



HUDSON GUILD OLDER ADULT CENTER

MAY 2022 NEWSLETTER

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.thehealthscreeener.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.





MONDAY

Photography Class

9:30am - 12:30 pm

Room : Art Studio

In Person Activity

Beading with Sarita

1:30 pm - 3:30 pm

Room: Meschter 1 A

In-Person Activity

Shakespeare Reading Group

2:00 pm - 3: 15 pm

Room : Art Studio

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





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





TUESDAY

Loom Weaving
w/Mr. Oke
10 am to 12 pm
Room Meschter 1 A-B
In Person Activity.

Bridge
1 pm to 3:45 pm
Room Meschter 1 A-B
In Person Activity.

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

w/Mr.Oke

10:00am - 12: 00pm

In Person Activity

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

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



May Menu Is Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Meatball in Tomato sauce Pasta Whole Wheat Bread & Vegetables	3 Baked Chicken thighs Brown Rice w/Mushrooms & baby spinach	4 Tuna Noodle Casserole Whole Wheat Bread Cucumber Dill salad	5 Fish w/Herb Crust Tofu and Vegetable Fried Rice Whole Wheat Bread & Green bean salad	6 Baked Spaghetti w/Sausage Whole Wheat Bread Italian Cut Green Bean
9 Deluxe Cheeseburger w/Onions Baked Sweet Potato Carrot salad	10 Sticky Marmalade Glazed Baby Back Ribs Yellow Rice Braised Cabbage	11 Arroz con Pollo Chicken Breast and Rice Baby Spinach Salad & Banana	12 Beef Fajitas Whole Wheat Tortillas Confetti Brown Rice & Vegetable Mix	13 Baked Salmon w/Cilantro Citrus Sauce Couscous Whole Wheat Bread & Brussels Sprouts
16 Baked Asian Style Honey Chicken Vegetable Lo Mein Steamed Broccoli w/Soy Sauce	17 Beef Fajitas w Whole Wheat Tortillas Brown Rice w/Pigeon Peas Baby Spinach Salad	18 Vegetable Baked Ziti w/Whole Wheat Pasta Mixed Green Salad	19 Pork Spare Ribs Cornbread Savory Potato Salad Sweet and Tangy Sauteed Collard Greens	20 Fish Cakes w/Alfredo Sauce Whole Grain Macaroni & Cheese Steamed Red or Green Cabbage
23 Fillet of Fish Sandwich Roasted Sweet Potato Fries Corn & Red Peppers	24 Stewed Oxtails w/Lima Beans Yellow Plantains Brown Rice & Pigeon Peas	25 Oven Baked Pork Chops Rice & Red Beans Whole Wheat Bread & Okra	26 Vegetable Lasagna Roasted Vegetable Couscous & Garden Salad	27 Closed in observance of Memorial Day Weekend
30 Closed in observance of Memorial Day Weekend	31 Baked Vegetable Alfredo Pasta Beet salad & Banana	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**

May Menu Is Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 - OR - Vegetarian Meatballs w/ Pasta & California blend Vegetables	3 -OR- Eggplant w/Tomatoes Brown Rice w/Mushrooms & Baby spinach Salad	4 - OR - Vegetable Baked Ziti w/Whole Wheat Pasta Cucumber Dill Salad	5 - OR - Vegetable Ratatouille Tofu & Vegetable Fried Rice Green Bean Salad	6 - OR - Chinese Style Spaghetti Tofu Broccoli Curry Italian cut Green Bean
9 - OR - Veggie Burger Patty Veggie Meatballs Baked Sweet Potato & Carrot Salad	10 - OR - Baked Vegetable Alfredo Pasta Braised Cabbage	11 - OR - Tofu and Vegetable Fried Rice Spinach & Banana	12 - OR - Chicken Fajitas w/Veggies in soft Wrap Brown Rice & Vegetable Mix	13 - OR - Cheddar & Potato Bake Couscous Brussels Sprouts
16 -OR- Baked Vegetable Alfredo Pasta Vegetable Lo Mein & Steamed Broccoli	17 -OR- Broccoli Cheese Quesadilla Brown Rice w/Pigeon Peas & Spinach Salad	18 - OR - California Veggie Burger Mixed Green Salad & Whole Wheat Bread	19 -OR- Cheese Pierogi Cornbread & Sweet and Tangy sauteed Collard Greens	20 - OR - Curried Veggie Chickpea and Quinoa stir Fry Whole Grain Macaroni & Cheese Braised Cabbage
23 -Or- Whole Wheat Cheese Pizza Roasted Sweet Potato Fries Corn & Red Peppers	24 -OR- Cheese Ravioli Garden Salad & Banana	25 -OR - Quick Chickpea Potato Curry Brown Rice Roasted Potato & Vegetable	26 -OR- Tofu and Vegetable Fried Rice Roasted Vegetable Couscous & Garden Salad	27 Closed in observance of Memorial Day Weekend
30 Closed in observance of Memorial Day Weekend	31 -OR- Orzo Stuffed Peppers Beet Salad & Banana	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.		

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