



January Sundial Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

**1/1/20 & 1/20/20
Senior Center Closed**



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

New This Month



Ryan Health Mobile Truck

When: 1/29/20

Time: 10:00 AM - 4:00 PM

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

**WIFI Password
ECWifi123**

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: 1/9/ & 1/23

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
1/25

Senior Advisory Council Meeting

January 6 @ 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

JANUARY BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|--|---|--|--|
| 30 Egg a la Mexicana | 31 French Toast Pork Sausage Link | 1 Closed in Observance of New Year's Day | 2 Grilled Mozzarella and Tomato Sandwich | 3 Hard Boiled Egg |
| 6 Turkey Sausage Link | 7 Plain Yogurt | 8 Eggs Benedict | 9 Ground Turkey and Salsa Breakfast Burrito | 10 Scrambled Eggs |
| 13 Potato Spinach Frittata | 14 Turkey Sausages | 15 Scrambled Eggs | 16 French Toast | 17 Whole Wheat English Muffin BLT |
| 20 CLOSED MLK DAY | 21 Grilled Mozzarella and Tomato Sandwich | 22 Hard Boiled Eggs | 23 Omelette with Spinach and Cheese | 24 Scrambled Eggs with Peppers and Onions |
| 27 Cinnamon French Toast | 28 Hard Boiled Egg | 29 Egg a la Mexicana | 30 Fish Cakes | 31 Western Omelette |

*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

JANUARY LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 30 Shepherds Pie or Creamy Cauliflower Soup | 31 Fish Cakes or Alfredo Pasta | 1 Closed in Observance of New Years Day | 2 Ginger Garlic Beef -or- Broccoli w/Teriyaki Sauce | 3 Baked Fish w/Cream Corn Sauce -or-Orzo Stuffed Peppers |
| 6 Spaghetti Carbonara -or- Spinach and white Bean Soup | 7 Chicken Cacciatore -or- Eggplant Parmesan | 8 Chicken and Rice -or- Vegetable Biryani w/ Chickpeas | 9 Baked Turkey Breast -or- String Bean and Tofu Curry | 10 Baked Fish w/Cream Sauce -or- Split Pea Soup |
| 13 Vegetable Lasagna | 14 Stewed Chicken -or- Bean Burrito with Whole Wheat Tortilla | 15 BBQ Pulled Pork -or- Southwest Sweet Potato Chickpea | 16 Beef Meatballs in Tomato Sauce -or- Pesto Pasta | 17 Spanish Style Baked Cod -or- Stir Fry Kale and Broccoli |
| 20 Closed MLK DAY | 21 Mexican Style Chicken -or- Black Bean & SweetPotato | 22 Sofrito Steak - or- Quick Chickpea Potato Curry | 23 Spanish Style Beef Stew -or- Stewed Okra and Tomatoes | 24 Fish Tacos -or- Bean Burrito w/Whole Wheat Tortilla |
| 27 Creamy Tomato and Rice Soup w/Grilled Cheese | 28 Baked Turkey Breast -or- Broccoli Cheese Quesadilla | 29 Beef and Broccoli -or- Cauliflower Soup | 30 BBQ Chicken Leg -or- Eggplant Parmesan | 31 Baked Fish w/Garlic Sauce -or-Vegetable Biryani w/Chickpeas |

*Lunch is served Monday - Friday 12:00 - 1:30 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

JANUARY 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 |
|---|---------|---|----------|---|
| | | 1 Closed in Observance of New Years Day | 2 | 3 Ginger Garlic Beef Stew -or- Broccoli with Teriyaki Sauce |
| 6 | 7 | 8 | 9 | 10 Baked Turkey Breast -or- Tofu Curry |
| 13 | 14 | 15 | 16 | 17 Beef Meatball- or- Pesto Pasta |
| 20 Closed In Observance MLK | 21 | 22 | 23 | 24 Spanish Style Beef Stew -or- Stewed Okra |
| 27 | 28 | 29 | 30 | 31 BBQ Chicken Leg -or- Eggplant Parmesan |

***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 With Sheree

Gural B 1st 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

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
JANUARY 2020

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 : Lunar Year Celebration

When: January 29, 2020 (Dan carpenter)

Time: 12 :00 pm- 1:30 pm

Come join us as we celebrate Lunar New year.
All are welcome !!

Event: Game Night

When: January 4, 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



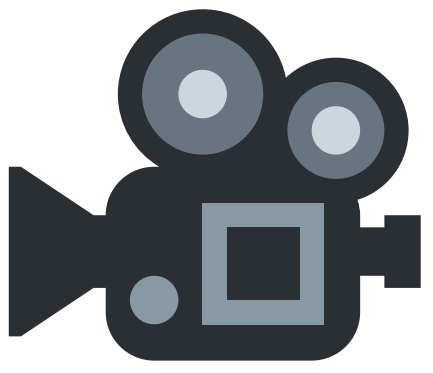
JOIN OUR LUNCH LOYALTY PROGRAM

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
January
Tuesdays 1:30 - 3:30
Location: Groncki
Conf. Room 2nd FL



1/7: FIVE FLIGHTS UP

Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together -- most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

1/14: POMS

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheer leading squad.

1/21: PLEASE STAND BY ME

In 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.

1/28 BEFORE YOU KNOW IT

In 1993 New York City, dysfunctional co-dependent sisters Jackie and Rachel discover that the mother they thought had died when they were young is alive and starring on a popular daytime soap opera.