



hudson guild



November Sundial Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

11/11 Senior Center Closed

11/29 Senior Center Closed



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

Thanksgiving Lunch Menu

*TURKEY w/ GRAVY
HONEY GLAZE HAM
POTATO SALAD
RICE AND PEAS
MAC AND CHEESE
STUFFING
GREEN BEANS
BAKED ZITI
DINNER ROLLS*

*DESSERTS
APPLE PIE
SWEET POTATO PIE
CAKE
ICE CREAM
SODAS
WATER
COFFEE AND TEA*

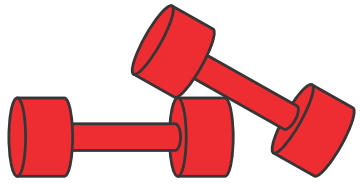


hudson guild

WIFI Password

ECWifi123

New Programming



All Level Fitness with Ivy



Tuesdays & Fridays

Time: 9:00 - 10:00 Location: Gural B 1st FL

Tuesdays Please Bring Your Own Weights !!

Friday Equiptemnt is included

City Council Speaker Corey Johnson's

Medicare Rights Center

Medicare Enrollment Discussion

When:

Thursday, November 7th at 1:00 pm

Location: 2nd FL

Volunteers of Legal Services

Legal clinic on Thursday, November 7th at 1:30p

sign up starts at reception at 1:20pm.

Elder Abuse Presentation

When: November 12

Time: 1:00 PM

Location : Dan Carpenter 2nd FL

Ryan Health Mobile Truck

When: November 13 & 27

Time: 10:00 am - 4:00 PM

Location: 441 West 26th Street
Elliott Building

New Programming

Holiday Card Making

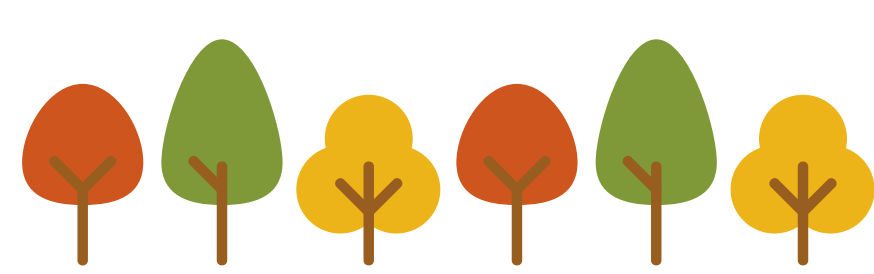
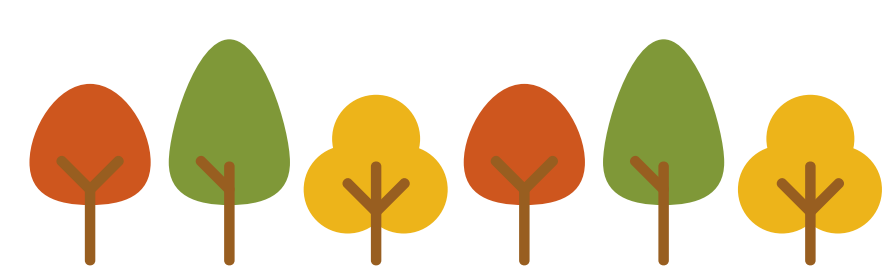
When: Mondays

10:00 - 12:00 & 1:00 - 2:30

Location:

Grinnell Art Room 2nd FL





Upcoming Trips

When: Tuesday November 5

\$ 35.00

Just My Imagination

Tribute To The Temptations

Brownstone

Trip Sold Out

When: Wednesday December 18

Trip: Longwood Gardens

Registration

11/18, 11/19 & 11/20

Payments For Trips Must Be In Cash/ Check ONLY

******All Trips Are Non-Refundable ******

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

Every Second
&

Fourth Thursday

Dates: 11/12 & 11/26

Time: 11:30 - 1:30

Location:

23rd Street & 9th Avenue

Quilters Of Color

When: Every 4th
Saturday of the Month

Location:

