



# HUDSON GUILD OLDER ADULT CENTER

## DECEMBER 2022 NEWSLETTER

### New This Month

- 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](mailto: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

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**

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 1:00pm



# 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

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# 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**

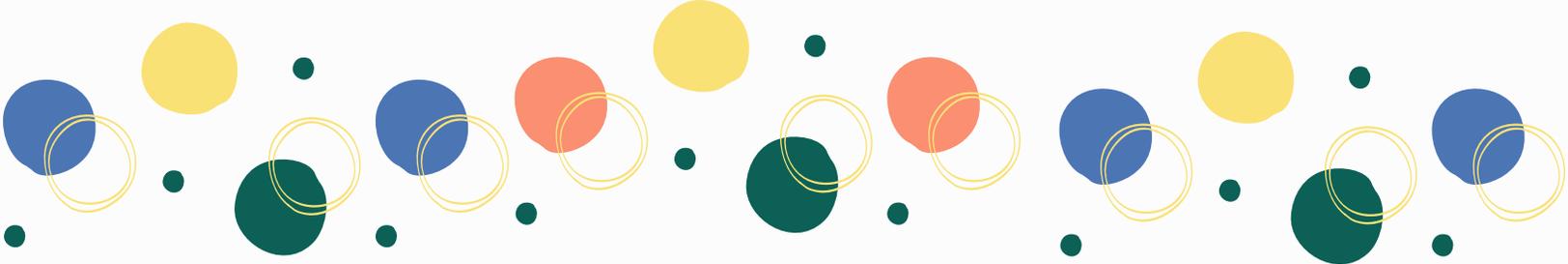
**Take Pride in Your Health III**

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](mailto:djohnson-laird@hudsonguild.org)** or at **212-924-6710 x 4018**





