



# HUDSON GUILD OLDER ADULT CENTER

NOVEMBER 2022 NEWSLETTER

## New This Month

### Nutrition Education

#### In-person Cooking Demo

When: Wednesday, November 9th at 10:00 am

#### November is National Caregivers Month

Join us on 11/15 to celebrate

#### Virtual Cooking Presentation

Date: Wednesday, November 16th at 11:00am

Recipe: Cauliflower Mashed 'Potatoes'

#### Zoom information soon to follow

Please email [ascott@hudsonguild.org](mailto:ascott@hudsonguild.org) to register

**Join us on Thanksgiving Day for Lunch**

**Thursday November 24, 2022**

**Time: 12:00 pm - 1:00 pm**

**We are closed 11/24 & 11/25**

**For Regular Programming**

**See you all on 11/28**

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

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 - November schedule

- 11/3 Prokofiev's epic adaptation of Tolstoi's War and Peace, Part 2
- 11/10 War and Peace, Part 3
- 11/17 War and Peace, Part 4
- 11/24 no class

## Theater Desk Time and dates

Wednesdays From 12:00 pm to 2:00 pm

Fridays From 12:00pm to 2:00pm



# Poetry Workshops



**Tuesday November 8**

**Tuesday November 22**

**\*Note New Time! - 2pm**

## Let's Create!

Join us on **November 8th & 22nd (every other Tuesday)** to explore a few great poems together and 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, November 9th at 1:45pm**

Join us for a fun, comedic adventure **movie**  
To Wong Foo, Thanks for Everything, Julie Newmar

**Wednesday, November 16th at 2:30pm**

**Take Pride in Your Health III**

We will be joined by special guest Anna Allen, Co-Founder of Say Ah!, Inc.  
**Advocating with your Doctor to get the care you need**

**Wednesday, November 30th at 2:30pm**

**Come to an in person Life Planning presentation/ discussion**

Alyssa Villareal from Volunteers of Legal Services will talk about important documents to have in place, health care proxy, power of attorney, as you plan for the future.

**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**



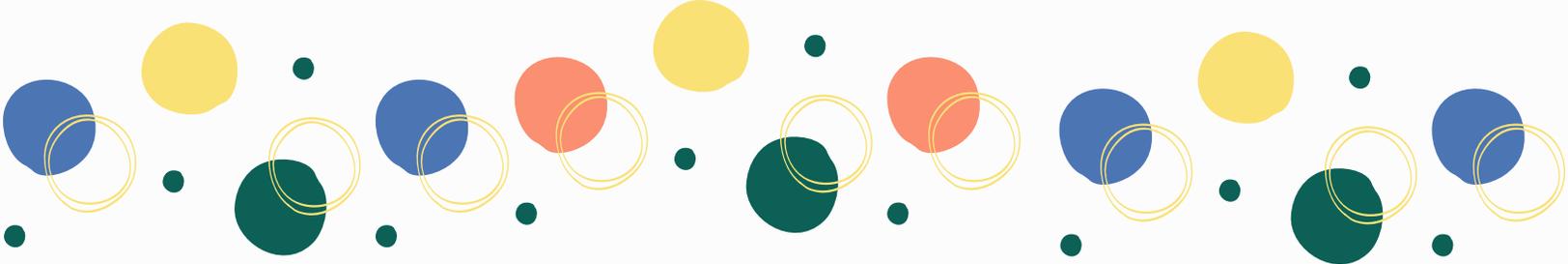
# Lunch and Learn



Lunch and Learn is a free group for adults 55 and older who are interested in connecting through discussions led by trained facilitators.