Dan Carpenter 2nd FL

Time: 11:00 - 2:00

11/23/19

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**

Senior Advisory Council Meeting

November 4 @ 1:00 PM

Grinnell Art RM

2nd FL

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



NEW YORK CITY COUNCIL **SPEAKER**

COREY JOHNSON

3RD COUNCIL DISTRICT, MANHATTAN



**MEDICARE
RIGHTS** CENTER
Getting Medicare right

INVITES YOU TO A

MEDICARE ENROLLMENT INFORMATION PRESENTATION

HOSTED BY NEW YORK CITY COUNCIL SPEAKER COREY JOHNSON AND THE MEDICARE RIGHTS CENTER

MEDICARE RIGHTS CENTER REPRESENTATIVE WILL DISCUSS:

- Medicare eligibility, costs, and coverage
- Changes you can make during Fall Open Enrollment
- Cost-saving programs, including Extra Help

Join us to learn what you need to know about Medicare Fall Open Enrollment. Get connected to programs that help pay the costs associated with Medicare.

**THURSDAY,
NOVEMBER 7, 2019**

1:00 to 2:00 P.M.

**HUDSON GUILD
ELLIOTT CENTER**

**441 WEST 26TH STREET
BETWEEN 9TH AND 10TH AVENUES
2ND FLOOR**

**Public Transportation:
E or C train to West 23rd Street**

For questions about accessibility, please contact us at the phone number and email address below.
To request additional accommodations, please contact us at least three business days before the event. 

FOR MORE INFORMATION PLEASE CONTACT MY OFFICE AT (212) 564-7757 OR EMAIL SPEAKERJOHNSON@COUNCIL.NYC.GOV

NOVEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Hard Boiled Egg
4 Baked Egg Omelette	5 French Toast	6 Pork Sausage Link	7 Egg a la Mexicana	8 Scrambled Eggs
11 Closed	12 Eggs Benedict	13 Grilled Mozzarella Tomato Sandwich	14 Ground Turkey Salsa Breakfast Burrito	15 Egg a la Mexicana
18 Baked Egg Omelette	19 Waffles and Turkey Bacon	20  Hard Boiled Egg	21 Grilled Cheese	22 Omelette with Spinach and Parmesan Cheese
25 Pancakes	26 Frittata with Broccoli and Potato	27 Scrambled Eggs	28 Thanksgiving Lunch 12- 1:30	29 Closed

*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

NOVEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 Beef & Turkey Meatloaf with Mushroom Gravy -or- Cheese Ravioli
4 Grilled Cheese -or- Lentil Stew with Carrots	5 Beef Stroganoff with Noodles -or- Broccoli Cheese Quesadilla	6 Homemade Roast Pork Spanish Style - or- Creamy Vegetable Soup	7 Chicken Breast -or- Cheddar Potato Bake	8 Baked Chicken & Mangu
11 Closed	12 Jerk Chicken -or- Lentil Stew with Carrots	13 Baked Ziti with Meat Sauce -or- Baked Ziti with Cheese	14 Stewed Chicken Breast -or- Okra & Tomatoes	15 Beef Meatloaf with Mushroom Gravy -or- Orzo with Vegetables
18 Baked Spaghetti with Sausage -or- Tabbouleh	19 Baked Chicken Thighs -or- Nice Vegetables Soup	20 Baked Macaroni & Cheese -or- Chicken Noodle Soup	21 Baked Turkey Breast -or- Cheese Ravioli	22 Baked Fish with Cream Sauce -or- Chinese Style Spaghetti
25 Vegetable Lasagna	26 Arroz con Pollo Chicken Breast and Rice -or- Soft Tacos with Black Beans	27 Spaghetti Carbonara -or- Eggplant Parmesan	28 Thanksgiving Lunch 12 -1:30 PM	29 Closed

*Lunch is served Monday - Friday 12:00 - 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.

