March Sundial
Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

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

New This Month

In Honor Of Women's International Day
Please Wear Your Favorite Shade Of Purple
When March 6

Ryan Health Mobile Truck
When: 3/4 & 3/18
Time: 10:00 AM - 4:00 PM
Location: 441 West 26th Street
Elliott Building

Japanese Dance Class
When: Tuesdays
Time: 10:00 - 11:30
Location: GURAL B

ECWifi123
New This Month
Trip: Foxwoods & Indian Museum
All You Can Eat Buffet !!

When: March 26, 2020
Departure Time: 7:30 am
Cost: 40.00
Registration
Monday's
3/2, 3/9, 3/16, & 3/23
11:30 - 12:30
Location: Dan Carpenter 2nd FL

All Payments Are Final No Refunds
Cash/ Checks Accepted
For More Details
See Armisha Mitchell
Opera Appreciation

3/5       The Metropolitan Opera's Centennial Gala, part 4.
3/12      The Metropolitan Opera's Centennial Gala, part 5
3/19      The Metropolitan Opera's Centennial Gala, part 6.
3/26      Excerpts from works by Monteverdi - The very first operas ever written!
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 - 1:00 pm
Location:
Dan Carpenter 2nd FL

MTA Metrocard Van
Second & Fourth Thursday
Dates:
3/12 & 3/26
Time: 11:30 - 1:30
Location
23rd Street & 9th Ave

Senior Advisory Council Meeting
March 2@1PM
Grinnell Art RM
2nd FL

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
3/27

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.
BREKFAS & 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
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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>2 Grilled Mozzarella &amp; Tomato</td>
<td>3 Hard Boiled Egg</td>
<td>4 Mangu w/Onions</td>
<td>5 Omelette w/Spinach &amp; Parmesan</td>
<td>6 Scrambled Eggs</td>
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<tr>
<td>Sandwich</td>
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<td>Cheese</td>
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<td>9 Cinnamon French Toast</td>
<td>10 Hard Boiled Egg</td>
<td>11 Egg a la Mexicana</td>
<td>12 Fish Cake (Pre-prepared)</td>
<td>13 Western Omelette</td>
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<tr>
<td>16 Pancakes</td>
<td>17 Baked Egg Omelette</td>
<td>18 Whole Wheat English Muffin</td>
<td>19 Cinnamon French Toast</td>
<td>20 Egg Frittata w/ Potatoes &amp; Peas</td>
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<td>23 Egg a la Mexicana</td>
<td>24 French Toast</td>
<td>25 Ham &amp; Cheese Frittata</td>
<td>26 Grilled Mozzarella &amp; Tomato</td>
<td>27 Hard Boiled Egg</td>
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<td>30 Special Breakfast</td>
<td>31 Special Breakfast</td>
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*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*
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<tr>
<td>2 Vegetable Baked Ziti w/ Whole Wheat Pasta</td>
<td>3 Mexican Style Chicken Thighs &amp; Rice -or- Black Bean &amp; Sweet Potato Chili</td>
<td>4 Sofrito Steak -or- Quick Chickpea Potato Curry</td>
<td>5 Spanish Style Beef Stew -or- Stewed Okra and Tomatoes</td>
<td>6 Fish Tacos -or- Bean Burrito w/Whole Wheat Tortilla</td>
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<td>9 Creamy Tomato &amp; Rice Soup &amp; Grilled Cheese</td>
<td>10 Baked Turkey Breast -or- Broccoli Cheese Quesadilla</td>
<td>11 Beef &amp; Broccoli -or- Cauliflower Soup</td>
<td>12 BBQ Chicken Leg -or- Eggplant Parmesan</td>
<td>13 Baked Fish w/Garlic Sauce -or- Vegetable Biryani w/Chickpeas</td>
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<tr>
<td>16 Baked Ziti w/Meat Sauce -or- Baked Ziti w/Cheese</td>
<td>17 BBQ Chicken -or- Broccoli &amp; Potato Soup</td>
<td>18 Creamy Tomato Soup w/Grilled Cheese</td>
<td>19 Baked Honey Chicken -or- Chinese Style Spaghetti</td>
<td>20 Lemon Garlic Tilapia -or- Stuffed Shells w/Cheese</td>
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<td>23 Basic Shepherd's Pie -or- Creamy Cauliflower</td>
<td>24 Pork Spare Ribs -or- Eggplant w/Tomatoes</td>
<td>25 Fish Cakes w/Alfredo Sauce -or- Vegetable Soup</td>
<td>26 Beef Stew -or- Broccoli w/Teriyaki Sauce</td>
<td>27 Special Lunch</td>
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<td>30 Special Lunch</td>
<td>31 Special Lunch</td>
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*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  

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*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

*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.

