The Center will be open on Mondays, Wednesdays, and Fridays for activities and meals until further notice. Lunch will be served from 12:30 pm to 1:30 pm. There will be 2 seating's if our seating capacity reaches 65, the 2nd seating will begin at 1:15pm (if necessary) first come first served.

As a reminder, the address is 119 9th Avenue, between 17th and 18th Street.

A few things to remember:
- You must complete the health screening every day before arriving. The link is https://hudsonguild.thehealthscreener.com/. If you need assistance, someone will be onsite to help.
- 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.

Closed Monday January 17, 2022 In Observance of Dr. Martin Luther King Jr. Day

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

hgadultcenterevents@hudsonguild.org

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

Social Service appointments are available Monday-Friday 9:00 am to 4:00 pm. Please email djohnson-laird@hudsonguild.org or call 212-924-6710 for an appointment.

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Announcements for this Month

Lively Arts - Opera Appreciation w/ Jim
January 2022 Schedule
Wednesday's from 1:30pm to 2:45pm

1/3 Debussy's groundbreaking opera Pelleas et Melisande, part 1
1/10 Pelleas et Melisande, part 2
1/17 No Class
1/24 Pelleas et Melisande, part 3

Theater Desk is Back
Donations will resume $3.00 per Tickets starting in December
Wednesday and Friday
From: 12:00pm to 2:00pm

January 2022
Starting on January 2022 we will resume with the Lunch
Donations as always any contribution is welcome and appreciated suggested amounts for adults over and under 60 will be posted

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NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.
MONDAY

**Experimental Drawing with Alex**
10:00 am - 12:00 pm
Room: Meschter 1 B
In Person Activity

**Spanish 101 with Amelia**
1:00 pm - 2:00 pm
[Click Here To Join](#)
Meeting ID: 822 9602 6020
Password: 101 HudsoN

**Beading with Sarita**
1:30 pm - 3:30 pm
Room: Meschter 1 A
In-Person Activity
MONDAY

Photography Class
1:30 pm - 3:30 pm
Room: Lounge
In Person Activity

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

Move Your Body
with Maria
3 pm to 4 pm
Click here to join
Meeting ID: 889 5951 3065
Passcode: 379233

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**

**Beginners Spanish 101 with Amelia**
10:00 am - 11:00 am

Virtual
[Click here to join](#)
Meeting Id: 869 9737 4768
Password: 578944

**Meditation and Yoga w/ Margarita**
11:00 am - 12:00 pm
Room: Meschter 1A
In-Person Activity

**Afro Brazilian with Maria**
12:00 pm - 1:00 pm

[Click here to join](#)
Meeting ID:
840 8238 9611
Password: 656473
Wednesday

**The Lively Arts w/ Jim Furlong**
Classes about opera, musicals, dance, and more
1:30 pm - 2:45 pm
[Zoom Class](https://us02web.zoom.us/j/81049511857)

**Crochet with Patricia**
Room: Meschter 1 A
1:30 pm - 3:30 pm
**In-Person Activity**

**Fit & Tone with Elizabeth**
4:00 pm - 5:00 pm
[Click here to join](#)
Meeting ID: 941 695 0210
Passcode: 2X93Eh
Thursday

Zumba with Tia
11:00 am - 12:00 pm

Click here to join
Meeting ID: 425 095 968
Password: Gold

Senior Fit with Teresa
1:00 pm - 2:00pm

Click here to join
Meeting ID: 878 9504 1840
Password: 539422
Friday

Mixed Media Arts with Rena
9:30 am - 11:30 am
Room: Art Studio
In-Person Activity

Tai Chi w Pin Pin Su
10:00 am - 12:00 pm
Room: Meschter 1 A
In-Person Activity

Bridge
12:00 am - 3:30 pm
Room: Meschter 1 A
In-Person Activity

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**Friday**

**Bingo**
12:30 pm - 3:00 pm  
Room: Lounge  
In-Person Activity

**Creative Writing w/Larry**
1:30 pm - 3:30 pm  
Room: Meschter 1B  
In-Person Activity
## January Menu Is Subject To Change

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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<tbody>
<tr>
<td>3 Spanish Style Baked Chicken Brown Rice w/Peas Cabbage with Shredded Carrots and Milk</td>
<td>5 Turkey Bean Chili and Brown Rice Stir fry Kale and Broccoli Banana and Milk</td>
<td>7 Fish w/ Mushrooms, peppers and tomatoes Pesto Pasta w/Broccoli Pears and Milk</td>
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<tr>
<td>10 Vegetarian Lasagna and whole wheat bread Stewed Okra and tomatoes Orange and Milk</td>
<td>12 Lentil Chili and Cornbread Sautee Mustard Greens and Milk</td>
<td>14 Fish w/Herb Crust whole wheat Linguine w Asparagus, Peas and Spinach Cream Roasted Broccoli and Milk</td>
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<tr>
<td>17 Closed in Observance of M.L.K. Day</td>
<td>19 Chicken Alfredo Penne Steamed Spinach</td>
<td>21 Deluxe Cheeseburger w/Onions Baked fries Garden Salad and Milk</td>
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<tr>
<td>24 Arroz con Pollo Chicken Breast and Rice Steamed Carrots Baked Apple and Milk</td>
<td>26 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Steamed Broccoli and Cauliflower Banana and Milk</td>
<td></td>
<td>28 Salmon in Garlic Butter Sauce Whole Wheat Bread Vegetable Mix Orange and Milk</td>
<td></td>
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<tr>
<td>31 Chicken Gumbo Sauteed Spinach Whole Wheat Couscous Canned Pineapple and Milk</td>
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</tbody>
</table>

*Lunch is served Monday, Wednesday, & Friday 12:00 - 1:30 PM Last Meal Served 1:15 PM*

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<tbody>
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<td></td>
<td>5</td>
<td>7</td>
<td>- OR - String Bean and Tofu Curry</td>
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<tr>
<td>- OR - Broccoli Cheese</td>
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<td>- OR - Chickpea Stew</td>
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<tr>
<td>Quesadilla</td>
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<tr>
<td>- OR - Baked Vegetable</td>
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<td>- OR - Lentil Stew</td>
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<td>- OR - Orzo Stuffed Peppers</td>
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<tr>
<td>Alfredo Pasta</td>
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<td>with Chicken Sausage</td>
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<td>17</td>
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<tr>
<td>Closed in Observance of</td>
<td></td>
<td>- OR - Stuffed Shells</td>
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<td>- OR - Grilled Cheese</td>
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<tr>
<td>M.L.K. Day</td>
<td></td>
<td>with Cheese Pasta Pesto</td>
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<tr>
<td>- OR - Quinoa with Black</td>
<td></td>
<td>- OR - Vegetable Biryani</td>
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<td>- OR - Cheese Ravioli</td>
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<tr>
<td>Beans and Corn</td>
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<td>with Chickpeas</td>
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<td>- OR - Nice Vegetable</td>
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<tr>
<td>Soup</td>
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