



HUDSONGUILD OLDER ADULT CENTER

JANUARY 2023 NEWSLETTER

The OAC is open

Monday thru Friday

9:00 am to 4:00 pm

for activities meals, and social services.

Note: Social Services are by appointment

Lunch is served daily from,

12:30 pm to 1:30 pm

Please arrive by 1:15 pm

For additional information about
HudsonGuild Older Adult Center,
please contact:

Armisha Scott- OAC Director

212-924-6710

ascott@hudsonguild.org

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.

We are closed on

1/2 & 1/16

For all programming



OAC New Offerings

Dances of the Variable Population Presents

" Afro-Caribbean Movement Class "

Tuesday's starting 1/10/22

1:30pm -2:45pm - Meschter A & B

Hybrid Zumba Gold with Tia


Thursday's starting 1/12/23

Meschter A & B 10:30 am - 12:00 pm

Basket Weaving

Tuesday's starting 1/17/23

Art Room 10:00 am - 12:00 pm





Sculpture class: Art and Craft of Papier Mache

Thursday's starting 1/19/23

Activity Room 2 9:30 am - 12:00 pm

Alcohol Painting

Friday's starting 1/20/22

1:30 pm -3:30 pm - Meschter A & B

The Lively Arts Schedule

1/5 Verdi's beautifully melodic Il
Trovatore

1/12 Il Trovatore, part 2

1/19 Il Trovatore, part
1/26 Wagner's sumptuous comedy
Die Meistersinge

Theater Desk

Wednesdays
and

Fridays
11:00 am - 1:00 pm



Poetry Workshops

Let's Create

Tuesday, January 10th, 2023 at 2:00 PM

Tuesday, January 24th, 2023 at 2:00 PM

Why not start the new year off with
some creativity?

Bring some food and join us for a lively
discussion about food and poetry at the
Fulton Community Center, 119 9th Ave.

For more information, please contact
Dorothy Johnson-Laird at **(212) 924-6710 x4018**.



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Creative Self Group

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

Thursday, January 12th at 1:30 PM

Join us for a **movie & conversation** to watch the fun comedy,
The Adventures of Priscilla, Queen of the Desert.

Wednesday, January 18th at 2:00 PM

LGBTQ+ a **cultural history, celebration and discussion** of our
artistic heroes, writers, artists, actors..

Feel free to share information of someone you admire.

Wednesday, January 25th at 2:00 PM

Take Pride in Your Health III

We will be joined by guest Anna Allen, Co-Founder of Say Ah!, Inc. For
more discussion, advocating with your Doctor to get the care you need.

**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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MONDAY

Beading with Sarita

1:30 pm - 3:30 pm

Room : Meschter A & B

In Person Activity

Shakespeare Reading Group

Always looking for new members!

Come check us out

2:00 pm - 3:15 pm

Room : Lounge

In Person Activity





TUESDAY

Basket Weaving w/Mr. Oke

10:00 am to 12:00 pm
Art Room

Starting 1/17/23

Stay Active &

Get Fit wit Maria

11:00am - 12:00pm
Meschter A&B

Balance Movement Mind & Body w/ Wendy

11:00 am - 12:00 pm

[Click here to join](#)

Meeting ID: 781 321 0984

Password: 4GWKXp

Dial In: 646- 558- 8656

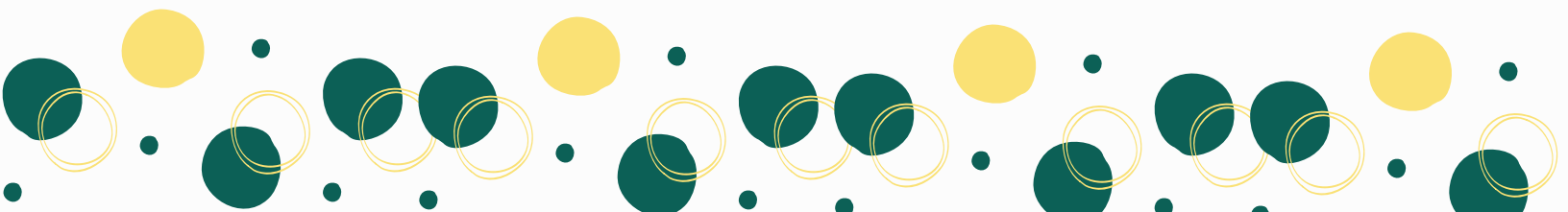
MOVEMENT SPEAKS

Afro-Caribbean

1:30 pm to 2:45 pm

Meschter A & B

Starting 1/10/23
In Person Activity





TUESDAY

Bingo

1:30 pm to 3:30 pm

Room: Art Room

In Person Activity.

Bridge

1:30 pm to 3:30 pm

Room: Activity Room 2

In Person Activity.

Drawing

w/ Alex

3 pm to 5 pm

[Click here to join](#)

Meeting ID: 895 6660 7648

Passcode: 111

Dial In: 646 558 8656

On Break Until February 6th





Wednesday

Afro Brazilian w/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 w/ Patricia

Room: Meschter 1 A

1:30 pm - 3:30 pm

In-Person Activity





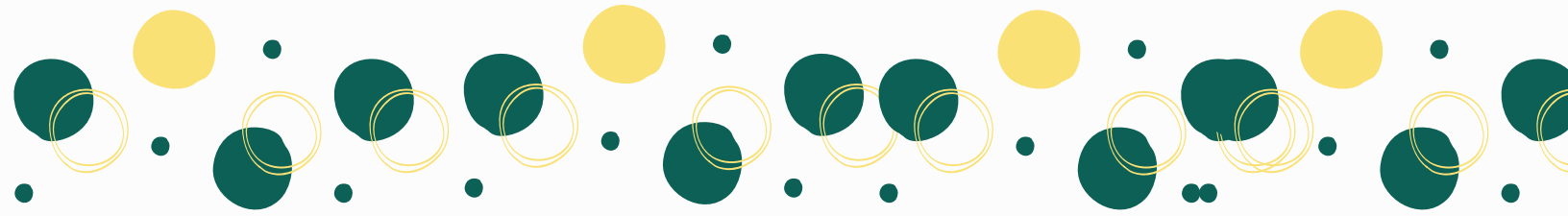
Thursday

Sculpture class
Art and Craft of Papier Mache
9:30 am - 12:00 pm
Room: Activity Room 2
Starting 1/19/23
In Person Activity

