



Elliott-Chelsea NORC Activities Calendar

For Residents of Elliott-Chelsea Houses Age 60+



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00-12:00 Food Stamp & Rent Freeze Applications (SNAP Aplicaciones) (2/1)</p> <p>9:00-12:00 *Mah Jongg & Social Club (*Mah Jongg & Club Social)</p> <p>9:30 -11:00 Art w/ CiCi</p> <p>9:30-12:00 Social Services (Servicios Sociales)</p> <p>1:00-2:00 **Cultura Hispana (Giselle)</p>	<p>9:00-5:00 Nursing (Servicios Enfermería) (Maria) (None 2/16)</p> <p>9:30-12:00 Social Services (Servicios Sociales)</p> <p>11:00-12:00 Arthritis Exercise I (Ejercicio para la Artritis I) (Marline)</p> <p>12:30-1:30 Lunch & Learn (Almuerzo y Aprender Hablando de Salud) (Maria)</p> <p>5:00-7:00 Social Services Evening Hours (en la tarde Servicios Sociales) (Giselle)</p>	<p>9:00-10:30 *Handicrafts (*Artesanias) (Ms. Yan)</p> <p>9:30-12:00 Social Services (Servicios Sociales)</p> <p>10:30-12:00 *Chinese Club (*Club Chino) (Rui Fang)</p> <p>1:00-2:00 Yoga (Nobue)</p> <p>2:00-3:00 Caregiver Empowerment Group (Cuidador Empoderamiento to Grupo) (Rev. Marion Gambardella) (2/10)</p>	<p>9:30-12:00 Social Services (Servicios Sociales)</p> <p>10:00—11:30 Creative Arts Mini-Workshops (Cici & Dana)</p> <p>11:30-1:30 Chinese New Year Celebration (2/11)</p> <p>Black History Month Celebration (2/18)</p> <p>1:30-3:00 Jewelry (Fabricación de Joyas) (Janice)</p>	<p>9:30-12:00 Social Services (Servicios Sociales)</p> <p>9:00-5:00 Nursing (Servicios Enfermería) (Maria) (None 2/19)</p> <p>10:00-11:00 Blood Pressure Screenings (Presión Arterial) (Maria)</p> <p>10:00-11:00 *Tai Chi (Sunny)</p> <p>10:30-11:30 Arthritis Exercise II (Ejercicio para la Artritis II) (Marline)</p> <p>11:30-1:00 Life in the 21st Century (La vida en el siglo 21) (Natalie)</p> <p>1:00-3:00 NORC/Fulton Bingo (Darlene & Mae)</p>	<p>10:30-12:00 *Basic English for Chinese Speakers (*Inglés Básico para Personaje Chino) (Bernard)</p> <p>4:00-10:00 Game Night / Noche de juego (2/6)</p>
		<p>Coming Soon: Weekly Wednesday Nursing Services w/ a Cantonese-Speaking RN</p>			<p>NORC Office Closed (NORC Oficina Cerrada)</p> <p>*in Chinese/ en chino</p> <p>**in Spanish en Espanol</p>

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

Elliott-Chelsea NORC is a partnership between Hudson Guild, NYC Housing Authority, Visiting Nurse Service of NY & Mount Sinai-St. Luke's Hospital Center and is funded by the NYC Department for the Aging and Hudson Guild.

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Hudson Guild offers many other services and activities for those Age 55 & Better at its Neighborhood Senior Center's Fulton Center location, 119 Ninth Avenue between West 17th & 18th Streets.