



HUDSON GUILD OLDER ADULT CENTER

OCTOBER 2022 NEWSLETTER

New This Month

Nutrition Education

Virtual Cooking Presentation

10/19 **Zoom information soon to follow**

In-person Cooking Demo

When:

Time:

10/20

10 am - 11 am

2. Flu Shots w/ Lenox Hill Greenwich Village

60 years & older

When: 10/25

Time: 10 am - 12 pm

3. Elder Abuse Presentation

When: 10/27

Time: 10 am

Zoom information soon to follow

4. Halloween & Birthday Party

When: 10/28

Time: 12pm - 1:30 pm

Best dressed will receive a prize

Feel free to be creative !!

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. 17th and 18th 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.

Hudson Guild Older Adult Center

Nutrition Education and Cooking Demo

We will be preparing a healthy
salad and homemade salad
dressing.

Presented in English & Spanish

Join us for an interactive workshop on:

Thursday, October 20

Time: 10:00AM-11:00AM

**LIMITED SEATS AVAILABLE. PRE-REGISTER via EMAIL WITH
CARLOS FLORES: CARLOSF@HUDSONGUILD.ORG**

The Teaching Kitchen at Fulton Community Center
119 Ninth Avenue, New York, NY 10011

Funded by the NYC Department for the Aging

HudsonGuild
Older Adult Center

**FREE FLU SHOT WITH
LENOX HEALTH GREENWICH VILLAGE
SERVING OLDER ADULTS 60 YEARS &
OLDER**

Let's protect yourself and your loved ones

Tuesday | October 25, 2022
10:00 am – 12:00 pm

Where: Fulton Community Center
119 9th Avenue, New York City, NY 10011

To register email- carlosf@hudsonguild.org
212-924-6710



Self Group

Join us as we celebrate our identities as LGBTQ & Allies!

Wednesday, October 12th at 2:30pm

Join us for A Celebration and Discussion about National Coming Out Day! And LGBTQ+ History

Wednesday, October 19th at 2:30pm

Take Pride in Your Health II

We will be joined by special guest Anna Allen, Co-Founder of Say Ah!, Inc.

Gain more tools to manage your health at this workshop. Learn about:

- Making a Health Care Proxy
- Advocating for yourself to get the care you need

Wednesday, October 26th at 2pm

Join us for a movie afternoon!

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 or at **212-924-6710 x 4018**



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OAC Announcements

The Lively Arts - October schedule

10/6 Verdi's first great opera Nabucco, part 1

10/13 Nabucco, part 2

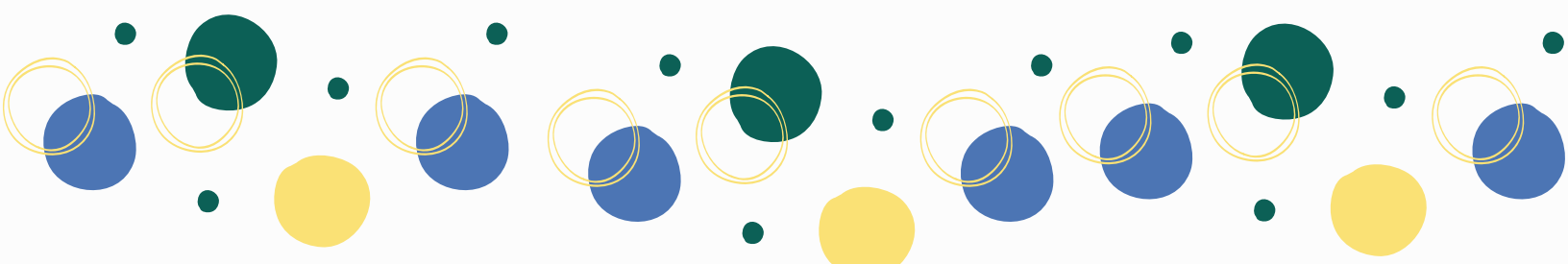
10/20 Nabucco, part 3

10/27 Prokofiev's epic adaptation of Tolstoi's War and
Peace, part 1

Theater Desk Time and dates

Wednesdays From 12:00 pm to 2:00 pm

Fridays From 12:00pm to 2:00pm





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

**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

**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 :30pm to 3:30 pm
Activity Room 2
In Person Activity.

Bingo
1:30 pm to 3:30 pm
Room Meschter 1 A-B
In Person Activity.





