



December Sundial Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

1/1/20 Senior Center Closed

Celebrating the Art of Living Well for Adults Age 55 & Better!



Dr Elliott Dinner

12/11/19

**Please See Theater Desk For
Discounted Tickets**

Time: 6:00 PM



Ugly Sweater Holiday Party !!!!!!!

When: December 20, 2019

Where: Dan Carpenter 2nd FL

Time: 12:00 PM

Join Us For Lunch Christmas Day

When: December 25, 2019

Where: Dan Carpenter 2nd FL

Time: 12:00 PM



New This Month

Ryan Health Mobile Truck

When December 4 & 18

Time: 10:00 AM - 4:00 PM

Location: 441 West 26th Street
Elliott Building

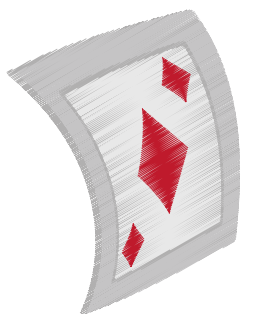
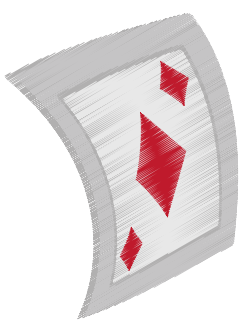


Come Meet Our New Bridge Instructor Gerald !

New Class Time

Tuesdays 2:30 - 4:30

Gural A & B



WIFI Password
ECWifi123

Trips

When: Wednesday December 18

Trip: Longwood Gardens

Please Arrive By 8:00 AM

Payments For Trips Must Be In Cash/ Check ONLY

******All Trips Are Non-Refundable ******

Program & Social Services

Social Service Hours
1:30 to 3:30pm.
All other times by appointment.

Need To Register Your Membership ?

Monday - Friday
11:30 am - 1:30 pm
Location: Dan Carpenter 2nd FL

Location: 428 B West 26th St.

Carmen Castaneda

&

Dorothy Johnson-Laird

Location: 428A West 26th ST

Teresa Olvera

Questions: Ask Dorothy Johnson-Laird
email - djohnson-laird@hudsonguild.org,
or call - 212 924-6710 x 4018

Chelsea Coalition On Housing

(Assistance with Tenants' Rights)

Meeting Every Monday at 7 :00 pm 2nd FL

MTA Metrocard Van Second & Fourth Thursday

Dates: 12/12 & 12/26

Time: 11:30 - 1:30

Location

23rd Street & 9th Ave

Quilters Of Color

When: Every 4th
Saturday of the Month

Location:

Dan Carpenter 2nd FL

Time: 11:00 - 2:00

12/28/19

Senior Advisory Council Meeting

December 2 @ 1:00 PM

Grinnell Art RM

2nd FL

THEATER DESK

Distribution Hours

When: Tuesday, Wednesday

Thursday & Friday

Time: 12:00 - 2:00 PM

Location: Elliott Lobby

**Must Present Membership Card
To Redeem Vouchers**

BREAKFAST & LUNCH

MONDAY - FRIDAY FOR ADULTS AGE 55 & BETTER

**BREAKFAST SERVED
8:30 AM - 9:30 AM**

**\$1.00 AGE 60 & BETTER! (SUGGESTED)
\$2.00 AGE 55-59**

**LUNCH SERVED
12:00PM-1:30 PM**

**\$1.25 – AGE 60 & BETTER(SUGGESTED)
\$2.75 – AGE 55-59**

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

- recommended contribution for meals
- contributions are confidential and voluntary
- contributions are used to support/expand the program
- no eligible person will be denied service if they do not contribute

