The Center will be open on Mondays, Wednesdays, and Fridays for activities and meals until further notice. Lunch will be served from 12:30 pm to 1:30 pm. There will be 2 seating’s if our seating capacity reaches 65, the 2nd seating will begin at 1:15 pm (if necessary) first come first served.

As a reminder, the address is 119 9th Avenue, between 17th and 18th Street.

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 stay home.

Starting on March 14, 2022 we are happy to announce that we will be open 5 days a week for lunch and activities

For more information on remote programs or in person, please email:

hgadultcenter@hudsonguild.org

Adult Services' activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.
Social Services & Special Events

Social Service appointments are available Monday-Friday 9:00 am to 4:00 pm. Please email djohnson-laird@hudsonguild.org or call 212-924-6710 for an appointment.
Announcements for this Month

Lively Arts  w / Jim
March 2022 Schedule

The Lively Arts Class will resume back in person starting Wednesday March 2 and March 9 from 1:30pm to 2:45pm going forward after that it will be on Thursdays from 1:30pm to 2:45pm starting Thursday March 17 this Month Jim will be presenting Verdi's I Vespri Siciliani

Theater Desk
Will remain closed for the month of March we will notified you if any change.

Suggested Lunch Donations or contributions are welcome and appreciated suggested amounts for adults over and under 60 will be posted

Adult Services' activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.
Announcements for this Month

Migrant Kitchen Initiative

The last Friday of every month will offer free meals at the Fulton Center

Please see the dates below:
Schedule time is 12:00pm

- Friday, March 25
- Friday, April 29
- Friday, May 27
- Friday, June 24
- Friday, July 29
- Friday, August 26
- Friday, September 30
- Friday, October 28
- Friday, November 25
- Friday, December 30

Please feel free to ask Carlos if you have any questions.
MONDAY

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

Beading with Sarita
1:30 pm - 3:30 pm
Room: Meschter 1 A
In-Person Activity

Shakespeare Reading Group
2:00 pm - 3:15 pm
Room: Art Studio
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

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
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location/Room</th>
<th>In-Person/Zoom Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30 pm - 3:30 pm</td>
<td>Crochet with Patricia</td>
<td>Meschter 1-A</td>
<td>In-Person Activity</td>
</tr>
<tr>
<td>1:30 pm - 2:45 pm</td>
<td>Zoom Class</td>
<td></td>
<td><a href="https://us02web.zoom.us/j/81049511857">https://us02web.zoom.us/j/81049511857</a></td>
</tr>
<tr>
<td>1:00pm - 3:45pm</td>
<td>Bridge</td>
<td>Meschter 1-A</td>
<td>In Person Class</td>
</tr>
<tr>
<td>4:00 pm - 5:00 pm</td>
<td>Fit &amp; Tone with Elizabeth</td>
<td></td>
<td>Click here to join</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Meeting ID: 941 695 0210 Passcode: 2X93Eh</td>
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</tbody>
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Thursday

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

Click here to join
Meeting ID: 893 8676 8521
Password: Gold

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

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: Lounge
In-Person Activity

Creative Writing w/Larry
1:30 pm - 3:30 pm
Room: Meschter 1B
In-Person Activity
March Menu is Subject to Change

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>7 Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Steamed Carrots Baked Apple and Milk</td>
<td>9 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Steamed Broccoli and Cauliflower Banana and Milk</td>
<td>2 Chicken Alfredo Penne Whole wheat Bread Steamed Spinach Cantaloupe Milk</td>
<td>4 Deluxe Cheese Burger with Onions Hamburger Bun Whole Wheat Baked Fries Garden Salad Banana Grape Juice and Milk</td>
<td>11 Salmon in Garlic Butter Sauce Whole Wheat Bread Mix Vegetable Orange and Milk</td>
</tr>
<tr>
<td>14 Chicken Gumbo Whole Wheat Bread Sauteed Spinach Canned Pineapple and Milk</td>
<td>15 Turkey Tacos Yellow Rice Mixed Green Salad Apple Juice Banana and Milk</td>
<td>16 Pulled BBQ Pork Pesto Pasta with Broccoli Capri Blend Vegetables Orange and Milk</td>
<td>17 Sofrito Steak Yellow Rice and Pigeon Peas Mix Vegetables Cantaloupe and Milk</td>
<td>18 Baked Cod Baked Sweet Potato whole wheat bread Beets and Baby Carrots with Dill Honeydew and Milk</td>
</tr>
<tr>
<td>21 Herbed Loin Pork Rice Pilaf Cole Slaw Cantaloupe and Milk</td>
<td>22 Chicken Fajitas with Veggies in Soft Wrap Rice w/Corn Cucumber Apple Juice Apple Sauce and Milk</td>
<td>23 Chili con Carne Orzo w/Vegetables Whole Wheat Bread Italian Cut Green Beans Orange and Milk</td>
<td>24 Cod Fillet O'Fish Sandwich Quinoa Kale with Tomato Banana and Milk</td>
<td>25 Beef Stroganoff w/Noodles Whole Wheat Bread Carrots Apple Juice Pear and Milk</td>
</tr>
<tr>
<td>28 Spanish Style Baked Chicken Brown Rice w/Pigeon Peas Whole Wheat Bread Cabbage-Shredded Carrots Canned Mandarin and Milk</td>
<td>29 Deluxe Cheese Burgers w/Onions Baked Red Potato Wedges Hamburger Bun Whole Wheat Mixed Green Salad and Milk</td>
<td>30 Turkey Bean Chili Brown Rice Whole Wheat Bread Stir Fry Kale and Broccoli Banana and Milk</td>
<td>31 Beef Meatballs in Tomato Sauce Spaghetti Whole Wheat Bread Cole Slaw Fruit Cocktail and Milk</td>
<td></td>
</tr>
</tbody>
</table>

