

Hudson guild

HUDSON GUILD OLDER ADULT CENTER

SEPTEMBER 2022 NEWSLETTER

The OAC is open, Monday thru Friday 9:00 am to 4:00 pm for activities meals, and social services. 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

Monday 9/5 Closed In Observance of Labor day

> Masks are required whenever you are in the building. If you do not feel well, please stay home.

Adult Services' activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.

For more information on remote programs or in person, please email: hgadultcenterevents@hudsonguild.org



NATIONAL SENIOR CENTER DAY CELEBRATION

Strengthening Community Connections



THURSDAY, SEPTEMBER 22TH

12:00 - 12:30 PM AWARDS FOR OLDER ADULT PARTICIPANTS & OLDER ADULT CENTER STAFF

12:30 - 1:30PM LUNCH

2:00 - 2:30PM TALENT SHOWCASE AND GIFT BAGS

If you have a talent that you would like to showcase RSVP to Carlos Flores at carlosf@hudsonguild.org no later than FRIDAY, SEPTEMBER 16TH!





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Creative Self Group

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

Wednesday, September 7th at 2:30pm Support & conversation

Wednesday, September 21st at 2:30pm

Take Pride in Your Health

We will be joined by special guest Anna Allen, Co-Founder of Say Ah!, Inc. Gain tips and tools to manage your health at this workshop developed for LGBTQ+ patients and their caregivers. You will learn how to:

- Navigate your health care
- Partner with your provider
- Advocate for yourself to get the care you need

Where: 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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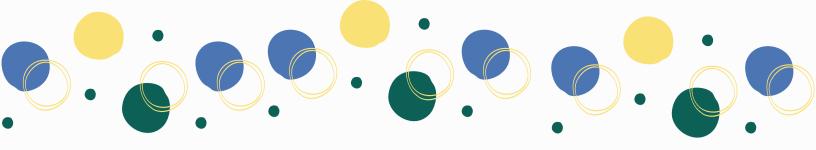
Join the Older Adult Center and the NORC to celebrate Hispanic Heritage Month.

Enjoy a Latin tinged menu & celebrate with live music and dance!

THURSDAY, SEPTEMBER 15TH 11:00AM - 1:00PM



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September 2022 Announcements

Lively Arts Schedule - Every Thursday at 1:30 PM During September we'll be showing Rossini's great, final operatic masterpiece WILLIAM TELL featuring the famous theme from The Lone Ranger!





MONDAY

Shakespeare Reading Group 2:00 pm - 3: 15 pm Room : Art Studio 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

<u>Click here to join</u>

Meeting ID: 781 321 0984 Password: 4GWKXp Dial In: 646- 558- 8656

Drawing with Alex 3 pm to 5 pm

<u>Click here to join</u>

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

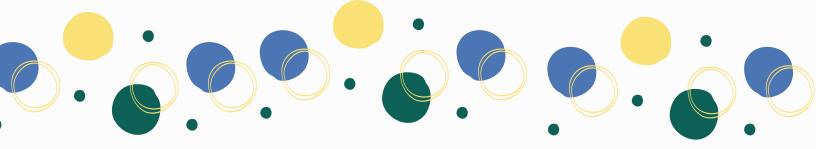
In Person Activity

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

<u>Click here to join</u>

Meeting ID: 840 8238 9611 Password: 656473 Meditation and Yoga w/ Margarita 11:00 am - 12:00 pm

Room: Meschter 1A 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 <u>Click here to join</u>

Meeting ID: 893 8676 8521 Password Gold

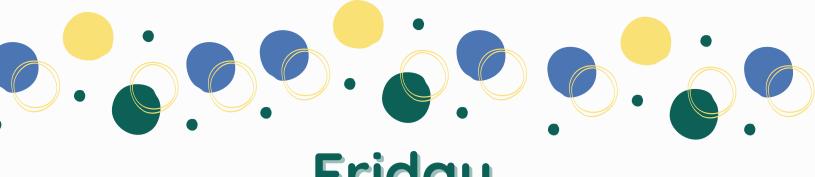
Senior Fit with Teresa 1:00 pm - 2: 00pm

<u>Click here to join</u>

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

SUBJECT TO CHANGE

DATE: SEPTEMBER 1 TO SEPTEMBER 2

THURSDAY 9/1	Baked Ziti w/Ricotta Cabbage carrot slaw bean salad	
FRIDAY 9/2	- OR - Salmon in Garlic Butter sauce w/Corn and Peas cut green beans	
	*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.	

