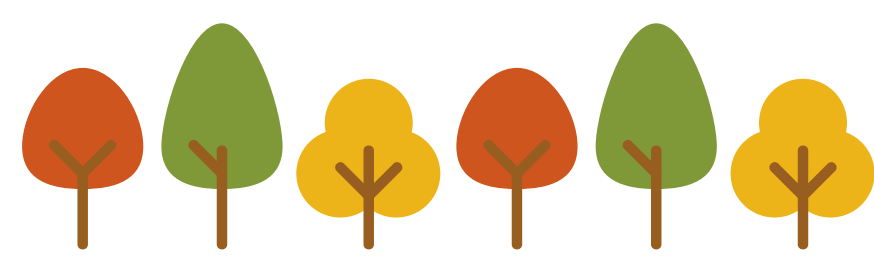


hudson guild



October Sundial Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

10/14 Closed In Observation of Columbus Day

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



New Programming



Farmers Market Nutrition workshop

10/3/19 @ 11:00 am

Location: Dan Carpenter 2nd FL

Trip To Union Square Market

Monday October 21 @ 11:00 am

Limited Seats Available Cost: Free

Ask for Armisha or Carlos for more details

**** Must Sign Up By 10/10 *****



Ryan Health Mobile Truck

When: October 2, 2019

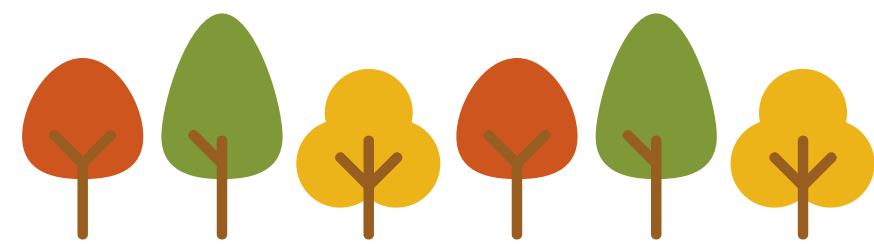
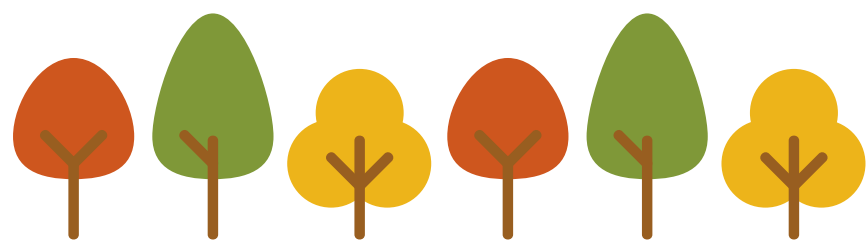
Time: 10:00 am - 4:00 PM

Location: 441 West 26th Street

Elliott Building



**WIFI Password
ECWifi123**

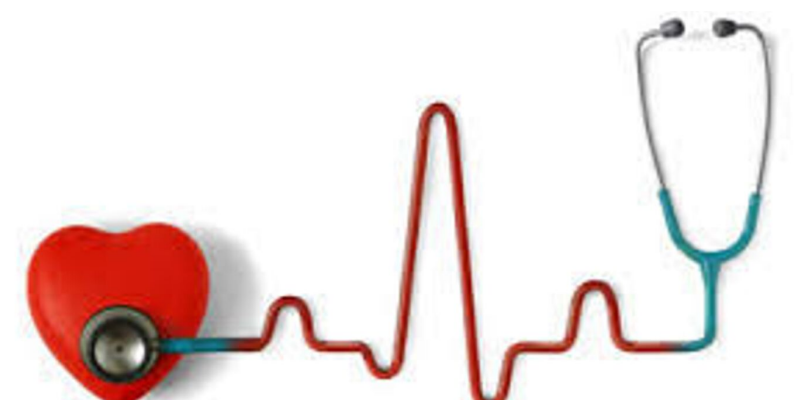
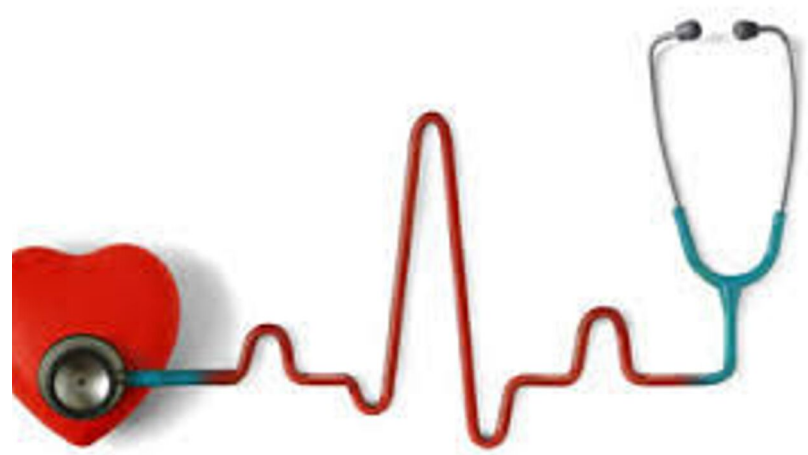


