



Elliott-Chelsea NORC Calendar

For Residents of Elliott-Chelsea Houses Age 60+



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>9:30-12:00</u> Social Services	<u>9:30-12:00</u> Social Services	<u>9:30-12:00</u> Social Services	<u>9:30-12:00</u> Social Services	<u>9:30-12:00</u> Social Services	NORC OFFICE CLOSED
<u>10:00-3:00</u> SNAP Applications 1st & 3rd Mondays of every month	<u>9:30-5:00</u> Nursing (Maria)	<u>9:00-10:30</u> *Handicrafts (Ms. Yan)	<u>9:30-5:00</u> Nursing Services (Maria)	<u>10:00-11:00</u> *Tai Chi (Sunny)	<u>10:30-12:00</u> *Basic English for Chinese Speakers (Bernard)
<u>9:00-12:00</u> *Mah Jongg & Social Club	<u>11:00-12:00</u> Arthritis Exercise I (Marline)	<u>10:30-12:00</u> *Chinese Club (Rui Fang & Shirley)	<u>10:00-11:00</u> Blood Pressure Screenings (Maria)	<u>11:00-1:00</u> Storytelling Workshop (6/19-7/31)	
<u>9:30-11:00</u> Photography (Cici)	<u>12:30-1:30</u> Lunch & Learn (Maria)	<u>1:00-2:00</u> Yoga (Nobue)	<u>10:00-11:30</u> Creative Arts Mini-Worshops (Cici & Dana)	<u>10:30-11:30</u> Arthritis Exercise II (Marline)	
<u>1:00-2:00</u> **Cultura Hispana (Giselle)	<u>5:00-7:00</u> Social Services Evening Hours (Giselle)		<u>1:30-3:00</u> Jewelry (Janice)	<u>11:30-1:00</u> Life in the 21st Century (Natalie)	
				<u>1:00-5:00</u> NORC/Fulton Bingo (Darlene & Mae)	
			BLOOD PRESSURE SCREENINGS Every Thursday from 10-11		
			SNAP /FOOD STAMP OUTREACH 1st and 3rd Monday from 9-11am		

**in Chinese*
***in Spanish*

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.

441 West 26th Street, New York, NY 10001 • (212) 760-9800 • www.hudsonguild.org

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