



HUDSON GUILD ADULT CENTER

OCTOBER NEWSLETTER

NEW THIS MONTH



The Center will be open on Mondays, Wednesdays, and Fridays only.

Lunch will be served from

12 pm - 1:30 pm

(October 11, 2021, ONLY Lunch will be served 11:00 am - 12:00 pm Due To All Staff Event).

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

Pre-registration is required to participate in activities.

To register, please email HGAdultCenterEvents@hudsonguild.org or call 212-924-6710.

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 visit us when you are well

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

HGAdultCenterEvents@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

1. Breast Cancer Awareness Presentation

Tuesday October 12 Time: 12pm - 1pm

Join Zoom Meeting

[https://us02web.zoom.us/j/89296301715?](https://us02web.zoom.us/j/89296301715?pwd=WFFObkt0NW9XRzArTjhsUGYvMDdQQT09)

[pwd=WFFObkt0NW9XRzArTjhsUGYvMDdQQT09](https://us02web.zoom.us/j/89296301715?pwd=WFFObkt0NW9XRzArTjhsUGYvMDdQQT09)

Meeting ID: 892 9630 1715

Passcode: 33J1qL


Join By Phone

9294362866

To Register For The Above Activities Please Email,

HGAdultCenterEvents@hudsonguild.org

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Social Services & Special Events

2. Online Basics with Senior Planet

Monday & Tuesday 2:00 pm - 3:15 pm

How to Choose a New Computer – 10/12

Finding Information Online – 10/18

Home Internet Access – 10/19

Connecting to the Internet – 10/25

Protecting Your Personal Information online – 10/26

Meeting ID: 964 7431 8422

Join Zoom Meeting

<https://seniorplanet.zoom.us/j/96474318422>

3. The **Asian American Writers' Workshop** invites participants to join us to learn ways to write about their lives. Join instructor Phoenix Luk as we have some fun and uplift sharing about our lives and stories.

Thursdays in October, from 10/14 - 10/28

12:00 pm to 1:30 pm

Join Zoom Meeting

[https://us02web.zoom.us/j/83004090243?](https://us02web.zoom.us/j/83004090243?pwd=UHG4ei9BMjE1NHJZamVlcDNEVkhadz09)

[pwd=UHG4ei9BMjE1NHJZamVlcDNEVkhadz09](https://us02web.zoom.us/j/83004090243?pwd=UHG4ei9BMjE1NHJZamVlcDNEVkhadz09)

Meeting ID: 830 0409 0243

Passcode: 132231

Join By Phone

6468769923

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MONDAY

Experimental Drawing with Alex

10:00 am - 12:00 pm

Room: Meschter 1 B

In Person Activity

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





MONDAY

Shakespeare

Reading Group

2:00 pm - 3:15 pm

Room : Art Studio

In Person Activity

Chair Yoga w Andrea

3:00 pm - 4:00 pm

[Click here to join](#)

Meeting ID: 250 786 7284

Password: MSTDA

Dial-In: 646-558-8656





TUESDAY

**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

Room: Meschter 1B

In-Person Activity

&

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





Wednesday

Afro Brazilian with Maria

12:00 pm - 1:00 pm

[Click here to join](#)

Meeting ID:

840 8238 9611

Password: 656473

Crochet with Patricia

Room: Meschter 1 A

1:30 pm - 3:30 pm

In-Person Activity

Painting with Arbey

1:30 pm - 3:30 pm

Room: Art Studio

In-Person Activity





Wednesday

The Lively Arts

Jim Furlong

Classes about opera,
musicals, dance, and more

Room: Lounge

1:30 pm - 2:45 pm

In-Person Activity

Fit & Tone with

Elizabeth

4:00 pm - 5:00 pm

[Click here to join](#)

Meeting ID: 941 695 0210

Passcode: 2X93Eh





Thursday

Zumba with Tia

11:00 am - 12:00 pm

[Click here to join](#)

Meeting ID: 425 095 968

Password Gold

Senior Fit with Teresa

1:00 pm - 2: 00pm

[Click here to join](#)

Meeting ID: 878 9504 1840

Password: 539422

Middle Eastern Dance with

Andrea


3 :00 pm - 4:00 pm

[Click here to join](#)

Meeting ID: 250 786 7284

Password: MSTDA

Dial-In: 646-558-8656





Friday

Mixed Media Arts with Rena

9 :30 am - 11:30 am

Room: Art Studio

In-Person Activity

Tai Chi & Qi Gong w Pin Pin Su

10:00 am - 12:00 pm

Room: Meschter 1 A

In- Person Activity

Bingo

12:30 pm - 3:00 pm

Room: Mescheter B

In-Person Activity

Creative Writing w Larry

Room: Meschter 1 A

1:00 pm - 3:00 pm

In - Person Activity

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NYC Department for the Aging, Hudson Guild, corporate &
foundation grants, and your support.**





Friday

Painting with Arbey


2:00 pm - 4: 00 pm

[Click here to join](#)

Meeting ID: 890 1701 4013

Password: 898716

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October Menu Is Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Tilapia with Garlic Crumb Crust - OR - Stewed Okra and Tomatoes
4 Tuna Fish Salad - OR - Turkey Burger with Cheese	5	6 Vegetable Baked Ziti with Whole Wheat Pasta	7	8 Baked Fish with Garlic Sauce - OR - Tofu Broccoli Curry
11 Beef Meatloaf - OR - Herbed Fettuccine	12	13 Eggplant Parmesan - OR - Veggie Burger	14	15 Chicken Salad - OR - Cod Fillet Fish Sandwich
18 Teriyaki Chicken Thighs - OR - Linguine with Asparagus, Peas, Spinach	19	20 Baked Fish with Garlic Sauce - OR - Veggie Burger Patty	21	22 Ground Turkey Burrito - OR - Herbed Fettuccine
25 Chicken Stir Fry - OR - Cheese Ravioli	26	27 Pork Chops with Latin Marinade - OR - Spinach and Cheese Frittata	28	29 Tuna Casserole -OR- Spinach and Cheese Pierogies

***Lunch is served Monday, Wednesday, & Friday 12:00 - 1:30 PM Last Meal Served 1:15 PM**