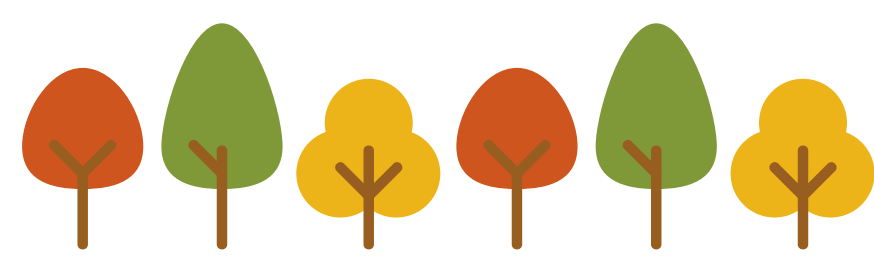


hudson guild



September Sundial

Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

9/2 Closed In Observation of Labor Day

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

New Programming

Starting 9/3/19

Mindful Movement Feldenkrais

Tuesdays 10:15 AM - 11:15 AM

Please Bring A Towel !

Gural B Second Floor

Starting 9/9/19

Exploring Shakespeare With

Stephen Bluestone

Mondays 2:00 PM - 3:00 PM

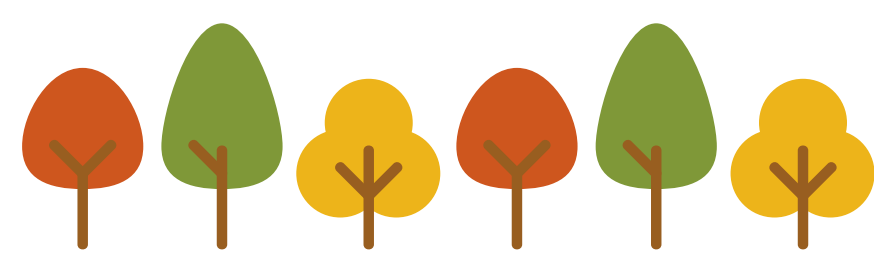
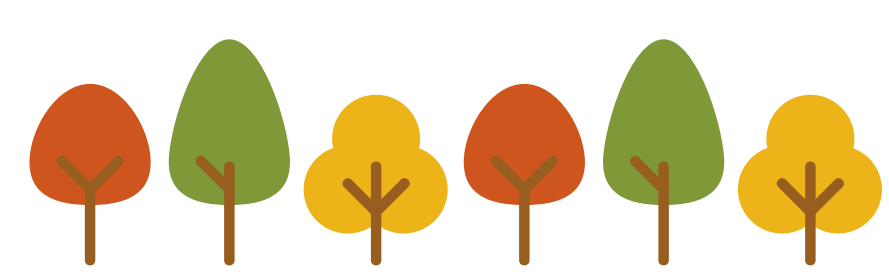
Gural A 1st Floor

Starting 9/12/19

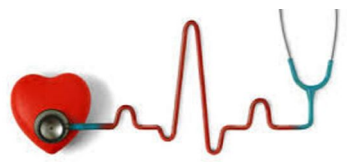
Tai Chi For Arthritis with Wendy

Mondays 2:00 PM - 3:00 PM

Gural A 1st Floor



New Programming



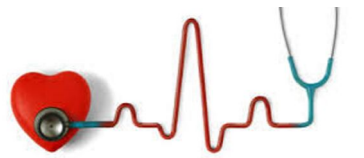
Blood Pressure Screenings Fridays

Starting September 6

9:30 - 12:30

Dan Carpenter 2nd FL

9/6, 9/13, 9/20, 9/27



Please Join

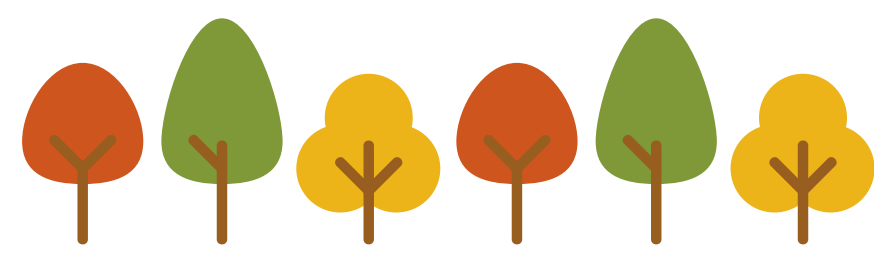
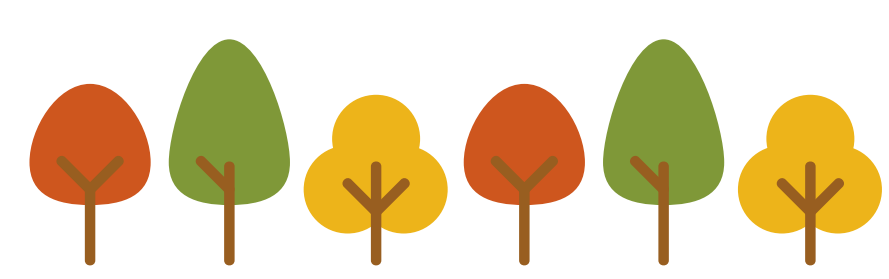
Weill Cornell Medicine