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

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

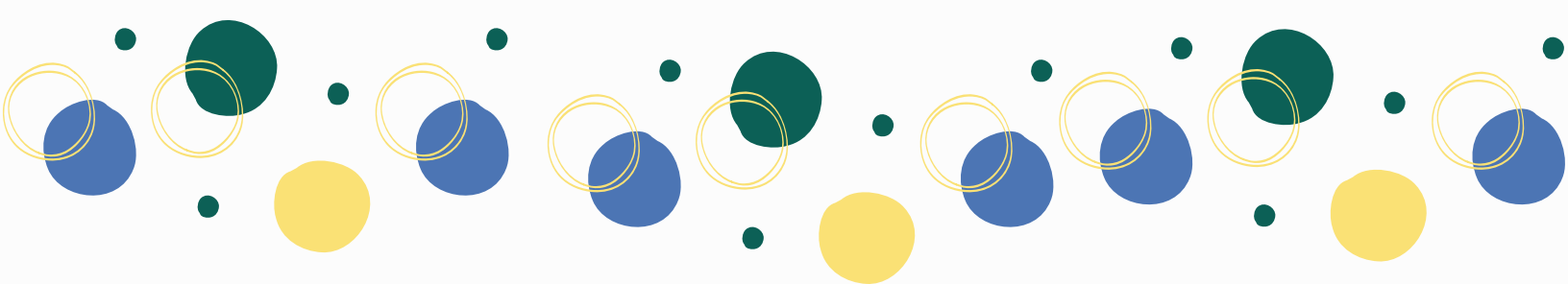
Password: 539422

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

In-Person Activity



OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: OCTOBER 3 TO
OCTOBER 7

MONDAY 10/3	Vegetarian Chili	Vegetarian Chili
TUESDAY 10/4	Tuna Noodle Casserole	- OR - Stuffed shells w/ cheese
MONDAY 10/5	Chicken Fajitas & Black Beans	- OR - Veggie Burger w/ black beans & rice
THURSDAY 10/6	Beef stew & Egg Noodles	- OR - Tofu in garlic sesame sauce w/egg noodles
FRIDAY 10/7	Baked Salmon w/cilantro rice & Garden salad	- OR - Pizza & Garden salad
<p>*Lunch is served Monday thru Friday 12:30pm- 1:30pm</p> <p>Last Meal Served 1:15 PM</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: OCTOBER 10 TO
OCTOBER 14

MONDAY 10/10	Black bean & sweet potato chili w/brown rice	- OR - Black bean & sweet potato chili w/brown rice
TUESDAY 10/11	Beef fajitas & cilantro lime rice	- OR - Basil quinoa stuffed peppers w/cilantro lime rice
WEDNESDAY 10/12	BBQ chicken & mashed potatoes w/mixed vegetables	- OR - Lentil chili & mashed potatoes w/mixed vegetables
THURSDAY 10/13	Baked Pork Chops roasted potatoes & vegetables	- OR - Baked Ziti w/ roasted potatoes & vegetables
FRIDAY 10/14	Baked Flounder & vegetable pasta w/ garlic bread	- OR - Vegetable pasta w/garlic bread

***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: OCTOBER 17 TO
OCTOBER 21

MONDAY 10/17	Baked chicken & cous cous w/broccoli & red peppers	- OR - Veggie meat balls & cous cous w/broccoli & red peppers
TUESDAY 10/18	Beef Meatloaf w/creamy spinach	- OR - Basil quinoa stuffed peppers w/creamy spinach
WEDNESDAY 10/19	Chicken fajitas brown rice w/kidney beans & mixed green salad	- OR - Broccoli cheese quesadilla brown rice w/ kidney beans & mixed green salad
THURSDAY 10/20	Beef & cheese lasagna w/garlic bread & green beans	- OR - Vegetable lasagna w/garlic bread & green beans
FRIDAY 10/21	Baked Fish w/Pasta Quinoa & black beans w/corn & roasted broccoli	- OR - Quinoa & black beans w/ corn & roasted broccoli, 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.

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possible allergens are some times used.**

OAC WEEKLY MENU

DATE: OCTOBER 24 TO
OCTOBER 28

MONDAY 10/24	Eggplant Parmesan & pasta w/ sweet peas & carrots	- OR - Eggplant parmesan & pasta w/ sweet peas & carrots
TUESDAY 10/25	Baked spaghetti & sausage w/garlic bread & vegetables	- OR - Vegetarian spaghetti carbonara w/ garlic bread & vegetables
WEDNESDAY 10/26	Arroz con Pollo w/ broccoli tossed in garlic	- OR - Tofu w/vegetable fried brown rice
THURSDAY 10/27	BBQ boneless beef ribs w/macaroni &cheese Braised collard greens	- OR - California veggie burger w/macaroni and cheese braised collard greens
FRIDAY 10/28 HALLOWEEN BIRTHDAY PARTY	Baked Salmon Yellow Rice Brussels sprouts	- OR - Bean Burrito w/ whole wheat tortilla , yellow rice, brussels sprouts

***Lunch is served Monday thru Friday 12:30pm- 1:30pm
Last Meal Served 1:15 PM
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possible allergens are some times used.**

OAC WEEKLY MENU

DATE: OCTOBER 31 TO
NOVEMBER 4

MONDAY 10/31	Broccoli cheese quesadilla rice & beans	Broccoli cheese quesadilla rice & beans
TUESDAY 11/1	Baked pork chops w/ yellow rice & cabbage	- OR - Eggplant w/ yellow rice & cabbage
WEDNESDAY 11/2	Baked chicken thighs & Chinese style rice	- OR - Chickpea stew w/ Chinese style rice
THURSDAY 11/3	Beef pot roast w/cornbread & sautéed mustard greens	- OR - Vegetable baked ziti w/ cornbread & sautéed mustard greens
FRIDAY 11/4	Baked Fish w/macaroni salad	- OR - veggie Burger w/macaroni 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.