DECEMBER BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|----------------------------|------------------------------------|--|----------------------------|
| 2 Eggs Benedict | 3 Egg Frittata | 4 Whole Wheat English Muffin | 5 Waffles | 6 Scrambled Eggs |
| 9 Pancakes | 10 Waffles | 11 Egg Frittata | 12 Whole Wheat English Muffin | 13 Hard Boiled Egg |
| 16 Baked Egg Omelette | 17 French Toast | 18 Pork Sausage Link | 19 Egg a la Mexicana | 20 Scrambled Eggs |
| 23 Special Breakfast | 24 Special Breakfast | 25 Special Breakfast | 26 Special Breakfast | 27 Special Breakfast |
| 30 Special Breakfast | 31 Special Breakfast | | | |

*Breakfast is served Monday - Friday 8:30 - 9:30 AM **Last Breakfast arrive by 9:20 AM**

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

Your Breakfast ticket includes the above plus juice and other items available.

Suggested Contribution for those 60 and better - \$1.00
Breakfast for 59 and under - \$2.00

*Coffee and tea are .25 with free refills

DECEMBER LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 Baked Macaroni and Cheese | 3 Lentil Stew & Yellow Rice | 4 Baked Ziti with Meat Sauce -or- Vegetable Soup | 5 Chicken and Broccoli Stir Fry -or-Broccoli with Teriyaki Sauce | 6 Baked Fish -or- Chickpea and Quinoa Stir Fry |
| 9 Baked Vegetable Alfredo Pasta - or-Split Pea Soup | 10 BBQ Chicken -or- Black Bean and Sweet Potato Chili | 11 Pork Spare Ribs -or- Lentil Soup | 12 Chicken Parmesan -or- Vegetable Ratatouille | 13 Beef and Turkey Meatloaf -or- Cheese Ravioli |
| 16 Grilled Cheese -or- Lentil Stew | 17 Beef Stroganoff -or- Broccoli Cheese Quesadilla | 18 Homemade Roast Pork -or -Creamy Vegetable Soup | 19 Chicken Breast with Mushrooms-or- Cheddar and Potato Baked | 20 Holiday Lunch Celebration |
| 23 Special Lunch | 24 Special Lunch | 25 Holiday Lunch Celebration | 26 Special Lunch | 27 Special Lunch |
| 30 Special Lunch | 31 Special Lunch | | | |

*Lunch is served Monday - Friday 12:00 - 1:20 PM

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

Last Lunch Please ARRIVE BY 1:20 PM

Suggested Contribution for those 60 and better - \$1.25
Lunch for 59 and under - \$2.75
*Coffee and tea are .25 with free refills

DECEMBER WEEKEND MEAL MENU
Weekend Meals Distrubturtion 12:30 - 1:30

**To Signup For Weekend Meals Please See
Carlos Flores On Wednesdays & Thursdays**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|---|
| 2 | 3 | 4 | 5 | 6 Chicken and Broccoli Stir Fry-or- Broccoli with Teriyaki Sauce |
| 9 | 10 | 11 | 12 | 13 Chicken Parmesan -or- Vegetable Ratatouille |
| 16 | 17 | 18 | 19 | 20 Chicken Breast with Mushrooms -or- Cheddar and Potato Baked |
| 23 | 24 | 25 | 26 | 27 Special Weekend Meal |
| 30 | 31 | | | |

***Lunch Room Hours Monday - Friday 12:00 - 1:30 PM**
Please Pick Up Your Weekend Meal By 1:20 PM the latest

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

Suggested Contribution for those 60 and better - \$1.50
Lunch for 59 and under - \$2.75
*Coffee and tea are .25 with free refills

Monday

9:00 - 10:00 **Managing Your Wellness with Sheree**

Gural B 1st FL

10:00 - 11:00
Meditation & Chair Massages With Sheree

Gural B 1st FL

10:00 -12:00 **Holiday Card Making**
Grinnell Art RM 2nd FL

11:00 - 12:00

Theater Balance & Movement with Wendy

Gural B 1st FL

1:00 – 4:00

Domino's and Games

Lobby

1:00- 2:00 **Chair Aerobics**

Gural B 1st FL

1:00 – 2:30 **Holiday Card Making**

Grinnell Art RM 2nd FL

Tuesday

9:00-10:00 **All Level Fitness with Ivy**
Gural B 1st FL

9:15 -11:15 **De-Cluttering**
Gural A
To participate in this group
Please Contact
" Dorothy Johnson- Laird"
(Adult Services Social Worker Manager)

