up Sign Up During
Breakfast / Lunch**

Monday - Wednesday

Meals Distributed Fridays

******Please Note *****

Limit One Meal Per Member

25 Meals Available Only On A

First Come First Serve Basis

MTA MetroCard Van

Every second Monday of the Month

Date: 7.10.17

Location: 119 9th Avenue

PLEASE LET US CONGRATULATE

OUR

NEW ADVISORY BOARD

Elected Officials

President- Mary Ann Totaro

1st Vice President - Sunny Landin

2nd Vice President - Fred Street

Secretary - Candida Caro

Social Service Unit

Our Social Services Staff is Here to Assist You!

New summer Hours 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.

Liveon-NY Will be returning to our site to screen people for benefits such as SNAP and SCRIE.

Thursday July, July 27th from 10:00 am - 2:30 pm

Friendly Visiting & Escort Assistance

Need Necessary Furniture or Other Vital Assistance?

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

(212) 924-6710 ext 4018

Programming

Atlantic City Signup

When: Monday & Thursday

Time: 11:00 AM - 1:00 PM

Location: Elliott Lobby

Quilters of Color

When: Every 4th

Saturday of the Month

Location: Dan Carpenter A & B 2nd FL

Time: 12:00 pm - 4:00 pm

Theater Desk

Distribution Hours

When: Tuesday, Wednesday, Thursday, & Friday

Time: 12:00 - 2:00 PM

Location: Elliott Lobby

Lively Arts

Location: Grinnell

When: Thursdays Time: 1:00 - 2:30 PM

7/6 Verdi's Un Ballo in Maschera, part 2



7/13 Verdi's Un Ballo in Maschera, part 3

7/20 TBA

7/27 Meet the Artist: Hidemi Takagi

July Breakfast

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Wheat Muffin BLT	4  HAPPY 4TH OF JULY Elliott Center Closed	5  Fruit Salad  	6 Egg Benedict	7 Ground Turkey Breakfast Burrito
10 Hard Boiled Egg Blueberry Muffins	11 Scrambled Eggs & Home Fries	12  Frozen Mixed Berries & Cereal 	13 Turkey Bacon & Waffles	14 Steak and Eggs Individual Omelets
17 Scrambled Eggs with Red peppers & Turkey Bacon	18 Grilled Mozzarella Sandwich	19 Hard Boiled Egg and Cereal Birthday Party 	20 Turkey Sausage & French Toast	21 Greek Yogurt / Granola
24 Hard Boiled Egg & Cereal	25 Tuna Cake & Grits	26 Eggs & Waffles	27 Ambrosia Fruit Salad	28 Egg Omelet & French Toast
30 English Muffin BLT	31 Pancakes & Eggs	1	2	3

*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

July Lunch

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Cutlet	4  HAPPY 4th OF JULY Elliott Center Closed 	5  Cheese Burger 	6 Tuna Nicoise Salad	7 Chicken and Broccoli Stir Fry
10 Baked Salmon with Cilantro Sauce & Cous Cous	11 <i>Taco Tuesdays</i> Chili Lime Chicken Wraps  	12  BBQ Pulled Pork OR Tofu Baked Beans Cabbage	13 Cod Filet Fish Sandwich	14 Beef and Broccoli or Broccoli with Teriyaki sauce
17 Chicken Caprese	18 <i>Taco Tuesdays</i> Fish Tacos Cole Slaw  	19  Grilled Cheese Apple and Beet Salad  	20 Egg Salad	21 Beef Stir Fry
24 Baked Fish with Garlic Sauce or Tofu Stuffed Peppers	25 <i>Taco Tuesdays</i> Turkey Tacos or Red Borscht  	26 Baked Chicken Thighs with Spinach and Basil Pesto	27  Black Bean Burger or Cheeseburger 	28  BBQ Chicken or Tofu with Macaroni and Cheese
31 Sliced Turkey Swiss Cheese or Cheddar Cheese on Multigrain Bread	1	2	3	4

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

10:00 -11:30 Advanced Jewelry
Grinnell Art Room 2nd FL

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

11:30 – 2:30 Beginners' Jewelry
Grinnell Art Room 2nd FL

1:30- 2:30 Chair Aerobics
Gym

4:00-5:30 Massage Therapy
1st FL Gallery

Tuesday

9:00-10:00 Walking Club
Gym

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

10:30-11:30 Ancient Arts Exercise
Gym

11:00- 12:00 Memories and Memoirs
Groncki Conf. Room 2nd FL

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

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

1:00-2:30 The Lively Arts

2nd FL Grinnell Art Room

1-2:30 Acupressure (\$2)

Gym

12:00-1:30 DGI

Dan Carpenter

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

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

Monthly :

Body Works Etta
Every 1st Tuesday of The Month
Time : 11:45am - 12:45pm

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

Hameen Eason *Food Services Manager*, ext. 4006

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 (**GRINELL**)

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

10:30-12:00 Basic English for Chinese
Speakers (**Gural**)

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

NORC SpotLights

EVENT NAME: **TRIP TO CITY ISLAND**
WHEN: Monday, July 10, 2017 9:30-3:30
DETAILS: Join the members of the
Neighborhood Center and NORC as they
visit one of City Island's famous seafood
restaurants.