**Fulton Center Lounge | 12:30-1:30 PM  
Weekly on Wednesdays, starting 11/9**

To register, contact Charlotte McCafferty, LMSW at 212-760-9865



# MONDAY

**Shakespeare Reading  
Group**

2:00 pm - 3: 15 pm

Room : Lounge

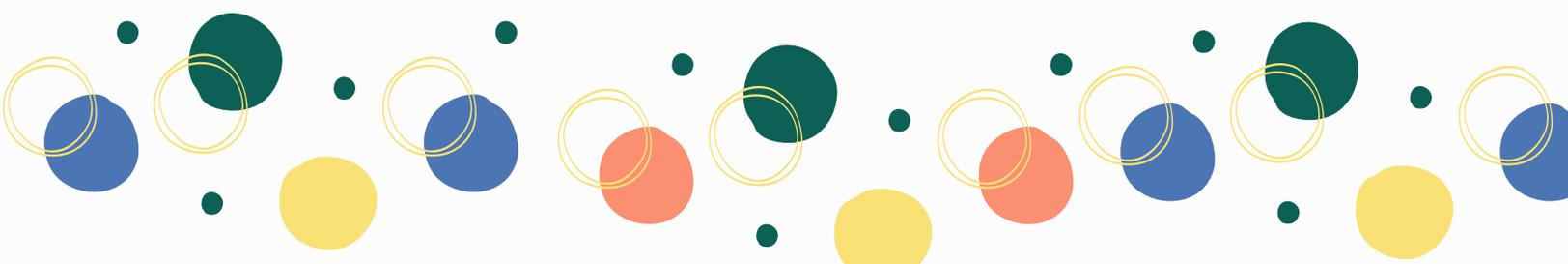
**In Person Activity**

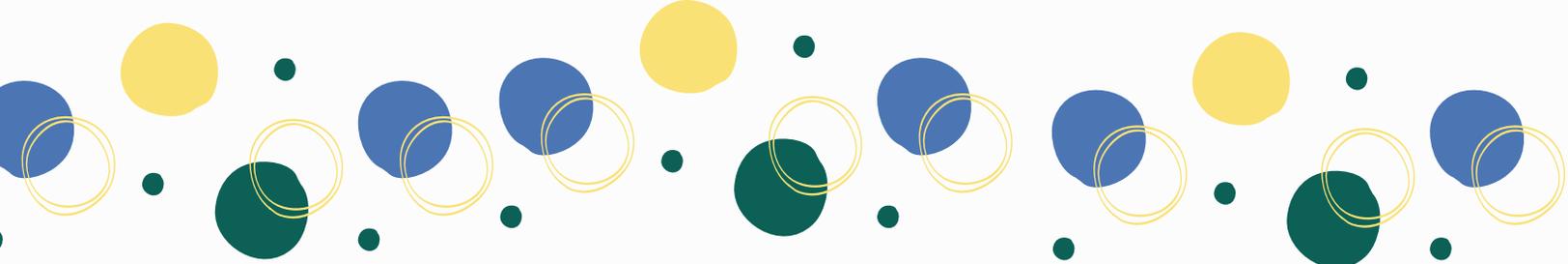
**Beading with Sarita**

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**

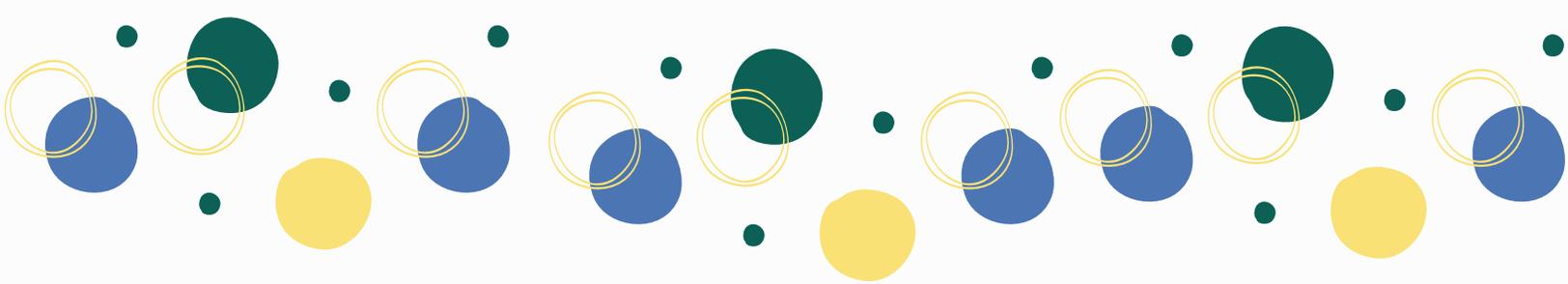
**[In Person Activity](#)**

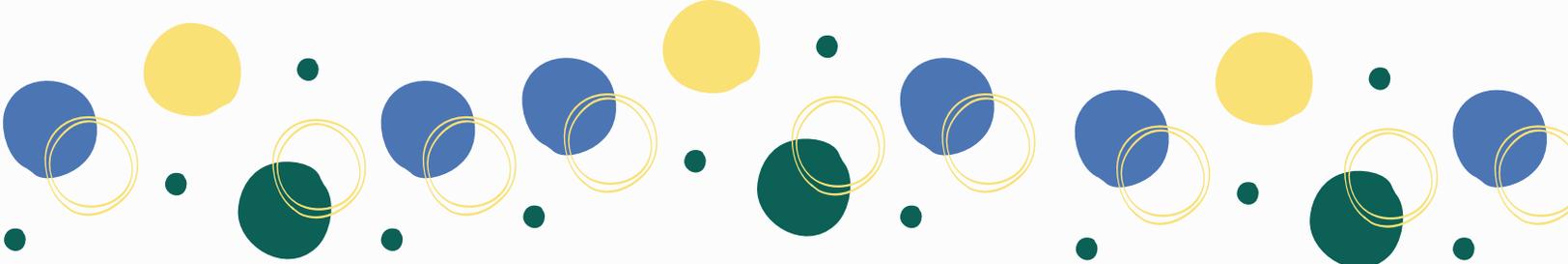
**Stay Active  
&  
Get Fit with Maria  
11:00 am - 12:00 pm  
Meschter A&B**