10:00 - 11:00 am **Beading with Sarita**
Grinnell Art RM 2nd FL

11:00 - 12:00 **Advanced & Repair Beading**
Grinnell Art RM 2nd FL

11:30 - 12:30 **Senior Fitness Stretch**
Gural A & B

12:15-1:15 **Lunch & Learn**
GRONCKI Conf RM 2nd FL
To participate in this group
Please Contact
" Katie Harris, Social Worker "
Office Location
Mental Health Clinic t FL

1:00 - 2:00 **Senior Fit**
GYM

1:00 – 4:00 **Domino and Games**
Lobby

1:30 – 3:30 **Movies & Emotions**
GRONCKI Conf.RM 2nd FL

2:30-4:30 **Bridge Workshop**
Gural A & B

Wednesday

10:00 - 11:00 **Senior Fit**
GYM

10:30-11:30 **Advanced Spanish**
Grinnell Art RM 2nd FL

11:00 - 12:00
Afro-Brazilian Dance Fitness
GYM

11:45-1:00 **Intermediate Spanish**
Grinnell Art RM 2nd FL

1:00 – 4:00 **Domino and Games**
Lobby

1:00- 2:30
Painting with Arbey
Grinnell Art RM 2nd FL

1:00- 3:00 **Crocheting**
GRONCKI Conf.RM 2nd FL

2:00 - 3:00 **Latin Dance**
GYM

2:15 3:45 **Exploring Shakespeare**
Gural B 1st FL

2:15 - 3:45 **Bingo**
Gural A 1st FL

3:30-5:30 **Creative Writing**
GRONCKI Conf. RM 2nd FL

Thursday

9:30-10:30 **Yoga**
Gural A& B 1st FL

10:30-11:30 **Zumba Gold**
GYM

11:30-1:00 **Acupressure**
Grinnell Art RM 2nd FL

12:00 - 1:00
Middle Eastern Dance Arts GYM

1:00 – 4:00
Domino and Games
Lobby

1:00 - 2:00 **Mat Core Fusion**
GYM

1:00 - 2:15 **Opera Appreciation**

Grinnell Art RM 2nd FL

2:00 - 3:00**Tai Chi For Arthritis**
Gural B 1st FL 9/12 - 01/09

3:15 4:45 **Bingo**
Gural A & B 1st FL

Friday

9:00 -10:00 **All Level Fitness with Ivy**
Gural B

10:00 - 12:00 **Collage**
Grinnell Art RM 2nd FL

10:00 - 12:00 **Sewing with Hands**
GRONCKI Conf.RM

10:00-11:00 **Ancient Arts Exercise**
GYM

11:00 -12:00 **Qi Gong**
Gural A & B 1st FL

12:00-1:00 **Tai Chi**
Gural A & B 1st FL

1:00 - 2:00 **Balance Boot Camp**
GYM

1:00– 4:00 **Dominoes and Games**
Lobby

1:00-2:30 **Painting with Arbey**
Grinnell Art RM 2nd FL

3:30-5:00 **Table Tennis Team Play**
Gural Room A & B 1st FL

Elliott Center - Site of The Neighborhood Senior Center (NSC)
441 W 26th Street New York, NY 10001 **(212) 760-9800**
Phone:(212) 924-6710 Fax:(646) 599 8785 Email: info@hudsonguild.org
Armisha Mitchell *Community Outreach Manager*, ext. 4004
Dorothy Johnson-Laird *Social Services Manager*, ext. 4018

N.O.R.C WEEKLY ACTIVITIES CALENDAR

For Elliott-Chelsea Housing Residents age 60 & Better

DECEMBER 2019

Mondays

9:30 - 12:00 & 2:00 - 4:30 **Social Services**

9:30 - 12:30 **Mahjong & Social Club in Chinese** (GURAL)

