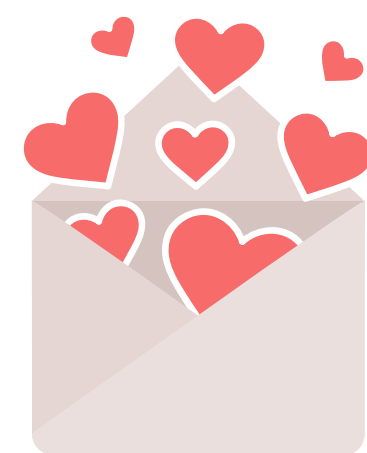




hudson guild



February Sundial Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

**2/17 Presidents' Day
Senior Center Closed**

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

New This Month

Ryan Health
Caring for New York. Here for You.

Ryan Health Mobile Truck

When: 2/5 & 2/19

Time: 10:00 AM - 4:00 PM

**Location: 441 West 26th Street
Elliott Building**

Ryan Health
Caring for New York. Here for You.

Spanish 101

When: Mondays Starting 2/3

Time: 1:00 PM - 2:00 PM

Location: Grinnell Art Room 2nd Floor



Japanese Dance Class

When: Tuesdays Starting 2/4

Time: 9:30 - 11:15

Location: GYM

Latin Dance Class Open Session Light Refreshments & Live Band

When: Wednesday 2/12

Time: 2 PM - 3 PM

Location: GYM

New Cycle Begins

Wednesday 2/26 @ 2PM - 3PM

**WIFI Password
ECWifi123**



PROGRAMS AND SERVICES FOR OLDER ADULTS

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

Opera Appreciation

Feb. 6 Wagner's Ring, Finale

THE METROPOLITAN OPERA CENTENNIAL GALA

Feb. 13 - March 5

Thursdays, 1 PM

This unforgettable all-day concert presented on October 22, 1983 in celebration of the Met's 100th Anniversary featured some of the greatest opera stars of the twentieth century.

Feb. 13 – The Met Centennial, part 1

Feb. 20 – The Met Centennial, part 2

Feb. 27 – The Met Centennial, part 3

Mar. 5 – The Met Centennial, part 4

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

MTA Metrocard Van
Second & Fourth
Thursday

Dates:

2/13 & 2/27

Time: 11:30 - 1:30

Location

23rd Street & 9th Ave

Senior Advisory Council Meeting

February 3@ 1PM

Grinnell Art RM

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

Quilters Of Color

When: Every 4th
Saturday of the Month

Location:

Dan Carpenter 2nd FL

Time: 11:00 - 2:00

2/22

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

FEBRUARY BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancakes	4 Baked Egg Omelette	5 Whole Wheat English Muffin BLT	6 French Toast	7 Egg Frittata
10 Egg a la Mexicana	11 French Toast	12 Ham & Cheese Frittata	13 Grilled Mozzarella and Tomato Sandwich	14 Hard Boiled Egg
17 Closed in Observance of Presidents' Day	18 Plain Yogurt	19 Eggs Benedict	20 Ground Turkey & Salsa Breakfast Burrito	21 Scrambled Eggs
24 Potato Spinach Frittata	25 Turkey Sausage Link	26 Scrambled Eggs	27 French Toast	28 Whole Wheat English Muffin BLT
2 Grilled Mozzarella & Tomato Sandwich	3 Hard Boiled Egg	4 Mangu w/Onions	5 Omelette w/Spinach & Parmesan Cheese	6 Scrambled Eggs

*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

FEBRUARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti w/Meat Sauce -or- Baked Ziti w/Cheese	4 BBQ Chicken Leg Quarters - or- Broccoli and Potato Soup	5 Creamy Tomato and Rice Soup w/Grilled Cheese	6 Baked Asian Style Chicken - or-Chinese Style Spaghetti	7 Lemon Garlic Tilapia -or- Stuffed Shells with Cheese
10 Basic Shepherd's Pie -or-Creamy Cauliflower Soup	11 Pork Spare Ribs -or- Eggplant with Tomatoes	12 Fish Cakes w/Alfredo Sauce -or- Vegetables Soup	13 Ginger Garlic Beef Stew -or- Broccoli w/Teriyaki Sauce	14 Baked Fish w/Cream Corn Sauce-or- Orzo Stuffed Peppers
17 Closed in Observance Presidents' Day	18 Chicken Cacciatore -or- Eggplant Parmesan	19 Chicken Breast & Rice-or- Vegetable biryani w/Chickpeas	20 Baked Turkey Breast -or- String Bean and Tofu Curry	21 Baked Fish w/ Cream Sauce- or-Split Pea Soup
24 Vegetable Lasagna	25 Stewed Chicken Breast -or- Bean Burrito w/whole wheat Tortilla	26 BBQ Pulled Pork -or- Southwest Sweet Potato Chickpea	27 Beef Meatballs in Tomato Sauce -or- Pesto Pasta w/ Broccoli	28 Spanish Style Baked Cod -or- Stir fry Kale and Broccoli
2 Vegetable Baked Ziti w/ Whole Wheat Pasta	3 Mexican Style Chicken Thighs & Rice -or-Black Bean & Sweet Potato Chili	4 Sofrito Steak - or- Quick Chickpea Potato Curry	5 Spanish Style Beef Stew -or- Stewed Okra and Tomatoes	6 Fish Tacos -or- Bean Burrito w/Whole Wheat Tortilla