Zumba Gold w/ Tia
10:30 am - 11:30 am
[Click here to join](#)
Meeting ID: 893 8676 8521
Password Gold
In Person - Meschter A & B

Senior Fit w/ 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

Mixed Media Arts

w/ Rena

10:00 am - 12:00 pm

Room: Art Studio

In-Person Activity

Tai Chi

w/ Pin Pin Su

11:00 am - 12:00 pm

Room: Meschter 1 A

In- Person Activity

Sewing w/ Hands

10:00 am - 12:00 pm

Activity Room 2

In-Person Activity





Friday

Alcohol Painting w/Eva

1:30 pm - 3:30 pm

In Person Activity

Room: Meschter A & B

Bingo

1:30 pm - 3:30 pm

Room: 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: JANUARY 2 TO
JANUARY 6

MONDAY 1/2

Closed In Observance of New Year's Day

TUESDAY 1/3

BBQ Chicken Breasts
w/ Macaroni Salad &
Steamed collared greens

- OR -
Vegan Meatballs in
Tomato Sauce
w/w/rice & cabbage

WEDNESDAY 1/4

Baked turkey wings
w/rice & cabbage

- OR -
Cheese Lasagna
Rollups

THURSDAY 1/5

Beef Sloppy Joe
w/ corn & peppers

- OR -
Orzo Stuffed
Peppers
w/ corn & peppers

FRIDAY 1/6

Baked fish
w/ pasta &
carrot salad

- OR -
BBQ Tofu
w/pasta, soup
& brussels sprouts

*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

SUBJECT TO CHANGE

DATE: JANUARY 9 TO
JANUARY 13

MONDAY 1/9	Eggplant Parmesan w/ garden Salad & zucchini	Eggplant Parmesan w/ garden salad & zucchini
TUESDAY 1/10	Baked Fish w/ rice & corn	- OR - Whole wheat pizza w/garden salad
WEDNESDAY 1/11	Grilled Maple Chipotle Pork Chops w/rice & baby carrots	- OR - Black Bean & Cheddar Quesadillas
THURSDAY 1/12	Baked Mushroom Chicken w/rasta pasta & green beans	- OR - Vegetarian Mushroom Stroganoff w/ green beans & carrot salad
FRIDAY 1/13	Baked Ziti with Ricotta w/ creamed spinach & garden salad	- OR - Baked Ziti with Ricotta w/ creamed spinach & 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.</p> <p>****Please be aware fish, nuts and other possible allergens are some times used.</p>	

OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: JANUARY 16 TO
JANUARY 20

MONDAY 1/16	Closed In Observation of Martin Luther King's Day	
TUESDAY 1/17	Chinese Style Pepper Steak w/rice pilaf & bok choy	- OR - Vegetable Lo Mein w/rice pilaf & bok Choy
WEDNESDAY 1/18	Teriyaki Baked Fish w/capri blend vegetables & arugula salad	- OR - Vegetarian Whole Wheat Spaghetti Carbonara
THURSDAY 1/19	Oven Fried Chicken w/cuban style rice & broccoli	- OR - Black Bean Burger w/cuban style rice & broccoli
FRIDAY 1/20	Baked Vegetable alfredo pasta w/garlic snap peas	- OR - Baked Vegetable alfredo pasta w/garlic snap peas
	<p>*Lunch is served Monday thru Friday 12:30pm- 1:30pm Last Meal Served by 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.</p>	

OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: JANUARY 23 TO
JANUARY 27

MONDAY 1/23

Honey Mustard Chicken
Breast
w/garlic rosemary potatoes &
sauteed spinach

- OR -
Tofu Broccoli Curry
w/garlic rosemary potatoes
& sauteed spinach

TUESDAY 1/24

Stuffed Shells with
Cheese
w/ winter blend

- OR -
Stuffed shells
w/ cheese

WEDNESDAY 1/25

Turkey Burger
w/sweet potato fries

- OR -
Whole Wheat
Bean Burrito
w/ricew pilaf

THURSDAY 1/26

Beef and Cheese
Lasagna
w/chef salad

- OR -
Whole Wheat
Vegetable Lasagna

FRIDAY 1/27

Baked Fish Marsala with
Mushrooms
w/okra & brown rice

- OR -
Spiced Tofu with Green
Peas and Carrots

***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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OAC WEEKLY MENU

SUBJECT TO CHANGE

DATE: JANUARY 23 TO
JANUARY 27

MONDAY 1/30

Three Bean Chili with
Cheddar Cheese
w/rice & vegetables

TUESDAY 1/31

Braised Cabbage with Beef
w/rice & vegetables

- OR -
Tomato Braised Squash
w/ Chickpeas & Spinach

WEDNESDAY 2/1

Chicken Stir Fry with
Vegetables

- OR -
Chickpea Stew
w/Broccoli with Toasted
Garlic

THURSDAY 2/2

Baked Mushroom Chicken
w/Asian Style Cucumber
Salad Cauliflower
Fried Rice

- OR -
Vegan Meatballs
w/Asian Style Cucumber
Salad Cauliflower
Fried Rice

FRIDAY 2/3

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.
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times used.