12:00-2:00 **Arts and Emotions** (Groncki)

On Hiatus (start date TBA)

Tuesdays

9:00 - 5:00 **Nursing Services**

9:30 - 12:00 & 2:00 - 4:30 **Social Services**

1:00 - 2:00 **Lunch & Learn** (GURAL B)

NORC Advisory Council Date: December 4th Time: 1-2pm

Wednesdays

9:00 - 10:30 Handicrafts (GURAL)

9:30 - 12:00 & 2:00 - 4:30 **Social Services**

10:30 - 12:00 **Chinese Club** (GURAL)

12:00-1:00 **Life in the 21 Cent.** (GURAL)

1:00 - 2:00 **Yoga** (GURAL)

Thursdays

9:30 - 12:00 & 2:00 - 4:30 **Social Services**

1:00 - 2:00 **Cultura Hispana** (GURAL)

2:00 - 3:00 **Tai Chi for Athritis** (GURAL A)

3:00-4:00 **Jewelry** (GURAL B)

Fridays

9:00-5:00 **Nursing Services**

9:30 - 12:00 & 2:00 - 4:30 **Social Services**

10:00-11:00 **Tai Chi in Chinese** (Gural B)

1:00-3:00 **NORC/NSC Bingo** (GURAL)

NORC SpotLights

Event : Stress Reduction for the Holidays

When: December 2, 2019 (Gural B)

Time: 1 :00 pm- 2:00 pm

Come join us as we partner w/Metro Plus and learn new techniques to improve our well being.

Event: Self-Defense Class

When: December 19, 2019 (Gural A&B)

Time: 10 :30 am- 11:30 am

Come join us as we partner w/Metro Plus and learn ways to protect our selves through self defense techniques .

For more information, please contact
Quanisha Bennett @ 212-760-9800 x 3010



JOIN OUR LUNCH LOYALTY PROGRAM

How it works

- Come to five lunches and your name will be entered into a raffle to win a prize!
- Get a new loyalty card everytime you attend five lunches
- If you paid for the trip already, we will refund you your money if you win the raffle

For more info contact
Armisha

Get your loyalty card at Lunch

HUDSON GUILD ADULT SERVICES OPERA APPRECIATION CLASS

Thursdays, 1:00 - 2:15 PM
Elliott Center, 441 W. 26th St., NYC

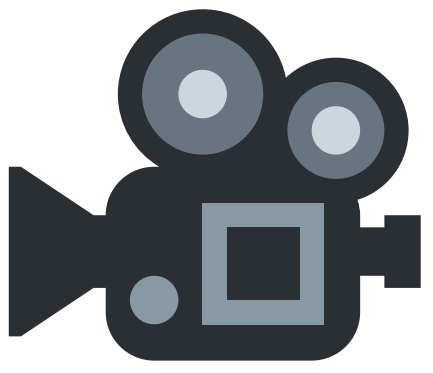


Featuring in December

ALL THINGS CINDERELLA!

The myth of Cinderella is one which extends to cultures
from all over the world for thousands of years.

Classes on December 5, 12 and 19 will include excerpts
from musical adaptations by Rossini, Massenet
and Rodgers & Hammerstein.



Movies & Emotions
December
Tuesdays 1:30 - 3:30
Location: Groncki
Conf. Room 2nd FL



12/3: Yesterday

While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom.

12/10: Please Stand By

Intent on submitting her 500-page script to a writing competition, autistic young Wendy sneaks away from her care home and heads for Hollywood. In hot pursuit is her caregiver, Scottie -- who inspired Wendy to begin writing in the first place. Cast

12/17: Minimalism: A Documentary about the Important Things

Less has never meant more than it does to the architects, designers, musicians, businessmen and regular folk profiled here -- all of whom are self-proclaimed minimalists focused on getting the most out of life by living with the least.

12/24 & 12/31 No Movies
Happy Holidays