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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 - 2:00 Spanish 101
Grinnell Art RM 2nd 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"
(Social Services)

9:30 - 11:15

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

10:00 - 11:30 **Japanese Dance Class**
Gural B

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

11:30 - 12:30 **Senior Fitness Stretch**
GYM

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 1ST 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

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tr>
<td>10:00 - 11:00</td>
<td><strong>Senior Fit</strong></td>
<td>GYM</td>
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<tr>
<td>10:30-11:30</td>
<td><strong>Advanced Spanish</strong></td>
<td>Grinnell Art RM 2nd FL</td>
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<tr>
<td>11:00 - 12:00</td>
<td><strong>Afro-Brazilian Dance Fitness</strong></td>
<td>GYM</td>
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<tr>
<td>12:00 -1:00</td>
<td><strong>Intermediate Spanish (See Monday 1PM)</strong></td>
<td>Grinnell Art RM 2nd FL</td>
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<tr>
<td>1:00 – 4:00</td>
<td><strong>Domino and Games</strong></td>
<td>Lobby</td>
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<td>1:00- 2:30</td>
<td><strong>Painting with Arbey</strong></td>
<td>Grinnell Art RM 2nd FL</td>
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<td>1:00- 3:00</td>
<td><strong>Crocheting</strong></td>
<td>GRONCKI Conf.RM 2nd FL</td>
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<tr>
<td>2:00 – 3:00</td>
<td><strong>Latin Dance</strong></td>
<td>GYM</td>
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<tr>
<td>2:15 - 3:15</td>
<td><strong>Exploring Shakespeare</strong></td>
<td>Gural B 1st FL</td>
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<tr>
<td>2:15 - 3:30</td>
<td><strong>Bingo</strong></td>
<td>Gural A 1st FL</td>
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<tr>
<td>3:30-5:30</td>
<td><strong>Creative Writing</strong></td>
<td>GRONCKI Conf. RM 2nd FL</td>
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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

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
# N.O.R.C Weekly Activities Calendar
## For Elliott-Chelsea Housing Residents age 60 & Better
### March 2020

#### Mondays
- **9:30 - 12:00 & 2:00 - 4:30** Social Services
- **9:30 - 12:30** Mahjong & Social Club (Hallway)
- **9:30 - 10:30** Its about Your Health in Cantonese (GURAL)
- **10:30 - 11:30** Yoga in Mandarin (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)
- **12:00 - 1:00** Life in the 21 Cent. (GURAL)
- **1:00 - 2:00** Yoga (GURAL)

#### 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 Arthritis (On hiatus)
- **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
**NEW CLASSES ALERT!!!!!**
**Mondays-** Its about Your Health in Cantonese & Yoga in Mandarin
**Details:** Please come and join us for this once 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
In 1973, Billie Jean King, the world's No. 2 female tennis player, took on 55-year-old ex-champ Bobby Riggs in a match hyped as the Battle of the Sexes. This sports dramedy delves into the battles being played out in their lives beyond the spotlight.

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline.
03/17: Wild Nights with Emily

In the mid-19th century, Emily Dickinson was writing prolifically and in a passionate romantic relationship with her sister-in-law, yet is still popularly believed to be a recluse. Informed by Dickinson's private letters, Wild Nights with Emily is a humorous and bold take on this iconic American poet, who found herself facing male literary gatekeepers too confused by her genius to take her work seriously, and instead attracts the attention of an ambitious editor who also sees Emily as a convenient cover for her own bizarre love triangle.

03/24: The Art of Self-Defense

Casey just can't seem to win. Attacked on the street, humiliated at his job and even emasculated by his dog, he joins a local karate dojo led by the enigmatic Sensei to learn how to defend himself. In the midst of his training, Casey becomes friendly with a female instructor and soon realizes he is caught in a bizarre world of outcasts, fraternal rituals and hilarious hyper-masculinity.

03/31: A Beautiful Day in the Neighborhood

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor