



# 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**

**WIFI Password**  
**ECWifi123**

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

**PROGRAMS AND SERVICES FOR OLDER ADULTS**



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

When: March 26, 2020  
Departure Time: 7:30 am

Cost 40.00

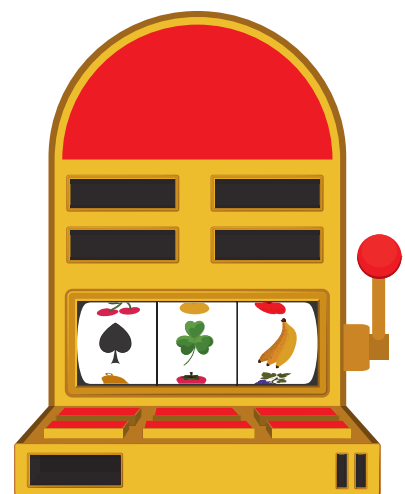
Registration

**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**



## PROGRAMS AND SERVICES FOR OLDER ADULTS

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

### 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

**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](mailto: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

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**

# 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



MARCH BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Mozzarella & Tomato Sandwich	3 Hard Boiled Egg	4 Mangu w/Onions	5 Omelette w/Spinach & Parmesan Cheese	6 Scrambled Eggs
9 Cinnamon French Toast	10 Hard Boiled Egg	11 Egg a la Mexicana	12 Fish Cake(Pre- prepared)	13 Western Omelette
16 Pancakes	17 Baked Egg Omelette	18  Whole Wheat English Muffin BLT	19 Cinnamon French Toast	20 Egg Frittata w/Potatoes & Peas
23 Egg a la Mexicana	24 French Toast	25 Ham & Cheese Frittata	26 Grilled Mozzarella & Tomato Sandwich	27 Hard Boiled Egg
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

MARCH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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
9 Creamy Tomato & Rice Soup & Grilled Cheese	10 Baked Turkey Breast -or- Broccoli Cheese Quesadilla	11 Beef & Broccoli -or-Cauliflower Soup	12 BBQ Chicken Leg -or- Eggplant Parmesan	13 Baked Fish w/Garlic Sauce - or-Vegetable Biryani w/Chickpeas
16 Baked Ziti w/Meat Sauce - or-Baked Ziti w/Cheese	17 BBQ Chicken - or-Broccoli & Potato Soup	18  Creamy Tomato Soup w/Grilled Cheese	19 Baked Honey Chicken -or- Chinese Style Spaghetti	20 Lemon Garlic Tilapia -or- Stuffed Shells w/Cheese
23 Basic Shepherd's Pie-or-Creamy Cauliflower	24 Pork Spare Ribs -or- Eggplant w/Tomatoes	25 Fish Cakes w/Alfredo Sauce -or-Vegetable Soup	26 Beef Stew -or- Broccoli w/Teriyaki Sauce	27
30 Special Lunch	31 Special Lunch			

\*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

**MARCH 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
2	3	4	5	6 Spanish Style Beef Stew -or- Stewed Okra and Tomatoes
9	10	11	12	13 BBQ Chicken Leg -or- Eggplant Parmesan
16	17	18	19	20 Baked Honey Chicken -or- Chinese Style Spaghetti
23	24	25	26	27 Beef Stew -or- Broccoli w/Teriyaki Sauce
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

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"**  
**(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

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

12:00 –1:00 **Intermediate Spanish ( See Monday 1PM)**  
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 3:15  
**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

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](mailto: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  
**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**      1:00 - 2:00 **Lunch & Learn (GURAL B)**  
9:30 - 12:00 & 2:00 - 4:30 **Social Services**      **NORC Advisory Council Date:** Next Meeting  
Date TBD

## Wednesdays

9:00 - 10:30 **Handicrafts (GURAL)**      10:30 - 12:00 **Chinese Club (GURAL)**  
9:30 - 12:00 & 2:00 - 4:30 **Social Services**      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**      2:00 - 3:00 **Tai Chi for Arthritis ( On hiatus )**  
1:00 - 2:00 **Cultura Hispana (GURAL)**      3:00-4:00 **Jewelry (GURAL B)**

## Fridays

9:00-5:00 **Nursing Services**      10:00-11:00 **Tai Chi in Chinese (Gural B)**  
9:30 - 12:00 & 2:00 - 4:30 **Social Services**      1:00-3:00 **NORC/NSC Bingo (GURAL )**

## NORC SpotLights

### NEW CLASSES ALERT!!!!

**Mondays-** Its about Your Health in Cantonese  
&  
Yoga in Mandarin

\*\*Check calendar for details\*\*

**Event: Game Night**

**When: March 7, 2020 ( Gural)**

**Details:** Please come and join us for this once  
amonth 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



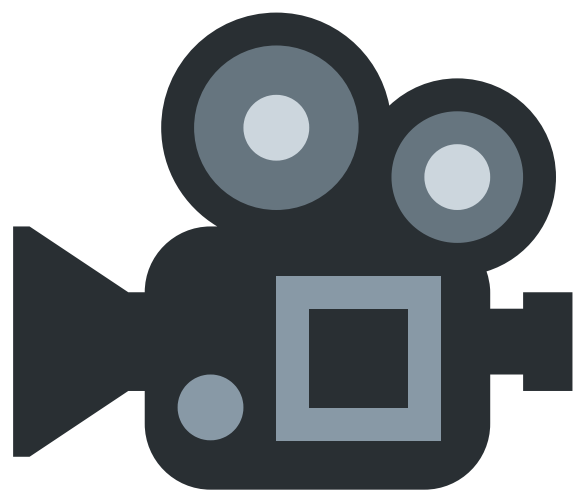
# JOIN OUR LUNCH LOYALTY PROGRAM

## 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**  
**March**  
**Tuesdays 1:30 - 3:30**  
**Location: Groncki**  
**Conf. Room 2nd FL**



**03/03: BATTLE OF THE SEXES**

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.

**03/10: JUDY**

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