The Center will be open on Mondays, Wednesdays, and Fridays for Activities and Lunch will be served from 12:30 pm - 1:30 pm. Tuesday's & Thursday's we are open for Social Services by Appointments only. As a reminder, the address is 119 9th Avenue, between 17th and 18th Street.

Pre-registration is required to participate in activities. To register, please email carlosf@hudsonguild.org or call 212-924-6710.

A few things to remember:
- You must complete the health screening every day before arriving. The link is https://hudsonguild.thehealthscreener.com/. If you need assistance, someone will be onsite to help.
- Temperature checks are required when you first arrive.
- Masks are required whenever you are in the building.
- If you do not feel well, please visit us when you are well.

Closed Christmas Eve December 24, 2021 & December 31, 2021 New Year's Day Observed

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

Adult Services' activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.
Social Service appointments are available Monday-Friday 9:00 am to 3:30 pm Please email djohnson-laird@hudsonguild.org or call 212-924-6710 for an appointment
Lively Arts - Opera Appreciation w/ Jim
December Schedule
Wednesday's from 1:00pm to 2:45pm

12/1 Humperdinck's Charming Opera Hansel und Gretel Part.1
12/8 Hansel und Gretel Part.2
12/15 August Bournonvilles delightful Ballet Napoli.

12/22 No Class.
12/29 No Class.

Theater Desk is Back
Donations will resume $3.00 per Tickets starting in December
Wednesday and Friday
From: 12:00pm to 2:00pm

January 2022
Starting on January 2022 we will resume with the Lunch Donations
as always any contribution is welcome and appreciated suggested
amounts for adults over and under 60 will be posted.
Dr. Elliott Celebration  
December 16, 2021  
Thursday from 6:00pm to 8:00pm  
The Wayan's Family Community Center Room

Christmas Day Luncheon  
December 25, 2021  
Saturday from 11:30am to 1:30pm  
The Wayan's Family Community Center Room

Reverse Revelrie  
December 30, 2021  
Thursday from 11:00am to 12:30pm  
The Wayan's Family Community Center Room

For more information please call 212-924-6710 Ext-4001
MONDAY

Experimental Drawing with Alex
10:00 am - 12:00 pm
Room: Meschter 1 B
In Person Activity

Spanish 101 with Amelia
1:00 pm - 2:00 pm
Click Here To Join
Meeting ID: 822 9602 6020
Password: 101 Hudson

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 1A
In Person Activity
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

Move Your Body with Maria
3 pm to 4 pm
Click here to join
Meeting ID: 889 5951 3065
Passcode: 379233

Drawing with Alex
3 pm to 5 pm
Click here to join
Meeting ID: 895 6660 7648
Passcode: 1111
Dial In: 646 558 8656
Wednesday

Beginners Spanish 101 with Amelia
10:00 am - 11:00 am
Room: Meschter 1B
In-Person Activity
&
Virtual
Click here to join
Meeting Id: 869 9737 4768
Password: 578944

Meditation and Yoga w/ Margarita
11:00 am - 12:00 pm
Room: Meschter 1A
In-Person Activity

Afro Brazilian with Maria
12:00 pm - 1:00 pm
Click here to join
Meeting ID: 840 8238 9611
Password: 656473

Crochet with Patricia
Room: Meschter 1A
1:30 pm - 3:30 pm
In-Person Activity
Wednesday

The Lively Arts w/ Jim Furlong
Classes about opera, musicals, dance, and more
Room: Lounge
1:00 pm - 2:45 pm
In-Person Activity

Fit & Tone with Elizabeth
4:00 pm - 5:00 pm
Click here to join
Meeting ID: 941 695 0210
Passcode: 2X93Eh
Thursday

Zumba with Tia
11:00 am - 12:00 pm

Click here to join
Meeting ID: 425 095 968
Password: Gold

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

Click here to join
Meeting ID: 878 9504 1840
Password: 539422
Friday

**Mixed Media Arts with Rena**
9:30 am - 11:30 am
Room: Art Studio
*In-Person Activity*

**Tai Chi w Pin Pin Su**
10:00 am - 12:00 pm
Room: Meschter 1 A
*In-Person Activity*

**Bingo**
1:00 pm - 3:30 pm
Room: Art Studio
*In-Person Activity*
Friday

Bridge
1:00 pm - 3:30 pm
Room: Meschter 1B
In-Person Activity

Creative Writing w Larry
1:00 pm - 3:00 pm
Room: Meschter 1A
In-Person Activity
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Beef Sloppy Joe</td>
<td>Beef and Broccoli</td>
<td>Cheeseburger with Onions</td>
<td>Baked Spaghetti with Sausage</td>
<td>Baked Fish with Garlic Sauce</td>
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<tr>
<td>- OR - Homemade Black Bean Burger</td>
<td>- OR - Homemade Black Bean Burger</td>
<td>- OR - Veggie Burgers</td>
<td>- OR - Eggplant Parmesan with Ricotta</td>
<td>- OR - Stewed Okra</td>
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<tr>
<td>Turkey Burger</td>
<td>Arroz con Pollo Chicken Breast and Rice</td>
<td>Arroz con Pollo Chicken Breast and Rice</td>
<td>Chicken Salad - OR - Cod Fillet Sandwich</td>
<td>17</td>
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<tr>
<td>- OR - Soft Tacos with Black Beans and Mixed Vegetables</td>
<td>- OR - Pasta Pesto</td>
<td>- OR - Pasta Pesto</td>
<td>- OR - Cod Fillet Sandwich</td>
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<td>13</td>
<td>15</td>
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<td>17</td>
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<tr>
<td>Beef Meatballs in Tomato Sauce</td>
<td>Chicken Fajitas with Veggies in Soft Wrap</td>
<td>Chicken Stir Fry with Vegetables</td>
<td>Closed Christmas Eve</td>
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<tr>
<td>- OR - Grilled Mozzarella and Tomato Sandwich</td>
<td>- OR - Soft Tacos with Black Beans and Mixed Vegetables</td>
<td>- OR - Cheese Ravioli</td>
<td>Closed New Year’s Day Observed</td>
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<td>22</td>
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<tr>
<td>Baked Fish with Garlic Sauce</td>
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<tr>
<td>- OR - Tofu Broccoli Curry</td>
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<td>- OR - Cheese Ravioli</td>
<td>Closed New Year’s Day Observed</td>
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</tbody>
</table>

*Lunch is served Monday, Wednesday, & Friday 12:30pm - 1:30 PM Last Meal Served 1:15 PM*
Virtual Legal Clinic for Older Adults

January 13, 2022  |  10:00am - 1:00pm

Meet with an Attorney one-on-one for information and advice on:

- Last Wills & Testaments
- Powers of Attorney
- Health Care Proxies
- Landlord-Tenant Issues

To sign up for an appointment please contact, Hudson Guild SSU Manager, Dorothy Laird-Johnson at (212)924-6710 ext 4018

Adult Services' activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.
Come Join Us!  
Skating through the Season

Navigating all the stressors that the winter season brings up can be overwhelming. Join “Skating through the Season”, a support group for sharing experiences that emerge during this season and for providing support, comfort, and encouragement to one another in a safe space! We Hope To See You!

**Location**
Fulton Senior Center
The Lounge
119 9th Ave New York, NY 10011

**Details**
Start Date: Thursday, December 16th at 11 am
Frequency: We will meet every Thursday at 11 am
(*Number of participants: 3 - 8)

**How to Sign Up**
Call Charlotte McCafferty (GMHI Coordinator/Clinical Social Worker)
Phone number: 212-760-9865