



HUDSON GUILD OLDER ADULT CENTER

AUGUST 2022 NEWSLETTER

**The OAC is open Monday thru Friday 9:00am to 4:00pm for activities
meals and social services.**

Lunch is served daily from 12:30pm to 1:30pm

Our address is:

119 9th Avenue (bet. 17th and 18th Streets)

New York, NY 10011

Our telephone number is:

212-924-6710

**You must complete the health screening before accessing
Fulton Community Center premises.**

The link is- <https://hudsonguild.thehealthscreeener.com/>

******Hudson Guild staffers are on site if you need assistance.**

Temperature checks are required when you first arrive.

Masks are required whenever you are in the building.

If you do not feel well, please stay home.

**Adult Services' activities, & Services are funded through the
NYC Department for the Aging, Hudson Guild, corporate & foundation grants,
and your support.**

**For more information on remote programs or in person,
please email:**

hgadultcenterevents@hudsonguild.org



August 2022 Announcements

Lively Arts Schedule

8/4 Billy Budd - an opera by Benjamin Britten adapted from Herman Melville's profound story of life at sea

8/11 Billy Budd, part 2

8/18 Billy Budd, part 3

8/25 - no class

Monthly Birthday Party is Back!!!!!!!!!!

Don't forget if your Birthday is coming up this month come and celebrate with us we will like to wish you a Happy and Healthy Birthday.

Theater Desk Summer Schedule

Time and dates

Wednesday's From 12:00 pm to 2:00 pm

Friday's From 12:00pm to 2:00pm

Closed Until August 30 - Resumes 8/31





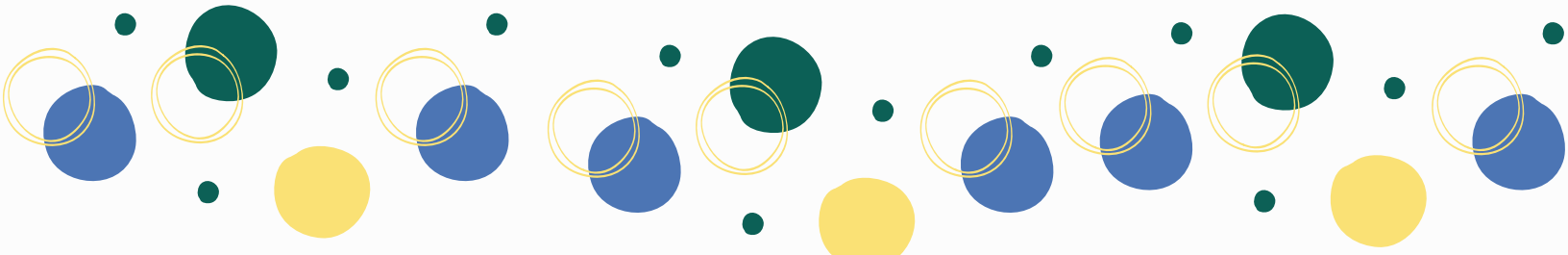
MONDAY

**Shakespeare Reading
Group**

2:00 pm - 3: 15 pm

Room : Art Studio

In Person Activity





TUESDAY

**Balance Movement
Mind & Body with Wendy
11 am - 12 pm**

[Click here to join](#)

Meeting ID: 781 321 0984

Password: 4GWKXp

Dial In: 646- 558- 8656

**Drawing with Alex
3 pm to 5 pm**

[Click here to join](#)

Meeting ID: 895 6660 7648

Passcode: 1111

Dial In: 646 558 8656





TUESDAY

Loom Weaving
w/Mr. Oke
10 am to 12 pm
Room Meschter 1 A-B
[In Person Activity.](#)

Bridge
1 :30pm to 3:30 pm
Activity Room 2
[In Person Activity.](#)

Bingo
1:30 pm to 3:30 pm
Room Meschter 1 A-B
[In Person Activity.](#)





Wednesday

Afro Brazilian with Maria

12:00 pm - 1:00 pm

[Click here to join](#)

Meeting ID:

