<table>
<thead>
<tr>
<th>New This Month</th>
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1. **Nutrition Education**  
   Virtual Cooking Presentation  
   Date: Wednesday, December 14th at 11:00am  
   Recipe: Beef Egg Drop Soup  
   **Zoom information soon to follow**  
   Please email ascott@hudsonguild.org to register

2. **Ugly Sweater Holiday Party**  
   Wednesday December 21, 2022  
   Time: 12:00 pm - 1:30 pm

3. **Join us on Christmas Day for Lunch**  
   Sunday December 25, 2022  
   Time: 11:30 am - 12:30 pm

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**The OAC is open**  
Monday thru Friday  
8:30 am to 4:00 pm  
for activities meals, and social services.  
Note: Social Services is by appointment  
Lunch is served daily from,  
12:30 pm to 1:30 pm

**Our address is:**  
119 9th Avenue  
(bet. 16th and 17th Streets)  
New York, NY 10011  
Our telephone number is:  
212-924-6710

**We are closed on**  
12/23 & 12/26 & 1/2  
**For all programming**

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*Adult Services' activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.  
Masks are required whenever you are in the building.  
If you do not feel well, please stay home.*
OAC Announcements

The Lively Arts - December schedule

12/8  Leonard Bernstein's delightful ode to NYC - Wonderful Town, Act 1
12/15  Wonderful Town, Act II
12/22  no class
12/29  no class

Theater Desk  Time and dates

Wednesdays From 11:00 am to 1:00 pm

Fridays From 11:00 am to 1:00 pm
Poetry Workshops

Tuesday December 6th
Tuesday December 20th
At 2pm

Let's Create!

Join us on December 6th & 20th
Bring your favorite poem on the 6th so we can read together. We will also write our own poems based on spontaneous prompts.

The workshops takes place in the lounge at Fulton Community Center, 119 9th Ave.

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.
Creative Self Group
Join us as we celebrate our identities as LGBTQ & Allies!

Wednesday, December 7th at 1:45pm
Come enjoy a fun, classic comedic movie with Rosalind Russell
Auntie Mame

Wednesday, December 14th at 2pm
Take Pride in Your Health III
We will be joined by guest Anna Allen, Co-Founder of Say Ah!, Inc. For more discussion, advocating with your Doctor to get the care you need

Lounge at Hudson Guild
Fulton Community Center, 119 9th Ave.

If interested or with questions, please contact Dorothy Johnson-Laird at djohnson-laird@hudsonguild.org or at 212-924-6710 x 4018

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MONDAY

Shakespeare Reading Group
2:00 pm - 3:15 pm
Room: Lounge
In Person Activity

Beading with Sarita
1:30 pm - 3:30 pm
Room: Meschter A & B
In Person Activity
TUESDAY

Loom Weaving w/Mr. Oke
10 am to 12 pm
Art Room

On Break
In Person Activity
Will resume in January

Stay Active &
Get Fit with Maria
11:00 am - 12:00 pm
Meschter A&B

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
TUESDAY

Bingo
1:30 pm to 3:30 pm
Room Meschter 1 A-B
In Person Activity

Bridge
1:30 pm to 3:30 pm
Activity Room 2
In Person Activity

Drawing with Alex
3 pm to 5 pm
Click here to join
Meeting ID: 895 6660 7648
Passcode: 1111
Dial In: 646 558 8656
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 1 A-B
In-Person Activity
No Classes until 11/30

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 - 12 pm
Room: Art Studio
In-Person Activity

Bingocize
1:30 pm - 3:30 pm
Activity Room 2
In-Person Activity

Creative Writing w/ Larry
1:30 pm - 3:30 pm
Room: Lounge
In-Person Activity

Sewing w/ Hands
10:00am - 12:00pm
Activity Room 1
In-Person Activity
<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch Options</th>
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</thead>
<tbody>
<tr>
<td><strong>MONDAY 12/5</strong></td>
<td>- OR - Three bean chili with cheddar cheese</td>
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<tr>
<td></td>
<td>- OR - Three bean chili with cheddar cheese</td>
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<tr>
<td><strong>TUESDAY 12/6</strong></td>
<td>Baked breaded lamb chops w/rice</td>
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<td></td>
<td>- OR - Bean burrito w/ whole wheat tortilla</td>
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<tr>
<td><strong>WEDNESDAY 12/7</strong></td>
<td>Arroz con pollo Chicken breast and rice</td>
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<td>- OR - Tofu and vegetable fried brown rice</td>
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<tr>
<td><strong>THURSDAY 12/8</strong></td>
<td>BBQ boneless beef ribs w/ mac &amp; cheese</td>
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<td>- OR - Veggie Burger</td>
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<tr>
<td><strong>FRIDAY 12/9</strong></td>
<td>Fish w/rice</td>
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<td>- OR - Bean burrito w/whole wheat tortilla &amp; rice</td>
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</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.
## OAC Weekly Menu

**Date: December 12 to December 16**

<table>
<thead>
<tr>
<th>Monday 12/12</th>
<th>Broccoli Cheese Quesadilla</th>
<th>Broccoli Cheese Quesadilla</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 12/13</td>
<td>Baked pork chops w/ rice</td>
<td>- OR - Eggplant &amp; Tomato Curry w/ rice</td>
</tr>
<tr>
<td>Wednesday 12/14</td>
<td>Baked chicken thighs w/ rice</td>
<td>- OR - Chickpea Stew w/ Tofu &amp; vegetable fried brown Rice</td>
</tr>
<tr>
<td>Thursday 12/14</td>
<td>Beef pot roast</td>
<td>- OR - Baked Ziti with Vegetables</td>
</tr>
<tr>
<td>Friday 12/16</td>
<td>Baked fish w/ rice</td>
<td>- OR - Veggie Burger</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 12/19</th>
<th>TUESDAY 12/20</th>
<th>WEDNESDAY 12/21</th>
<th>THURSDAY 12/22</th>
<th>FRIDAY 12/23</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Three bean chili w/ cheddar cheese</td>
<td>Baked lamp chops w/rice</td>
<td>Beef meatballs &amp; sauce</td>
<td>Chicken &amp; broccoli stir fry</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Three bean chili w/ cheddar cheese</td>
<td>- OR - Bean Burrito</td>
<td>- OR - Cheese Ravioli</td>
<td>Broccoli w/ Teriyaki sauce chickpea Stew</td>
<td></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.
# OAC Weekly Menu

**Date: December 26 to December 30**

<table>
<thead>
<tr>
<th>Monday 12/26</th>
<th>Closed in observance for The Day after Christmas</th>
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<tbody>
<tr>
<td>Tuesday 12/27</td>
<td>Tuna Noodle Casserole</td>
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<td>- OR - Stuffed shells w/ cheese</td>
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<tr>
<td>Wednesday 12/28</td>
<td>Chicken Fajitas</td>
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<td></td>
<td>- OR - Veggie Burgers</td>
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<tr>
<td>Thursday 12/29</td>
<td>Beef Stew</td>
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<tr>
<td></td>
<td>- OR - Tofu in garlic w/ soy sesame sauce</td>
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<tr>
<td>Friday 12/30</td>
<td>Baked Fish with Lemon Garlic Butter Sauce</td>
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<tr>
<td></td>
<td>- OR - Baked Vegetable Alfredo Pasta</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.*