*Lunch is served Monday - Friday 12:00 - 1:30 PM **Last Lunch Please ARRIVE BY 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.

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

FEBRUARY WEEKEND MEAL MENU
Weekend Meals Distribution 12:30 - 1:30

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 Baked Asian Style Honey Chicken-or- Chinese Style Spaghetti
10	11	12	13	14 Ginger Garlic Beef Stew -or- Broccoli w/Teriyaki Sauce
17	18	19	20	21 Baked Turkey Breast -or- String Bean and Tofu Curry
24	25	26	27	28 Beef Meatballs in Tomato Sauce -or- Pesto Pasta w/Broccoli
2	3	4	5	6 Spanish Style Beef stew -or- Stewed Okra & Tomatoes

***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

1:00 – 2:00 **Spanish 101**

Grinnell Art RM 2nd FL

10:00 – 11:00
Meditation With Sheree

Gural B 1st FL

1:00 – 4:00

Domino's and Games
Lobby

11:00 – 12:00
**Theater Balance &
Movement**

with Wendy

Gural B 1st FL

1:00– 2:00 **Chair Aerobics**

Gural B 1st 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)
9:30 - 11:15

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 – 3:30 **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
W/Pin Pin Su**

Gural A & B 1st FL

12:00-1:00 **Tai Chi W/Pin
Pin Su**

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

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
FEBRUARY 2020

Mondays

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

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

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: Next Meeting Date TBD

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** (On hold)

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 : Black History Month Celebration

When: February 21, 2020 (Dan carpenter)

Time: 12 :00 pm- 1:30 pm

Come join us as we celebrate Black History Month . All are welcome !!

Event: Game Night

When: Febraury 1, 2020 (Gural)

Details: Please come and join us for this onvr a month event where table games including bingo occurs. Please bring a dish to share

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



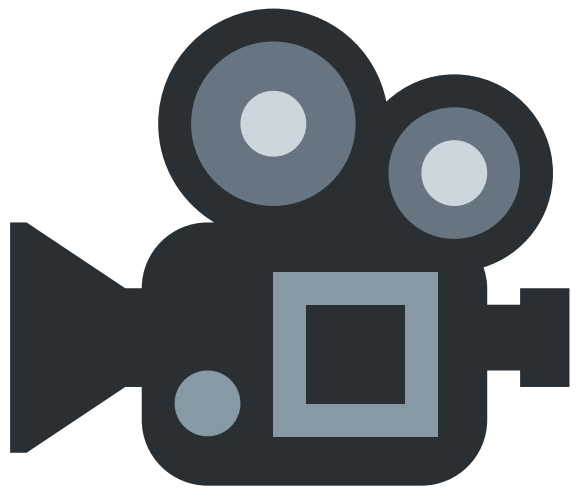
JOIN OUR LUNCH LOYALTY PROGRAM

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



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



02/04: MAYA ANGELOU AND STILL I RISE

This well-crafted documentary traces the remarkable life and work of actor, poet and civil rights activist Maya Angelou, who rose from poor Southern roots to become an artist of national acclaim and a recipient of the Presidential Medal of Freedom. Cast Maya Angelou, Cicely Tyson, Common

02/11: RACE

While Hitler saw the 1936 Berlin Olympics as an opportunity to demonstrate Aryan supremacy, one African-American man Jesse Owens -- shattered that dream with a display of athleticism that resulted in four gold medals. This film tells his story.

02/18: LEE DANIELS' THE BUTLER

Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history.

02/25: HARRIET

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.