840 8238 9611

Password: 656473

Meditation and Yoga w/ Margarita

11:00 am - 12:00 pm

Room: Meschter 1A

In-Person Activity

Crochet with Patricia

Room: Meschter 1 A

1:30 pm - 3:30 pm

In-Person Activity





Thursday

Zumba with Tia

11:00 am - 12:00 pm

[Click here to join](#)

Meeting ID: 893 8676 8521

Password Gold

Senior Fit with Teresa

1:00 pm - 2:00pm

[Click here to join](#)

Meeting ID: 878 9504 1840

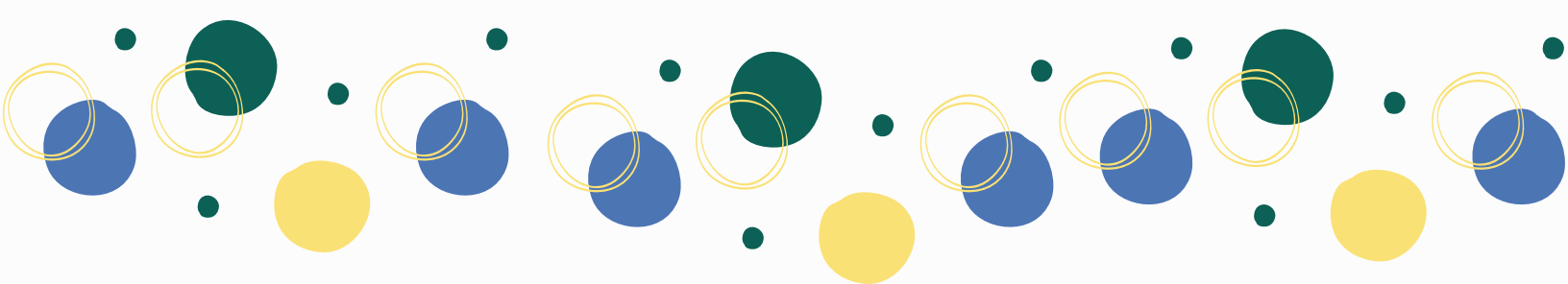
Password: 539422

The Lively Arts w/ Jim Furlong

1:30 pm - 2:45 pm

Room: Meschter 1 A-B

In Person Activity





Friday

Qi Gong w/Pin Pin Su

10:00 am - 11:00 am

Room: Meschter 1 A

In- Person Activity

Tai Chi w/ Pin Pin Su

11:00 am - 12:00 pm

Room: Meschter 1 A

In- Person Activity

Mixed Media Arts with Rena

10:00 am - Noon

Room: Art Studio

In-Person Activity

Bingo

1:30 pm - 3:30 pm

Activity Room 2

In- Person Activity



OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: AUGUST 1 TO
AUGUST 5

MONDAY 8/1	Deluxe cheeseburger w/onions baked sweet potato and carrot salad	- OR - Veggie burger patty veggie meatballs in tomato sauce carrot salad
TUESDAY 8/2	Sticky marmalade glazed baby back ribs yellow rice braised cabbage	- OR - Baked vegetable alfredo pasta braised cabbage
WEDNESDAY 8/3	Arroz con pollo Chicken breast and rice baby spinach salad	- OR - Tofu and vegetable fried rice baby spinach salad
THURSDAY 8/4	Beef fajitas w/whole wheat tortillas confetti brown rice vegetable mix	- OR - Chicken fajitas w/veggies in soft wrap confetti brown rice vegetable mix
FRIDAY 8/5	Baked salmon w/cilantro citrus sauce couscous Brussels Sprouts	- OR - Cheddar and potato bake couscous brussels sprouts

***Lunch is served Monday thru Friday
12:30pm- 1:30pm
Last Meal Served 1:15 PM**

**All Meals are served with
Vitamin C and Calcium enriched products.
****Please be aware fish, nuts and other
possible allergens are some times used.**

OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: AUGUST 8 TO AUGUST 12

MONDAY 8/8	Baked asian style Honey chicken vegetable Lo mein steamed Broccoli	- OR - Baked vegetable Alfredo pasta vegetable Lo mein Steamed Broccoli
TUESDAY 8/9	Beef fajitas and Brown Rice w/pigeon peas baby spinach salad	- OR - Broccoli cheese quesadilla brown rice w/pigeon peas baby spinach salad
WEDNESDAY 8/10	Vegetable Baked ziti w/whole wheat pasta mixed green salad	- OR - California veggie Burger Mixed Green salad
THURSDAY 8/11	Pork spare ribs savory potato salad and sautéed collard greens	- OR - Cheese pierogi sweet and tangy sautéed collard greens
FRIDAY 8/12	Fish cakes w/Alfredo sauce macaroni & cheese steamed red or green cabbage	- OR - Curried veggie, chickpea and quinoa Braised cabbage

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OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: AUGUST 15 TO
AUGUST 19

MONDAY 8/15	Fillet of Fish sandwich Roasted sweet potato fries Corn & red peppers	- OR - Whole wheat cheese Pizza Roasted sweet potato fries corn & red peppers
TUESDAY 8/16	Stewed oxtails w/lima beans yellow plantains and garden salad	- OR - Cheese ravioli and Garden salad
BIRTHDAY PARTY WEDNESDAY 8/17	Oven baked Pork chops Rice & red beans with Okra	- OR - Quick Chickpea potato curry brown rice roasted potatoes and vegetables
THURSDAY 8/18	Vegetable Lasagna roasted vegetable couscous and Garden salad	- OR - Tofu and vegetable fried rice roasted vegetable couscous & Garden salad
FRIDAY 8/19	Sweet orange Salmon sauteed summer squash w/corn and tomatoes	- OR - Soft Tacos w/Black beans and mixed vegetables sautéed summer squash w/corn & tomatoes

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OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: AUGUST 22 TO
AUGUST 26

MONDAY 8/22

Beef & Broccoli
brown rice broccoli
w/teriyaki sauce

- OR -
Baked macaroni & cheese
sweet baked yams roasted
broccoli

TUESDAY 8/23

Baked vegetable Alfredo
pasta Beet salad

- OR -
Orzo stuffed peppers Beet salad

WEDNESDAY 8/24

Hamburgers baked red
potato wedges and Garden
salad

- OR -
Eggplant parmesan Garden
salad

THURSDAY 8/25

Smothered Pork chops
Garlic mashed potatoes
braised cabbage

- OR -
Baked vegetable Alfredo pasta
Braised cabbage

FRIDAY 8/26

Jumbo stuffed shells
w/Meat sauce Garden
salad

- OR -
California veggie Burger baby
spinach salad

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OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: AUGUST 29 TO
SEPTEMBER 2

MONDAY 8/29	Homemade roast pork Spanish style cilantro lime rice yellow plantains & honeydew	- OR - String Bean and tofu curry w/yellow plantains
TUESDAY 8/30	Sofrito steak Yellow rice and pigeon peas California blend vegetables	- OR - Cheese Pierogi Rice & gungo and California blend vegetables
WEDNESDAY 8/31	Chicken stir fry w/vegetables cole slaw and whole wheat couscous	- OR - Baked fish w/garlic sauce cole slaw
THURSDAY 9/1	Baked ziti w/Ricotta cabbage carrot slaw & honeydew	- OR - Curried veggie chickpea and quinoa stir fry cabbage carrot slaw
FRIDAY 9/2	Salmon in Garlic butter sauce Macaroni salad w/corn and peas	- OR - Broccoli cheese quesadilla Cilantro lime rice corn and peas

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Poetry Workshops



Tuesday August 16th

**Tuesday August 30th
@ 1:30 pm**

Join us on two Tuesdays in August
Let's have some fun! We will discuss
how short poems can create a
big impact

We will explore a few famous poems and
write our own short poems based on
spontaneous prompts

No poetry experience necessary!

**To RSVP contact Dorothy Johnson-Laird at
212 924-6710 x 4018**

NYC Department for
the Aging

 hudson guild

Adult Services' activities, & Services are funded through the NYC Department
for the Aging, Hudson Guild, corporate & foundation grants, and your support.