



HUDSON GUILD ADULT CENTER

JANUARY NEWSLETTER

NEW THIS MONTH



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.thehealthscreeener.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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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

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January Menu Is Subject To Change

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

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

January Menu Is Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
3 - OR - Broccoli Cheese Quesadilla		5 - OR - Chickpea Stew		7 - OR - String Bean and Tofu Curry
10 - OR - Baked Vegetable Alfredo Pasta		12 - OR - Lentil Stew with Chicken Sausage		14 - OR - Orzo Stuffed Peppers
17 Closed in Observance of M.L.K. Day		19 - OR - Stuffed Shells with Cheese Pasta Pesto		21 - OR - Grilled Cheese
24 - OR - Quinoa with Black Beans and Corn		26 -OR - Vegetable Biryani with Chickpeas		28 - OR - Cheese Ravioli
31 - OR - Nice Vegetable Soup				

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