# MONDAY

## Shakespeare Reading Group

2:00 pm - 3:15 pm

Room : Lounge

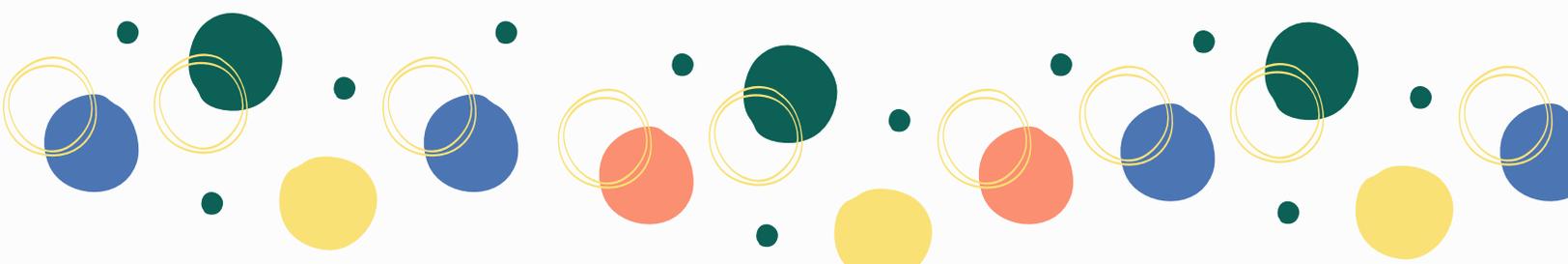
**In Person Activity**

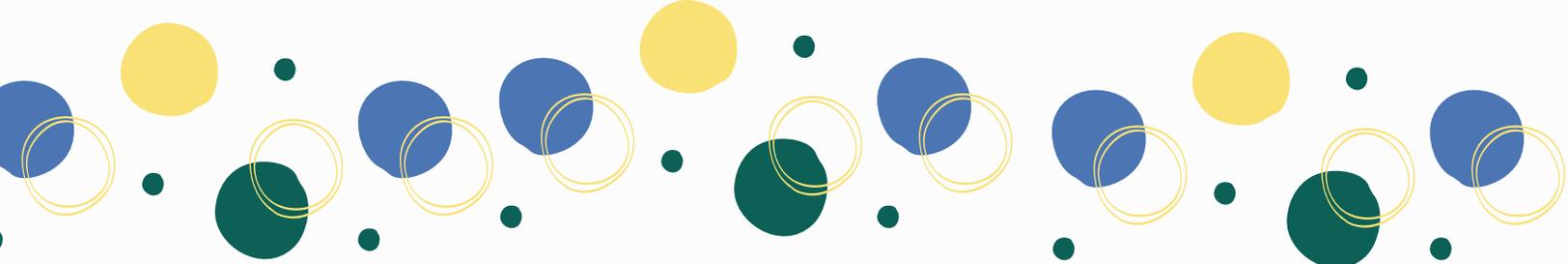
## Beading with Sarita

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**

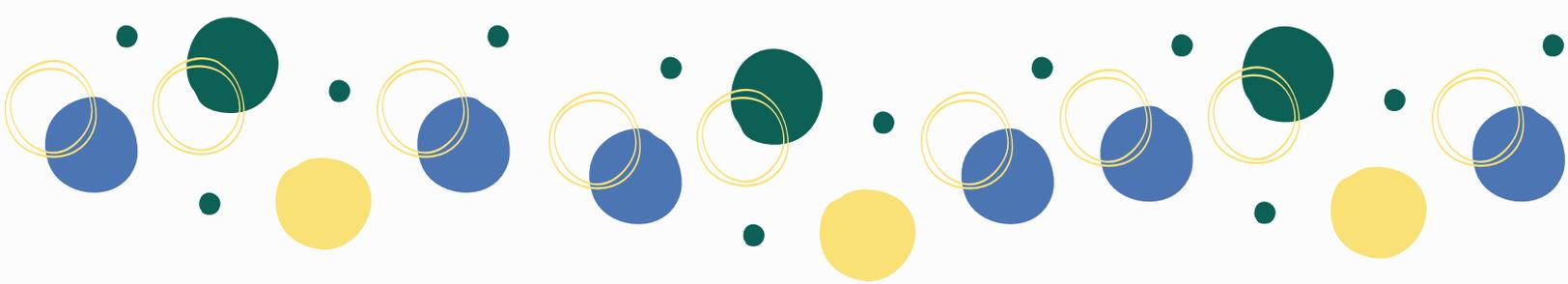
**On Break  
In Person Activity  
Will resume in January**

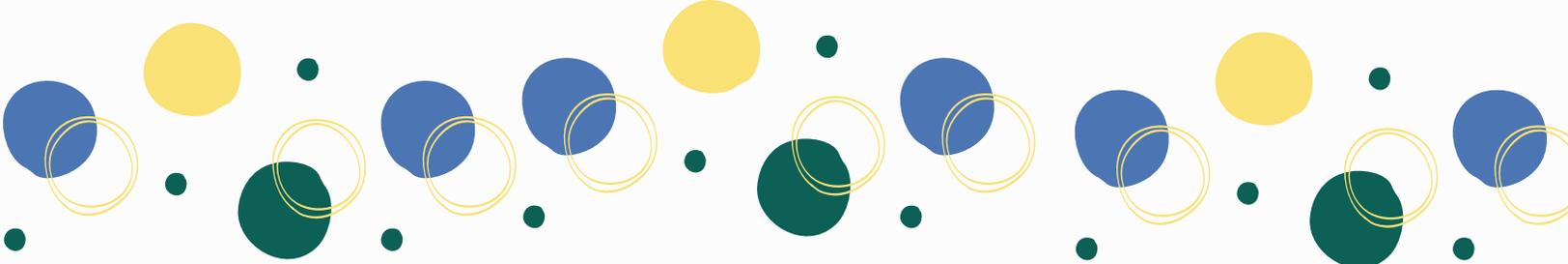
**Stay Active  
&  
Get Fit with Maria  
11:00 am - 12:00 pm  
Meschter A&B**