New Programming

Blood Pressure Screenings Fridays

9:30 - 12:30

**Dan Carpenter 2nd FL
Oct11, Oct 18, & Oct 25**



**Please Join
Weill Cornell Medicine
Center on Aging & Behavioral Research
Wednesday 10/30/19
12:00 PM
Dan Carpenter 2nd fl**



**OPERA APPRECIATION
TAUGHT BY JIM FURLONG**

Thursdays, 1:00 – 2:15 PM

Hudson Guild Elliott Center, 441 W. 26th Street

In this class, students will learn about many of the great operas their stories, music and the times when they were written. This fall, we will explore three examples of great Italian opera two tragedies and one comedy. Beginners are welcome! No previous knowledge of opera is required to enjoy this class.

October

10/3 Verdi's epic tragedy The Force of Destiny, part 1

10/10 The Force of Destiny, part 2

10/17 The Force of Destiny, part 3

10/24 The Force of Destiny, part 4

10/31 no class

November

11/7 Andrea Chenier, a stirring tale of the French Revolution, part 1

11/14 Andrea Chenier, part 2

11/21 Andrea Chenier, part 3

11/28 no class

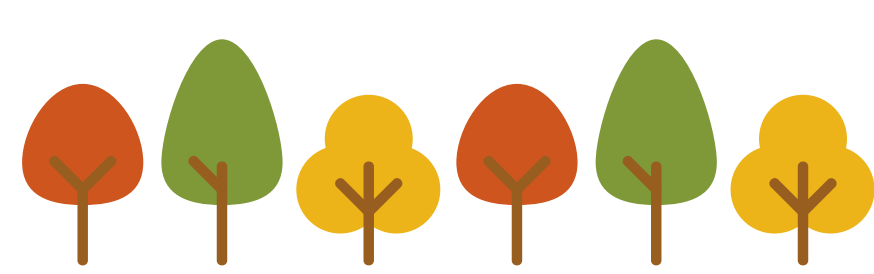
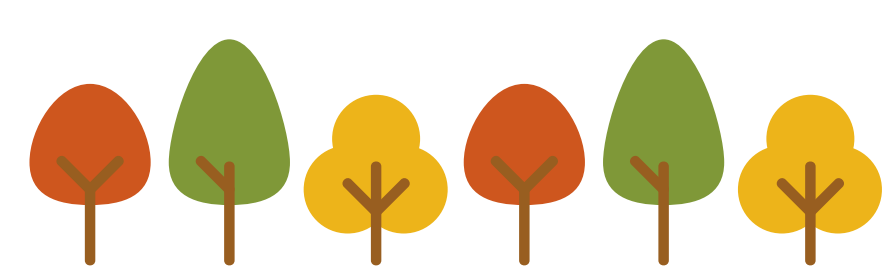
December

12/5 Rossini's sparkling comedy Cinderella, part 1

12/12 Cinderella, part 2

12/19 Cinderella, part 3

12/26 no class



Upcoming Trips

Sold Out
Friday October 18
Hunterdon Playhouse
Arrive By 8:00 am

Tuesday October 29
Arrive By 8:30 AM
Resorts Casino
\$ 30.00
Registration Starting 10/1/19
Tuesdays & Fridays 11:00 - 1:00
Location: Lobby