Event NAME: **GAME NIGHT**
WHEN: Saturday, July 1, 2017 4-10
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.**



TRIPS

Mount Vernon Hotel Museum

When: Friday, July 21, 2017

Price: \$15.00

Atlantic City

When: Thursday, July 27, 2017

Price: \$25.00

****Transportation Provided****

Eleanor Outing

Where: Anthony's Pier 9

(Jewel of the Hudson Valley)

When: Tuesday, August 1, 2017

Price: \$25.00

Includes Transportation, Lunch, Show, and Gardens

Registration: July 17 - July 20

10:00 am - 12:00 pm

Inside Dan Carpenter

****** Information ******

PLEASE NOTE

IN ORDER TO BE ELIGIBLE TO
ATTEND ALL TRIPS

You Must Have The Following

1. Please Bring Your Current Hudson Guild Membership Card When You Register
2. Valid Photo Id
3. Full Payment Only
4. One Ticket Sold Per Person

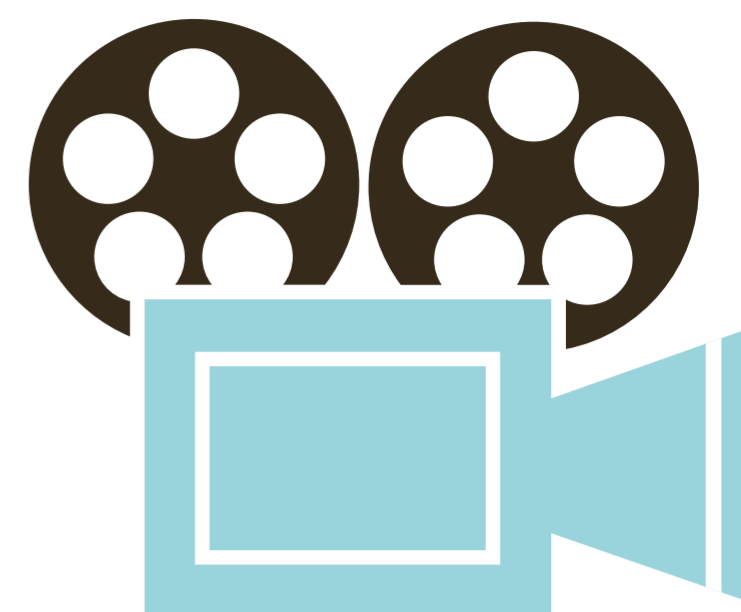
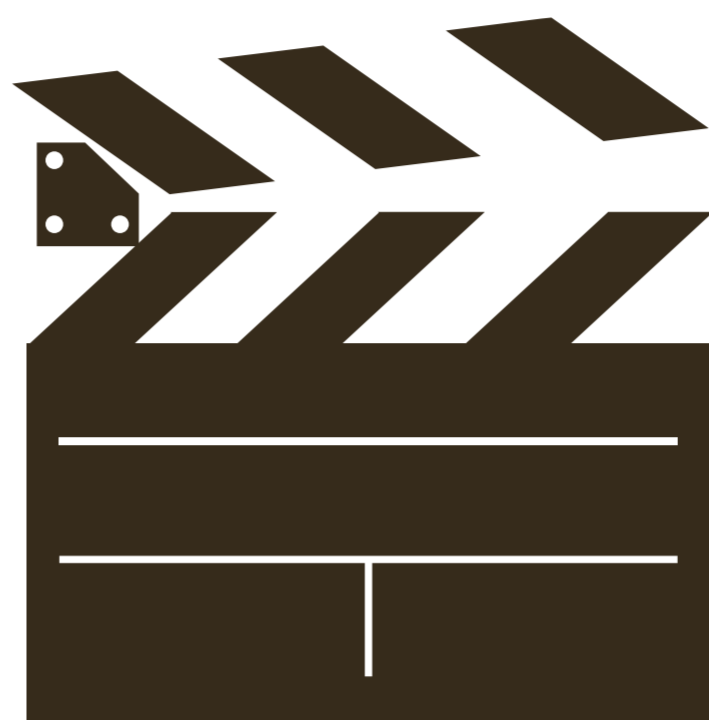
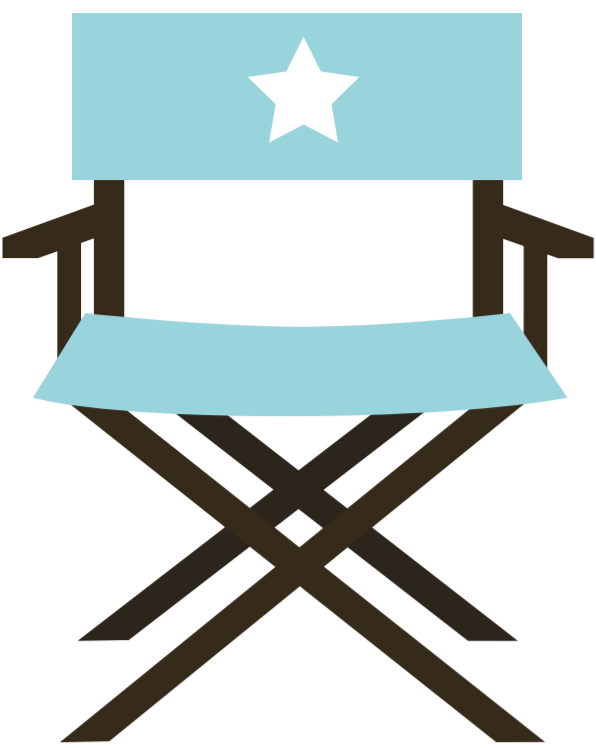
Additional Guest Must Be Present

Payment By Check Preferred, Sorry. No Refunds.

All Trips Includes Bagged Lunch

Movie Listing

July 2017



Monday Movies!

Time: 1:30 - 4:00 PM

Location: Gural

7/3 Hail, Caesar !

7/10 The Intern

7/17 Crazy, Stupid, Love

7/24 The Meddler

7/31 Imitation of Life

Tuesday Movies!

Time: 1:30 - 4:00 PM

Location: Groncki

7/11 A Man Called Ove

7/18 Maltese Falcon

7/24 Pete Dragon