DATE: SEPTEMBER 5 TO SEPTEMBER 9

MONDAY 9/5	CLOSED IN OBSERVANCE OF LABOR DAY	
TUESDAY 9/6	Beef fajitas and Brown Rice w/pigeon peas baby spinach salad - OR - Broccoli cheese quesadilla brown rice w/pigeon peas baby spinach salad	
WEDNESDAY 9/7	Vegetable Baked ziti- OR -w/whole wheat pastaCalifornia veggie Burgermixed green saladMixed Green salad	
THURSDAY 9/8	Pork spare ribs savory potato salad and sautéed collard greens - OR - Cheese pierogi sweet and tangy sautéed collard greens	
FRIDAY 9/9	Fish cakes w/Alfredo - OR - sauce macaroni & cheese steamed red or green cabbage	
	*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.	

DATE: SEPTEMBER 12 TO SEPTEMBER 16

MONDAY 9/12	Fillet of Fish sandwich- OR -Roasted sweet potatoWhole wheat cheese Pizzafries Corn & red peppersRoasted sweet potato fries corn & red peppers	
TUESDAY 9/13	Stewed oxtails w/lima - OR - beans yellow plantains and garden salad cheese ravioli and Garden salad	
BIRTHDAY PARTY WEDNESDAY 9/14	Oven baked Pork chops Rice & red beans with Okra - OR - Quick Chickpea potato curry brown rice roasted potatoes and vegetables	
HISPANIC HERTIAGE CELBRATION THURSDAY 9/15	Vegetable Lasagna- OR -roasted vegetableTofu and vegetable fried ricecouscous and Gardenroasted vegetable couscous &saladGarden salad	
FRIDAY 9/16	- OR - Sweet orange Salmon sauteed summer squash w/corn and tomatoes - OR - Soft Tacos w/Black beans and mixed vegetables sautéed summer squash w/corn & tomatoes	
	*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.	

DATE: SEPTEMBER 19 TO SEPTEMBER 23

MONDAY 9/19	- OR - Beef & Broccoli brown rice broccoli w/teriyaki sauce broccoli	
TUESDAY 9/20	- OR - Baked vegetable Alfredo pasta Beet salad	
WEDNESDAY 9/21	Hamburgers baked red potato wedges and Garden salad	
THURSDAY 9/22	- OR - Garlic mashed potatoes braised cabbage	
FRIDAY 9/23	Jumbo stuffed shells w/Meat sauce Garden 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.	

DATE: SEPTEMBER 26 TO SEPTEMBER 30

MONDAY 9/26	Homemade roast pork Spanish style cilantro lime rice yellow plantains & honeydew	- OR - String Bean and tofu curry w/yellow plantains
TUESDAY 9/27	Sofrito steak Yellow rice and pigeon peas California blend vegetables	- OR - Cheese Pierogi Rice & gungo and California blend vegetables
WEDNESDAY 9/28	Chicken stir fry w/vegetables cole slaw and whole wheat couscous	- OR - Baked fish w/garlic sauce cole slaw
THURSDAY 9/29	Baked ziti w/Ricotta cabbage carrot slaw & honeydew	- OR - Curried veggie chickpea and quinoa stir fry cabbage carrot slaw
FRIDAY 9/30	Salmon in Garlic butter sauce Macaroni salad w/corn and peas	- OR - Broccoli cheese quesadilla Cilantro lime rice corn and peas
	*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.	