Tuesday November 5
\$ 35.00
Just My Imagination
Tribute To The Temptations
Brownstone
Registration Dates
October - 7, 8, & 9

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: 10/10 & 10/24

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

10/26/19

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

October 7 1:00 PM

Grinnell Art RM

2nd FL

**NEW
REGISTRATION PROCESS
STARTING
TUESDAY OCTOBER 1ST**

**YOU WILL NO LONGER BE ASKED TO RENEW
YOUR MEMBERSHIP IN PERSON BUT YOU
WILL GET A
PHONE CALL FROM STAFF
TO UPDATE YOUR INFORMATION**

**IF YOU ARE NOT CURRENTLY A MEMBER
AND**

WANT TO PARTICIPATE IN OUR

ACTIVITIES & SERVICES

**NEW MEMBERSHIP IS AVAILABLE
EVERY DAY**

MONDAY—FRIDAY

FROM 11:30—1:30PM

DAN CARPENTER LUNCH ROOM 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**

OCTOBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Breakfast Sausage Patty	2 Grilled Mozzarella and Tomato Sandwich	3 Ground Turkey and Salsa Breakfast Burrito	4 Egg a la Mexicana
7 Baked Egg Omelette	8 Waffles	9 Hard Boiled Egg	10 Grilled Cheese	11 Omelette with Spinach and Parmesan Cheese
14 Apple Pancakes	15 Frittata with Broccoli and Potato	16 Scrambled Eggs	17 Tuna Cake	18 Omelette
21 Eggs Benedict	22 Grilled Mozzarella and Tomato Sandwich	23 Whole Wheat English Muffin BLT	24 Waffles	25 Scrambled Eggs
28 Apple Pancakes	29 Waffles	30 Egg Frittata  Birthday Party	31 Whole Wheat English Muffin BLT	1 Hard Boiled Egg

*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

OCTOBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Jerk Chicken -or- Lentil Stew	2 Baked Ziti with Meat Sauce - or-Baked Ziti w/Cheese	3 Stewed Chicken Breast -or- Stewed Okra	4 Beef Meatloaf w/Gravy -or- Orzo with Vegetables
7 Baked Spaghetti w/Sausage -or- Tabbouleh	8 Baked Chicken Thighs -or- Vegetables Soup	9 Baked Macaroni & Cheese -or- Chicken Noodle Soup	10 Baked Turkey Breast -or- Cheese Ravioli	11 Baked Fish w/Cream Sauce -or- Chinese Style Spaghetti
14 Vegetable Lasagna	15 Arroz con Pollo Chicken and Rice -or-Soft Tacos w/ Black Beans	16  Spaghetti Carbonara - or- Eggplant Parmesan	17 Chicken w/Oyster Sauce -or- Chinese Style Spaghetti	18 Pork Spare Ribs -or- Broccoli Cheese Quesadilla
21 Baked Macaroni and Cheese	22 Turkey and Black Bean Enchilada -or- Broccoli and Potato Soup	23 Baked Ziti w/Meat Sauce - or- Vegetables Soup	24 Chicken and Broccoli stir Fry - or- Broccoli w/Teriyaki Sauce	25 Baked Fish - or- Curry Veggie Chickpea and Quinoa
28 Baked Vegetable Alfredo Pasta - or- Split Pea Soup	29 BBQ Chicken or Black Bean and Sweet Potato Chili	30  Pork Spare Ribs -or- Lentil Soup Birthday Party 	31 Chicken Parmesan -or- Vegetable Ratatouille	1 Beef & Turkey Meatloaf -or- Cheese Ravioli

*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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Stewed Chicken Breast -or- Stewed Okra
7	8	9	10	11 Baked Turkey Breast -or- Cheese Ravioli
14	15	16	17	18 Chicken with Oyster Sauce -or- Spaghetti
21	22	23	24	25 Chicken and Broccoli Stir Fry -or- Broccoli with Teriyaki Sauce
28	29	30	31	1 Chicken Parmesan -or- Vegetable Ratatouille

