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.

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 Service Unit Information

Social Service appointments are available Monday-Friday 9:00am to 3:30pm. Please call 212-924-6710 ext. 4018 for an appointment.

Older Adult Center meals, programming and services are funded by the NYC Department for the Aging, Hudson Guild, corporate & foundation grants and your support.
May 2022 Announcements

Lively Arts Schedule:
5/5 Mozart's Idomeneo, Act II-starring Luciano Pavarotti
5/12 Idomeneo, Act III
5/19 Kurt Weill's The Threepenny Opera
5/26 No class

Theater Desk day's and hours:

Wednesday's From 12:00pm to 2:00pm
Friday's From 12:00pm to 2:00pm

Friday 5/27/22 and Monday 5/30/22 the center will be closed in observance of Memorial Day weekend.

Suggested Lunch donations or contributions are welcome and appreciated. Suggested amounts for adults over and under 60 are posted in the reception area.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Photography Class</strong></td>
<td>9:30am - 12:30 pm</td>
<td>Art Studio</td>
<td>In Person Activity</td>
</tr>
<tr>
<td><strong>Shakespeare Reading Group</strong></td>
<td>2:00pm - 3:15pm</td>
<td>Art Studio</td>
<td>In Person Activity</td>
</tr>
<tr>
<td><strong>Beading with Sarita</strong></td>
<td>1:30pm - 3:30pm</td>
<td>Meschter 1 A</td>
<td>In-Person Activity</td>
</tr>
<tr>
<td><strong>Spanish 101 with Amelia</strong></td>
<td>1:00pm - 2:00pm</td>
<td>Art Studio</td>
<td>Click Here To Join</td>
</tr>
</tbody>
</table>

Meeting ID: 822 9602 6020
Password: 101 HudsoN
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
TUESDAY

**Loom Weaving**
10 am to 12 pm
Room Meschter 1 A-B

**Bridge**
1 pm to 3:45 pm
Room Meschter 1 A-B

**Bingo**
1 pm to 3:30 pm
Room Meschter 1 A-B

**In Person Activity**
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

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: 893 8676 8521
Password Gold

Loom Weaving with Mr. Oke
10:00 am - 12:00 pm
In Person Activity

Senior Fit with Teresa
1:00 pm - 2:00 pm
Click here to join
Meeting ID: 878 9504 1840
Password: 539422

The Lively Arts with 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
9:30 am - 11:30 am
Room: Art Studio
In-Person Activity
Friday

Alcohol Ink Painting
w/Eva
1:30 pm - 3:30 pm
Room: Meschter 1 A-B
In-Person Activity

Creative Writing
w/Larry
1:30 pm - 3:30 pm
Room: Lounge
In-Person Activity
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Beef Meatball in Tomato sauce Pasta Whole Wheat Bread &amp; Vegetables</td>
<td>3 Baked Chicken thighs Brown Rice w/Mushrooms &amp; baby spinach</td>
<td>4 Tuna Noodle Casserole Whole Wheat Bread Cucumber Dill salad</td>
<td>5 Fish w/Herb Crust Tofu and Vegetable Fried Rice Whole Wheat Bread &amp; Green bean salad</td>
<td>6 Baked Spaghetti w/Sausage Whole Wheat Bread Italian Cut Green Bean</td>
</tr>
<tr>
<td>9 Deluxe Cheeseburger w/Onions Baked Sweet Potato Carrot salad</td>
<td>10 Sticky Marmalade Glazed Baby Back Ribs Yellow Rice Braised Cabbage</td>
<td>11 Arroz con Pollo Chicken Breast and Rice Baby Spinach Salad &amp; Banana</td>
<td>12 Beef Fajitas Whole Wheat Tortillas Confetti Brown Rice &amp; Vegetable Mix</td>
<td>13 Baked Salmon w/Cilantro Citrus Sauce Couscous Whole Wheat Bread &amp; Brussels Sprouts</td>
</tr>
<tr>
<td>16 Baked Asian Style Honey Chicken Vegetable Lo Mein Steamed Broccoli w/Soy Sauce</td>
<td>17 Beef Fajitas w Whole Wheat Tortillas Brown Rice w/Pigeon Peas Baby Spinach Salad</td>
<td>18 Vegetable Baked Ziti w/Whole Wheat Pasta Mixed Green Salad</td>
<td>19 Pork Spare Ribs Cornbread Savory Potato Salad Sweet and Tangy Sauteed Collard Greens</td>
<td>20 Fish Cakes w/Alfredo Sauce Whole Grain Macaroni &amp; Cheese Steamed Red or Green Cabbage</td>
</tr>
<tr>
<td>23 Fillet of Fish Sandwich Roasted Sweet Potato Fries Corn &amp; Red Peppers</td>
<td>24 Stewed Oxtails w/Lima Beans Yellow Plantains Brown Rice &amp; Pigeon Peas</td>
<td>25 Oven Baked Pork Chops Rice &amp; Red Beans Whole Wheat Bread &amp; Okra</td>
<td>26 Vegetable Lasagna Roasted Vegetable Couscous &amp; Garden Salad</td>
<td>27 Closed in observance of Memorial Day Weekend</td>
</tr>
<tr>
<td>30 Closed in observance of Memorial Day Weekend</td>
<td>31 Baked Vegetable Alfredo Pasta Beet salad &amp; Banana</td>
<td>All Meals are served with whole wheat bread, Vitamin C and Calcium enriched products. ****Please be aware fish, nuts and other possible allergens are some times used.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Lunch is served Monday thru Friday 12:30pm - 1:30 PM Last Meal Served 1:15 PM*
### May Menu Is Subject To Change

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>- OR - Vegetarian Meatballs w/ Pasta &amp; California blend Vegetables</td>
<td><strong>- OR -</strong> Eggplant w/Tomatoes Brown Rice w/Mushrooms &amp; Baby spinach Salad</td>
<td><strong>- OR -</strong> Vegetable Baked Ziti w/Whole Wheat Pasta Cucumber Dill Salad</td>
<td><strong>- OR -</strong> Chinese Style Spaghetti Tofu Broccoli Curry Italian cut Green Bean</td>
</tr>
<tr>
<td>9</td>
<td>- OR - Veggie Burger Patty Veggie Meatballs Baked Sweet Potato &amp; Carrot Salad</td>
<td><strong>- OR -</strong> Baked Vegetable Alfredo Pasta Braised Cabbage</td>
<td><strong>- OR -</strong> Tofu and Vegetable Fried Rice Spinach &amp; Banana</td>
<td><strong>- OR -</strong> Cheddar &amp; Potato Bake Couscous Brussels Sprouts</td>
</tr>
<tr>
<td>16</td>
<td><strong>- OR -</strong> Baked Vegetable Alfredo Pasta Vegetable Lo Mein &amp; Steamed Broccoli</td>
<td><strong>- OR -</strong> Broccoli Cheese Quesadilla Brown Rice w/Pigeon Peas &amp; Spinach Salad</td>
<td><strong>- OR -</strong> California Veggie Burger Mixed Green Salad &amp; Whole Wheat Bread</td>
<td><strong>- OR -</strong> Curried Veggie Chickpea and Quinoa stir Fry Whole Grain Macaroni &amp; Cheese Braised Cabbage</td>
</tr>
<tr>
<td>23</td>
<td><strong>- OR -</strong> Whole Wheat Cheese Pizza Roasted Sweet Potato Fries Corn &amp; Red Peppers</td>
<td><strong>- OR -</strong> Cheese Ravioli Garden Salad &amp; Banana</td>
<td><strong>- OR -</strong> Quick Chickpea Potato Curry Brown Rice Roasted Potato &amp; Vegetable</td>
<td><strong>- OR -</strong> Tofu and Vegetable Fried Rice Roasted Vegetable Couscous &amp; Garden Salad</td>
</tr>
<tr>
<td>30</td>
<td>Closed in observance of Memorial Day Weekend</td>
<td>31</td>
<td><strong>- OR -</strong> Orzo Stuffed Peppers Beet Salad &amp; Banana</td>
<td>27</td>
</tr>
</tbody>
</table>

*All Meals are served with whole wheat bread, Vitamin C and Calcium enriched products.****Please be aware fish, nuts and other possible allergens are some times used.*

"Lunch is served Monday thru Friday 12:30PM - 1:30 PM Last Meal Served 1:15 PM"