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.thehealthscreener.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:
hgadultcenter@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 - 2:00 pm
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**
<table>
<thead>
<tr>
<th>Date</th>
<th>Main Course</th>
<th>Side Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday 8/1</strong></td>
<td>Deluxe cheeseburger w/onions baked sweet potato and carrot salad</td>
<td>- OR - Veggie burger patty veggie meatballs in tomato sauce carrot salad</td>
</tr>
<tr>
<td><strong>Tuesday 8/2</strong></td>
<td>Sticky marmalade glazed baby back ribs yellow rice braised cabbage</td>
<td>- OR - Baked vegetable alfredo pasta braised cabbage</td>
</tr>
<tr>
<td><strong>Wednesday 8/3</strong></td>
<td>Arroz con pollo Chicken breast and rice baby spinach salad</td>
<td>- OR - Tofu and vegetable fried rice baby spinach salad</td>
</tr>
<tr>
<td><strong>Thursday 8/4</strong></td>
<td>Beef fajitas w/whole wheat tortillas confetti brown rice vegetable mix</td>
<td>- OR - Chicken fajitas w/veggies in soft wrap confetti brown rice vegetable mix</td>
</tr>
<tr>
<td><strong>Friday 8/5</strong></td>
<td>Baked salmon w/cilantro citrus sauce couscous Brussels Sprouts</td>
<td>- OR - Cheddar and potato bake couscous brussels sprouts</td>
</tr>
</tbody>
</table>

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

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_Last Meal Served 1:15 PM_

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

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Last Meal Served 1:15 PM

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<tbody>
<tr>
<td><strong>Monday 8/22</strong></td>
<td>Beef &amp; Broccoli brown rice broccoli w/teriyaki sauce</td>
<td>- OR - Baked macaroni &amp; cheese sweet baked yams roasted broccoli</td>
</tr>
<tr>
<td><strong>Tuesday 8/23</strong></td>
<td>Baked vegetable Alfredo pasta Beet salad</td>
<td>- OR - Orzo stuffed peppers Beet salad</td>
</tr>
<tr>
<td><strong>Wednesday 8/24</strong></td>
<td>Hamburger baked red potato wedges and Garden salad</td>
<td>- OR - Eggplant parmesan Garden salad</td>
</tr>
<tr>
<td><strong>Thursday 8/25</strong></td>
<td>Smothered Pork chops Garlic mashed potatoes braised cabbage</td>
<td>- OR - Baked vegetable Alfredo pasta Braised cabbage</td>
</tr>
<tr>
<td><strong>Friday 8/26</strong></td>
<td>Jumbo stuffed shells w/Meat sauce Garden salad</td>
<td>- OR - California veggie Burger baby spinach salad</td>
</tr>
</tbody>
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Last Meal Served 1:15 PM

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

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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