**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 :30pm to 3:30 pm

Activity Room 2

**[In Person Activity](#)**

## Drawing with Alex

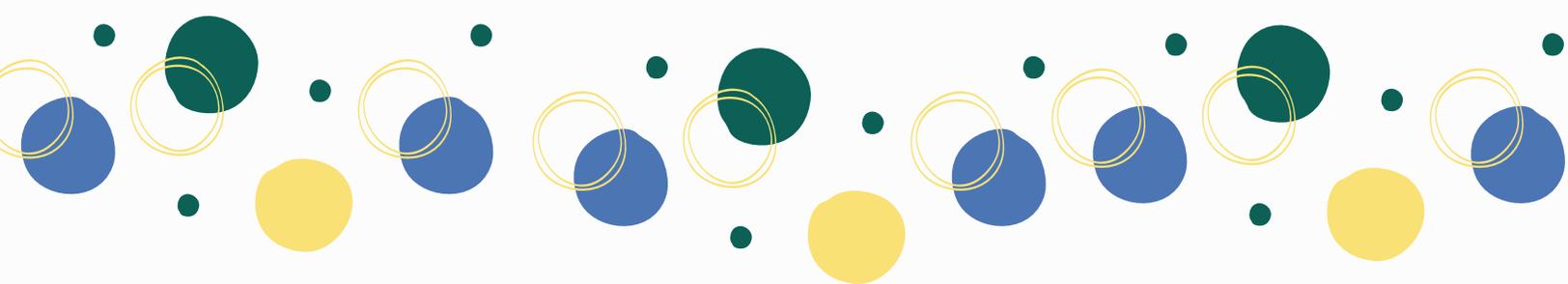
3 pm to 5 pm

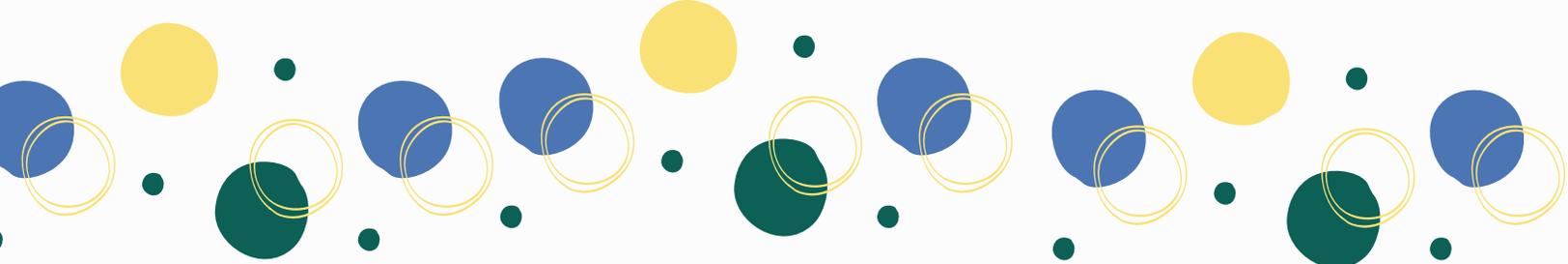
**[Click here to join](#)**

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**

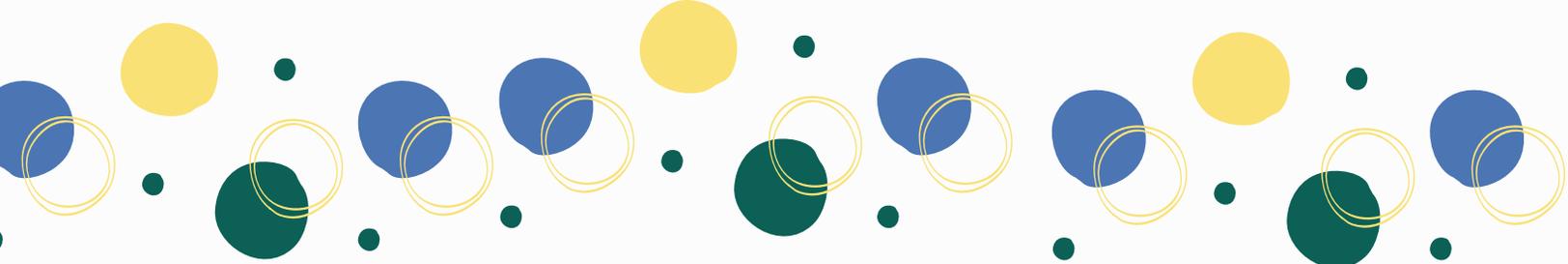
## Crochet with Patricia

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 - 2:00pm

[Click here to join](#)