*Lunch is served Monday, Wednesday, & Friday 12:00 - 1:30 PM Last Meal Served 1:15 PM*
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>-</td>
<td>-</td>
<td>- OR - Stuffed Shells w/Cheese</td>
<td>-</td>
<td>- OR - Grilled Cheese</td>
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<tr>
<td>-</td>
<td>-</td>
<td>- OR - Vegetable Biryani with Chickpeas</td>
<td>-</td>
<td>- OR - Cheese Ravioli</td>
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<tr>
<td>- OR - Quinoa w/Black Beans and Corn</td>
<td>-OR- Zucchini with Corn and Tomatoes</td>
<td>- OR - Grilled Cheese w/Alfredo Sauce</td>
<td>- OR - Curried Veggie Chickpea and Quinoa Stir Fry</td>
<td></td>
</tr>
<tr>
<td>-OR- A Nice Vegetable</td>
<td>-OR- Zucchini with Corn and Tomatoes</td>
<td>- OR - Pesto Pasta w/Broccoli</td>
<td>- OR - Curried Veggie Chickpea and Quinoa Stir Fry</td>
<td></td>
</tr>
<tr>
<td>-OR- Zucchini with Corn and Tomatoes</td>
<td>-OR- Grilled Mozzarella and Tomato Sandwich</td>
<td>-OR- Fish Cakes w/Alfredo Sauce</td>
<td>- OR - Vegetable Baked Ziti w/Whole Wheat Pasta</td>
<td></td>
</tr>
<tr>
<td>-OR- Tuna Fish Salad</td>
<td>-OR- Eggplant with Tomatoes</td>
<td>-OR- Soft Tacos w/Black Beans and Mixed Vegetables</td>
<td>-</td>
<td>- OR - Vegetable Baked Ziti w/Whole Wheat Pasta</td>
</tr>
<tr>
<td>- OR - Broccoli Cheese Quesadilla</td>
<td>-OR- Veggie Burger Patty</td>
<td>- OR - Chickpea Stew</td>
<td>-</td>
<td>- OR - Veggie Meatballs in Tomato Sauce</td>
</tr>
</tbody>
</table>

*Lunch is served Monday, Wednesday, & Friday 12:30PM - 1:30 PM Last Meal Served 1:15 PM

Adult Services' activities, meals and services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants and your support.
Housing Conservation Coordinators
Presents a Workshop on

Housing Part Actions (HP) – Asking for Needed Repairs

Wednesday, March 16th, 2022 at 11:30am

To RSVP please contact Dorothy Johnson-Laird at (212) 924-6710 x4018 or at hгadultcentereventsg1 updгgild.org.
Poetics of the Self
Writing Our Personal History

Thursdays starting March 10th
3:30-5PM EST

Participants aged 55 and older are invited to join instructor Crystal Yeung’s weekly sessions to write about their lives and learn poetic craft through multimodal and creative writing exercises.

To RSVP please contact Dorothy Johnson-Laird at 212-924-6710 x4018 or at hgdultcenter@hudsonguild.org
**March Happenings at the Older Adult Center**

*Information on upcoming events, workshops, & festivities happening at Hudson Guild’s Fulton Community Center in March!*

**Upcoming Technology Trainings!**
Learn how to use your cell phone (iPhone, Android), tablet, and basic computer skills. Learn how to search the internet, connect with friends and family using FaceTime and Zoom.

<table>
<thead>
<tr>
<th>March</th>
<th>15</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women’s History Month Observation</strong></td>
<td>Tuesday, March 15th, 2022</td>
<td>1:30pm-3:30pm/Lounge</td>
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</table>

<table>
<thead>
<tr>
<th>March</th>
<th>17</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td><strong>Irish Heritage Month</strong></td>
<td>Thursday, March 17th, 2022</td>
<td>Special celebratory meal 12:30pm to 1:30pm/ Wayans Family Community Room</td>
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</table>

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<thead>
<tr>
<th>March</th>
<th>22</th>
<th>Tuesday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Social Work Month Observation</strong></td>
<td>The History of Social Work</td>
<td>Tuesday, March 22, 2022 1:30pm-2:30pm/ Wayans Family Community Room</td>
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</table>

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<thead>
<tr>
<th>March</th>
<th>25</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Month Observation</strong></td>
<td>Nutrition for Everyday Living Presentation</td>
<td>Friday, March 25th, 2022 1:30pm-3:30pm/Lounge</td>
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</table>

<table>
<thead>
<tr>
<th>March</th>
<th>29</th>
<th>Tuesday</th>
</tr>
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<tbody>
<tr>
<td><strong>Celebrate the Taste of Coca-Cola</strong></td>
<td>Taste Test and Trivia Contest celebrating the first bottle of Coca-Cola sold in March, 1894</td>
<td>Tuesday, March 29th 1:30pm/ Wayans Family Community Room PRIZES AWARDED!!!</td>
</tr>
</tbody>
</table>

Please indicate your interest at hgadultcenterevents@hudsonguild.org or call (212) 924-6710 x4001 for more information.
Friday, March 4 at 1:00 - 2:00 pm

Resolving Conflict with Family Mediation

Antonia B. Harbin-Lamb, MBA, JD

*Neighborhood Legal Services Michigan*
Elder Law and Advocacy Center
Great Lakes Legal Mediation Division

Click Here to Connect to ZOOM

Zoom Meeting Link:
https://wayne-edu.zoom.us/j/96904464237?pwd=Y2o0TDArUVo3ang1N0FEdkdlM3BhUT09

OR Phone in:
312 626 6799 US

Meeting ID: 969 0446 4237
Passcode: 828366