**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

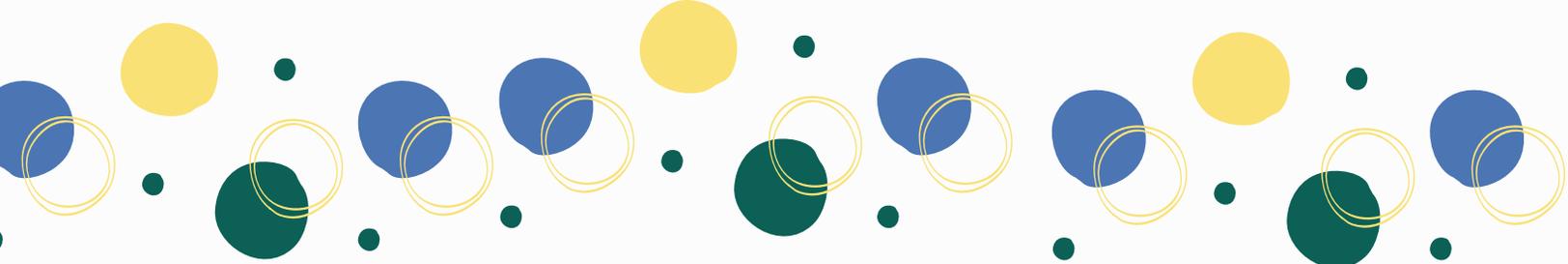
**[Click here to join](#)**

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**

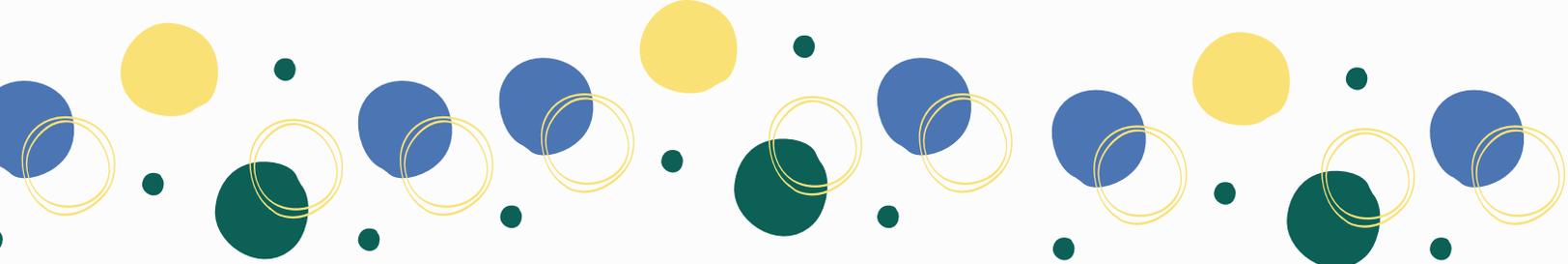
## Crochet with Patricia

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

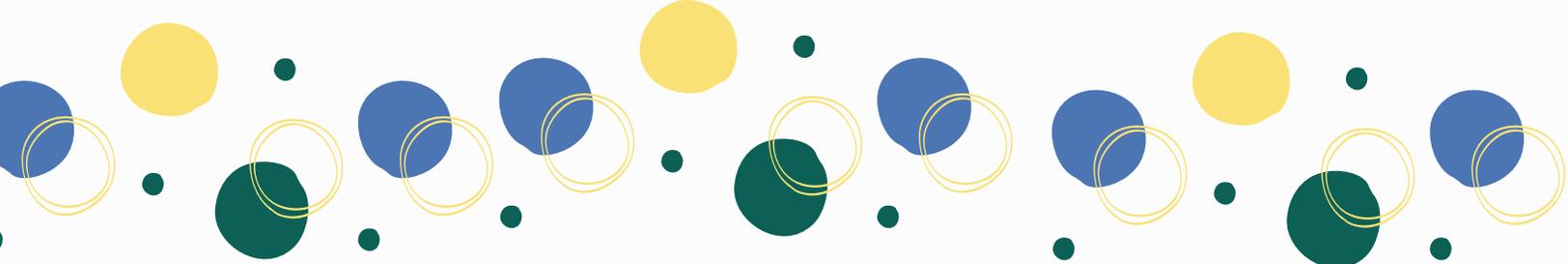
## The Lively Arts w/ Jim Furlong

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**

## **Bingo**

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: NOVEMBER 7  
TO NOVEMBER 11

MONDAY 11/7	- OR - Three Bean Chili with Cheddar Cheese	- OR - Three Bean Chili with Cheddar Cheese
TUESDAY 11/8	Baked Breaded Lamb Chops w/rice	- OR - Bean Burrito with Whole Wheat Tortilla
WEDNESDAY 11/9	Beef Meatballs	- OR - Cheese Ravioli
THURSDAY 11/10	Chicken and Broccoli Stir Fry	- OR - Broccoli with Teriyaki Sauce Chickpea Stew
FRIDAY 11/11	Baked Breaded Fish w/rice	- OR - Baked Ziti with Cheese

**\*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: NOVEMBER 14 TO NOVEMBER 18

MONDAY 11/14

Vegetarian Chili

Vegetarian Chili

TUESDAY 11/15

Tuna Noodle Casserole

- OR -  
Stuffed Shells with Cheese

WEDNESDAY 11/16