***Lunch Room Hours Monday - Friday 12:00 - 1:30 PM**
Please Pick Up Your Weekend Meal By 1:20 PM the latest



Monday

9:00 - 10:00 **Managing Your Wellness with Sheree**

Gural B 1st FL

11:00 - 12:00
Theater Balance & Movement with Wendy

Gural B 1st FL

10:00 - 11:00
Meditation & Chair Massages With Sheree

Gural B 1st FL

1:00 - 4:00
Domino's and Games
Lobby

1:00- 2:00 **Chair Aerobics**
Gural B 1st FL

10:00 -12:00 **Advanced Jewelry**
Grinnell Art RM 2nd FL

1:00 - 2:30 **Beginners' Jewelry**
Grinnell Art RM 2nd FL

2:00 - 3:00
Exploring Shakespeare
Gural B 1st FL

Tuesday

9:00-10:00 **Walking Club**

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 **Dominos 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

ACTIVITY B UNTIL AUGUST 29

11:45-1:00 **Intermediate Spanish**

Grinnell Art RM 2nd FL

1:00 – 4:00 **Domino's 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 - 3:30 **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
Dominoes and Games
Lobby

1:00 - 2:00 **Mat Core Fusion**
GYM

2:00 - 3:00 **Tai Chi For Arthritis**
Gural B 1st FL 9/12 - 01/09

3:00 - 4:30 **Bingo**
Gural A & B 1st FL

Friday

9:00 -10:00 **Walking Club**
Gural A

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 -3:00 **Chinese Social Club**
Groncki Conf RM 2nd FL

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

OCTOBER 2019

Mondays

9:00 - 12:00 **Social Services (NORC)**

12:00-2:00 **Arts and Emotions** (Groncki)

On Hiatus (Begins again in October)

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

2:30- 3:30 **Tai Chi for Arthritis** (GURAL)

Tuesdays

9:00 - 5:00 **Nursing Services (NORC)**

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

1:00 - 2:00 **Lunch & Learn** (GURAL B)

**NORC Advisory Council Date: Occurs
Bi-Monthly**

Wednesdays

9:00 - 10:30 **Handicrafts** (GURAL)

9:30 - 12:00 **Social Services** (NORC)

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 **Social Services (NORC)**

1:00 - 2:00 **Cultura Hispana** (GURAL)

2:00 - 3:00 **Jewelry** (GURAL)

3:00-4:00 **Walk with Ease** (GURAL)

Fridays

9:00-5:00 **Nursing Services (NORC)**

9:30-12:00 **Social Services (NORC)**

10:00-11:00 **Tai Chi in Chinese** (Gural B)

1:00-3:00 **NORC/NSC Bingo** (GURAL)

NORC SpotLights

EVENT: GAME NIGHT

When : Saturday, October 5, 2019

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

Roxanne Henry @ 212-760-9800 x 3002



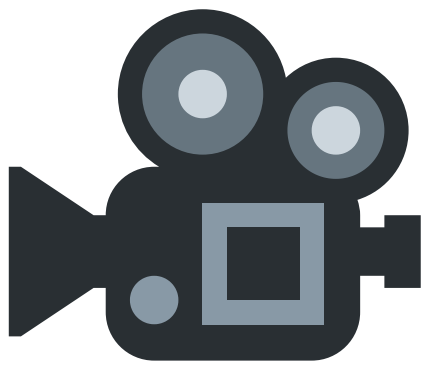
JOIN OUR LUNCH LOYALTY PROGRAM

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

October

Tuesdays 1:30 - 3:30

Location: Groncki

Conf. Room 2nd FL

10/8 The Wife

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule. When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

10/15: Don't worry, he won't get far on foot

After nearly dying in a car accident, the last thing Oregon slacker John Callahan intends to do is give up alcohol. Encouraged by his girlfriend and a charismatic sponsor, Callahan reluctantly enters a treatment program and discovers that he has a knack for drawing. The budding artist soon finds himself with a new lease on life when his edgy and irreverent newspaper cartoons gain a national and devoted following

10/22 Toni Morrison: The Pieces I Am

Author Toni Morrison leads an assembly of her peers, critics and colleagues on an exploration of race, history, America and the human condition.

After Jimmie enlists his best friend Mont to help reclaim the Victorian home his grandfather built in the heart of San Francisco, they begin a search for belonging in a rapidly changing city that seems to have left them behind. A wistful odyssey populated by skaters, squatters, street preachers, playwrights, and other locals on the margins.

10/29: Yesterday

Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the