



# 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](mailto: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](mailto:carlosf@hudsonguild.org) no later than  
***FRIDAY, SEPTEMBER 16TH!***

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

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**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](mailto:djohnson-laird@hudsonguild.org)** or at **212-924-6710 x 4018**



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# Hispanic Heritage Month



**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**



**NYC** Department for  
the Aging

 hudson guild

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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!

### **Theater Desk Reopens** **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 : 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**

**[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 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

[\*\*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**



# OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: SEPTEMBER 1  
TO SEPTEMBER 2

THURSDAY 9/1	Baked Ziti w/Ricotta Cabbage carrot slaw - OR - Vegetable Ratatouille Green bean salad
FRIDAY 9/2	Salmon in Garlic Butter sauce w/Corn and Peas - OR - Chinese style spaghetti Italian cut green beans
	<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: 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 w/whole wheat pasta mixed green salad	- OR - California veggie Burger Mixed 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 sauce macaroni & cheese steamed red or green cabbage	- OR - Curried veggie, chickpea and Quinoa Braised 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.

# OAC WEEKLY MENU

DATE: SEPTEMBER 12  
TO SEPTEMBER 16

MONDAY 9/12	Fillet of Fish sandwich Roasted sweet potato fries Corn & red peppers	- OR - Whole wheat cheese Pizza Roasted sweet potato fries corn & red peppers
TUESDAY 9/13	Stewed oxtails w/lima beans yellow plantains and garden salad	- OR - Cheese ravioli and Garden salad
<b>BIRTHDAY PARTY</b> WEDNESDAY 9/14	Oven baked Pork chops Rice & red beans with Okra	- OR - Quick Chickpea potato curry brown rice roasted potatoes and vegetables
<b>HISPANIC HERITAGE CELEBRATION</b> THURSDAY 9/15	Vegetable Lasagna roasted vegetable couscous and Garden salad	- OR - Tofu and vegetable fried rice roasted vegetable couscous & Garden salad
FRIDAY 9/16	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

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**Last Meal Served 1:15 PM**

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# OAC WEEKLY MENU

DATE: SEPTEMBER 19  
TO SEPTEMBER 23

MONDAY 9/19	Beef & Broccoli brown rice broccoli w/teriyaki sauce	- OR - Baked macaroni & cheese sweet baked yams roasted broccoli
TUESDAY 9/20	Baked vegetable Alfredo pasta Beet salad	- OR - Orzo stuffed peppers Beet salad
WEDNESDAY 9/21	Hamburgers baked red potato wedges and Garden salad	- OR - Eggplant parmesan Garden salad
THURSDAY 9/22	Smothered Pork chops Garlic mashed potatoes braised cabbage	- OR - Baked vegetable Alfredo pasta Braised cabbage
FRIDAY 9/23	Jumbo stuffed shells w/Meat sauce Garden salad	- OR - California veggie Burger baby spinach salad

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**Last Meal Served 1:15 PM**  
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**Vitamin C and Calcium enriched products.**  
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**possible allergens are some times used.**



# OAC WEEKLY MENU

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

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12:30pm- 1:30pm**

**Last Meal Served 1:15 PM**

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