



hudson guild

## 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

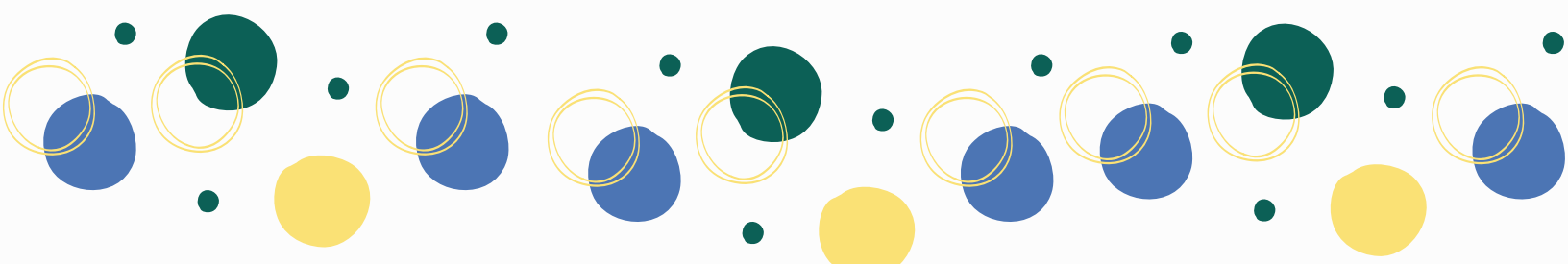
## The Lively Arts - November schedule

- 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**

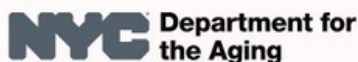
**Wednesday, November 30th at 2:30pm**

**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**

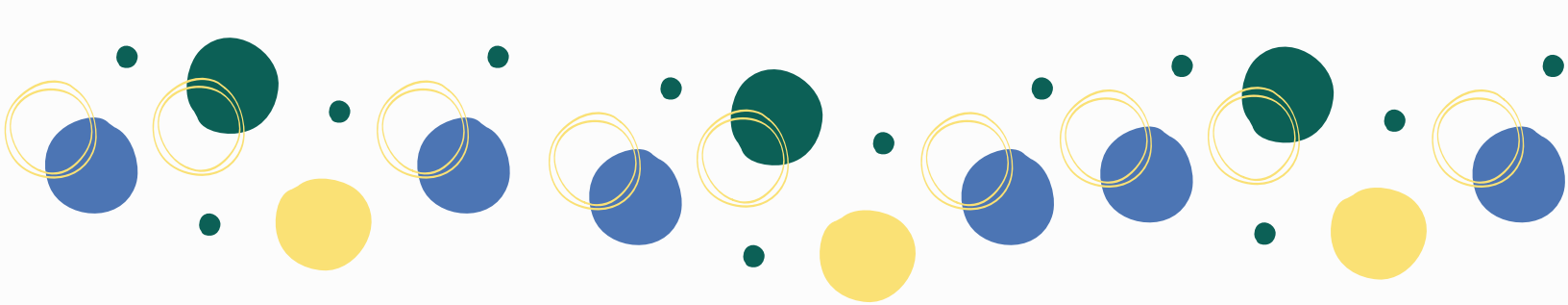
**In Person Activity**

**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

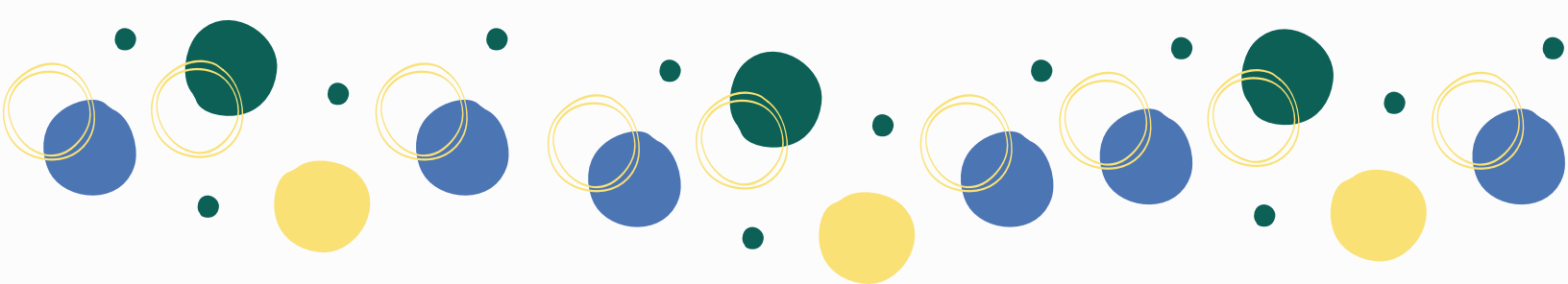
Password: 539422

## **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  
TONOVEMBER11

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
<p><b>*Lunch is served Monday thru Friday 12:30pm- 1:30pm</b></p> <p><b>Last Meal Served 1:15 PM</b></p> <p>All Meals are served with Vitamin C and Calcium enriched products. ****Please be aware fish, nuts and other possible allergens are some times used.</p>		

# OAC WEEKLY MENU

DATE: NOVEMBER14 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>	
	<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.</b>	

# 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.  
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