Chicken Fajitas

- OR -  
Veggie Burger

THURSDAY 11/17

Beef Stew

- OR -  
Tofu in Garlic Soy Sesame  
Sauce



FRIDAY 11/18  
BIRTHDAY PARTY



Baked Salmon with  
Cilantro Citrus 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.**

# OAC WEEKLY MENU

DATE: NOVEMBER 21  
TO NOVEMBER 23

MONDAY 11/21	Black Bean and Sweet Potato Chili	Black Bean and Sweet Potato Chili
TUESDAY 11/22	Baked Ziti w/Ground beef	- OR - Baked Ziti w/ Cheese
WEDNESDAY 11/23	CBBQ Chicken Leg w/Mash potatoes	- OR - Lentil Chili
THURSDAY 11/24	<b>Thanksgiving Day Lunch 12:00 pm - 1:00 pm</b>   	
FRIDAY 11/25	<b>Closed In Observance for The Day after Thanksgiving</b>	

**\*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: NOVEMBER 28  
TO DECEMBER 2

MONDAY 11/28

Vegetarian Meatballs  
w/Cous Cous

- OR -  
Baked Vegetable Alfredo  
Pasta

TUESDAY 11/29

Beef Meatloaf

- OR -  
Basil Quinoa Stuffed  
Peppers

WEDNESDAY 11/30

Chicken Fajitas

- OR -  
Broccoli Cheese  
Quesadilla

THURSDAY 12/1

Beef and Cheese  
Lasagna

- OR -  
Vegetable Lasagna

FRIDAY 12/2

Baked Fish with Lemon  
Garlic Butter Sauce

- OR -  
Pasta Salad

**\*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.**