Meeting ID: 878 9504 1840

Password: 539422

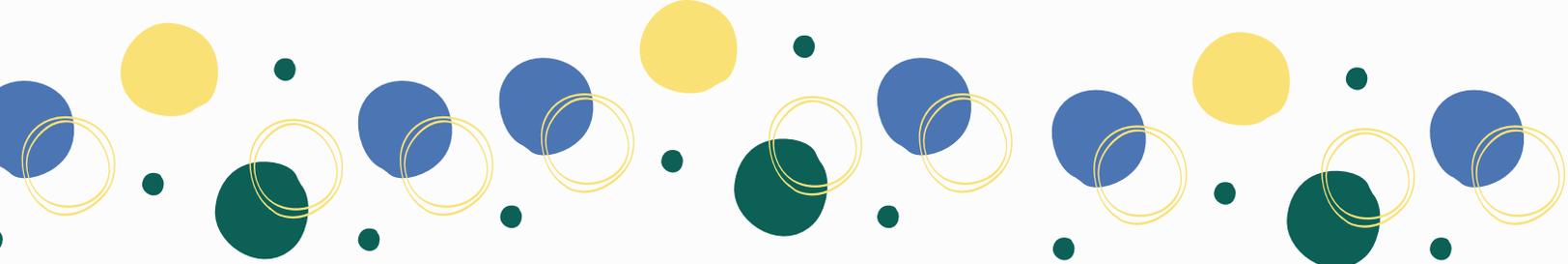
## The Lively Arts w/ Jim Furlong

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 - 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**



# OAC WEEKLY MENU

**SUBJECT TO CHANGE**

DATE: DECEMBER 5  
TO DECEMBER 9

MONDAY 12/5	- OR - Three bean chili with cheddar cheese	- OR - Three bean chili with cheddar cheese
TUESDAY 12/6	Baked breaded lamb chops w/rice	- OR - Bean burrito w/ whole wheat tortilla
WEDNESDAY 12/7	Arroz con pollo Chicken breast and rice	- OR - Tofu and vegetable fried brown rice
THURSDAY 12/8	BBQ boneless beef ribs w/ mac & cheese	- OR - Veggie Burger
FRIDAY 12/9	Fish w/rice	- OR - Bean burrito w/whole wheat tortilla & rice

**\*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

MONDAY 12/12

Broccoli Cheese  
Quesadilla

Broccoli Cheese  
Quesadilla

TUESDAY 12/13

Baked pork chops  
w/ rice

- OR -  
Eggplant & Tomato Curry  
w/rice

WEDNESDAY 12/14

Baked chicken  
thighs w/rice

- OR -  
Chickpea Stew  
w/Tofu&vegetable fried  
brown Rice

THURSDAY 12/14

Beef pot roast

- OR -  
Baked Ziti with Vegetables

FRIDAY 12/16

Baked fish w/ rice

- OR -  
Veggie Burger

**\*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 19  
TO DECEMBER 22

MONDAY 12/19

Three bean chili w/  
cheddar cheese

Three bean chili w/  
cheddar cheese

TUESDAY 12/20

Baked lamp chops  
w/rice

- OR -  
Bean Burrito

 WEDNESDAY 12/21 

Beef meatballs & sauce

- OR -  
Cheese Ravioli

THURSDAY 12/22

Chicken & broccoli stir fry

Broccoli w/ Teriyaki  
sauce chickpea Stew

FRIDAY 12/23

**Closed**

**\*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

MONDAY 12/26

**Closed In Observance for  
The Day after Christmas**

TUESDAY 12/27

Tuna noodle casserole

- OR -  
Stuffed shells  
w/ cheese

WEDNESDAY 12/28

Chicken Fajitas

- OR -  
Veggie Burgers

THURSDAY 12/29

Beef Stew

- OR -  
Tofu in garlic w/  
soy sesame sauce

FRIDAY 12/30

Baked Fish with Lemon  
Garlic Butter Sauce

- OR -  
Baked Vegetable  
Alfredo Pasta

**\*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.**