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

NOVEMBER WEEKEND MEAL MENU

Weekend Meals Distrubturion 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	1 Chicken Parmesan -or- Vegetable Ratatouille
4	5	6	7	8 Chicken Breast -or- Cheddar & Potato Baked
11	12	13	14	15 Stewed Chicken Breast -or- Stewed Okra Tomatoes
18	19	20	21	22 Baked Turkey Breast -or- Cheese Ravioli
25	26	27	28	29 Closed

***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 & Chair Massages
With Sheree**

Gural B 1st FL

10:00 -12:00 **Holiday Card Making**
Grinnell Art RM 2nd 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

1:00 – 2:30 **Holiday Card Making**
Grinnell Art RM 2nd 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

2:15-5:15 **Bridge Workshop (\$3)**
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

2:15- 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

NOVEMBER 2019

Mondays

9:30 - 12:00 & 2:00 - 4:30 **Social Services**
12:00-2:00 **Arts and Emotions** (Groncki)
On Hiatus (start date TBA)

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

Tuesdays

9:30 - 12:00 & 2:00 - 4:30 **Social Services**
9:00 - 5:00 **Nursing Services**

1:00 - 2:00 **Lunch & Learn** (GURAL B)
NORC Advisory Council Date: Occurs
Bi-Monthly

Wednesdays

9:30 - 12:00 & 2:00 - 4:30 **Social Services**
9:00 - 10:30 **Handicrafts** (GURAL)

10:30pm - 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 fo r Arthritis** (GURAL A)
3:00-4:00 **Jewelry** (GURAL B)

Fridays

9:30 - 12:00 & 2:00 - **4:30 Social**
Services
9:00-5:00 **Nursing Services**

10:00-11:00 **Tai Chi in Chinese** (Gural B)
1:00-3:00 **NORC/NSC Bingo** (GURAL)

NORC SpotLights

Event : Latinx Heritage Celebration

When: November 8, 2019 (Dan Capernter)

Time: 12 :00 pm- 1:30 pm

Come Join us as we celebrate Latinx Heritage
Month !

Event : How to blend a smoothie

When: November 4, 2019 (Gural A)

Time: 1 :00 pm- 2:00 pm

Come Join us as we learn some new healthy
ways to eat !

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



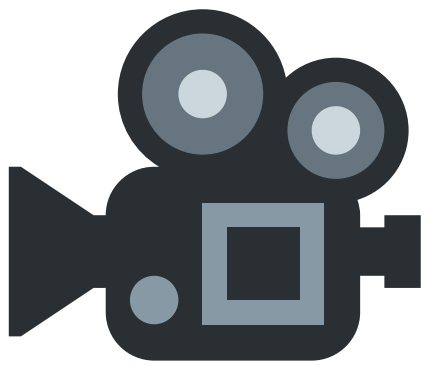
JOIN OUR LUNCH LOYALTY PROGRAM

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

November

Tuesdays 1:30 - 3:30

Location: Groncki

Conf. Room 2nd FL

11/5: Red Joan

Loosely inspired by a true story, this dramatized biopic shifts between two eras as it recounts the tale of Joan Stanley, a longtime British spy for the KGB who sees her peaceful suburban retirement abruptly shattered when she's arrested for treason.

11/12: On The Waterfront

Winner of eight Oscars, director Elia Kazan's classic morality tale stars Marlon Brando as Terry Malloy, a has-been boxer who experiences a crisis of conscience while working for mobbed-up union boss Johnny Friendly (Lee J. Cobb). Terry turns a blind eye when Friendly's thugs kill a fellow dockworker to keep him from testifying in a corruption case, but he has second thoughts when the victim's sister (Eva Marie Saint) urges him to take a stand.

11/19: Collateral Beauty

With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate and unorthodox plan

11/26: The Farewell

After learning that her family's beloved matriarch, Nai Nai, has been given mere weeks to live, Chinese-born, U.S.-raised Billi returns to Changchun to find that her family has decided to keep the news from Nai Nai. While the family gathers under the joyful guise of an expedited wedding, Billi rediscovers the country she left as a child, and is forever changed by her grandmother's wondrous spirit