Center on Aging & Behavioral Research

Wednesday 10/30/19

12:00 PM

Dan Carpenter 2nd fl



Upcoming Trips

Tuesday September 17

Amish Country Tour & Buffet

7:30 am - 5:00 pm

\$ 55.00

See Carlos Flores For More Information

Thursday September 26

Resorts Casnio

\$ 30.00

Registration Starting 9/3/19

Tuesdays & Fridays 11:00 - 1:00

Location: Lobby

Friday October 18

Hunterdon Playhouse

\$ 35.00

Registration

September - 16, 17, & 18

Tuesday November 5

\$ 35.00

Just My Imagination

Tribute To The Temptations

Brownstone

Registration Dates

October - 7, 8, & 9

Program & Social Services

Social Service Hours
1:30 to 3:30pm.
All other times by appointment.

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

**Need To Register or Renew
Your Membership ?**
Monday - Friday
11:30 am - 1:30 pm
Location: Dan Carpenter 2nd FL

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: 9/12, 9/22
Time: 11:30 - 1:30
Location: 23rd Street
and 9th Avenue**

Quilters Of Color

When: Every 4th
Saturday of the Month
Location:
Dan Carpenter 2nd FL
Time: 12:00 pm - 4:00 pm
09/21/19

**Senior Advisory Council
Meeting
September 9 Next Meeting
Grinnell Art RM
2nd FL**

THEATER DESK
Distribution Hours
When: Tuesday, Wednesday
,Thursday & Friday
Time: 12:00 - 2:00 PM
Location: Elliott Lobby
****** Membership Must Be
Updated In Order To
Receive Theater 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**

SEPTEMBER BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Scrambled Eggs	3 Turkey Sausage Link	4 Tuna Cake	5 Waffles	6 Scrambled Eggs
9 Pancakes	10 French Toast	11 Egg a la Mexicana	12 Grilled Mozzarella Tomato Sandwich	13 Cottage Cheese Low Sodium
16 French Toast	17 Egg a la Mexicana	18 Grilled Mozzarella and Tomato Sandwich	19 Ham & Cheese Frittata	20 Ground Turkey and Salsa Breakfast Burrito
23 Baked Egg Omelette	24 Turkey Bacon	25 Eggs Benedict	26 Egg Frittata with Potatoes and Peas	27 Scrambled Eggs
30	1	2	3	4

*Breakfast is served Monday - Friday 8:30 - 9:30 AM **Last Breakfast Please BEFORE 9:30 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

SEPTEMBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Chili -or- Bean Burrito	3 BBQ Chicken - or- Broccoli Cheese Quesadilla	4 Beef Fajitas -or- Chicken Fajitas	5 Chicken Stir Fry -or- Herbed Fettuccine	6 Baked Cod -or- Quinoa with Black Beans
9 Baked Vegetables Alfredo Pasta	10 Pork Spare Ribs -or- Cheese Ravioli	11 Balsamic Chicken -or- Eggplant Parmesan	12 Sofrito Steak - or- Stewed Beans	13 Hamburgers -or- Black Bean Burger
16 Baked Mac & Cheese -or- Vegetable Ratatouille	17 Arroz con Pollo - or- Stewed Pink Beans	18  Beef Stroganoff - or- Orzo with Vegetables	19 Chili con Carne -or- Tofu Broccoli Curry	20 Salmon -or- Eggplant with Tomatoes (Curry)
23 Baked Ziti with Cheese -or- Quinoa with Black Beans	24 Beef and Broccoli -or- Broccoli with Teriyaki Sauce	25 Pork Spare Ribs -or- Curry Veggie Chickpea	26 Chicken Parmesan -or- Eggplant Parmesan	27 Baked Fish -or- Cheese Ravioli
30	1	2	3	4

*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
2	3	4	5	6 Chicken Stir Fry -or- Herbed Fettuccine
9	10	11	12	13 Sofrito Steak or- Stewed Beans
16	17	18	19	20 Chili con Carne -or- Tofu Broccoli Curry
23	24	25	26	27 Chicken Parmesan -or- Eggplant Parmesan
30	1	2	3	4

*Lunch Room Hours Monday - Friday 12:00 - 1:30 PM

Last Lunch

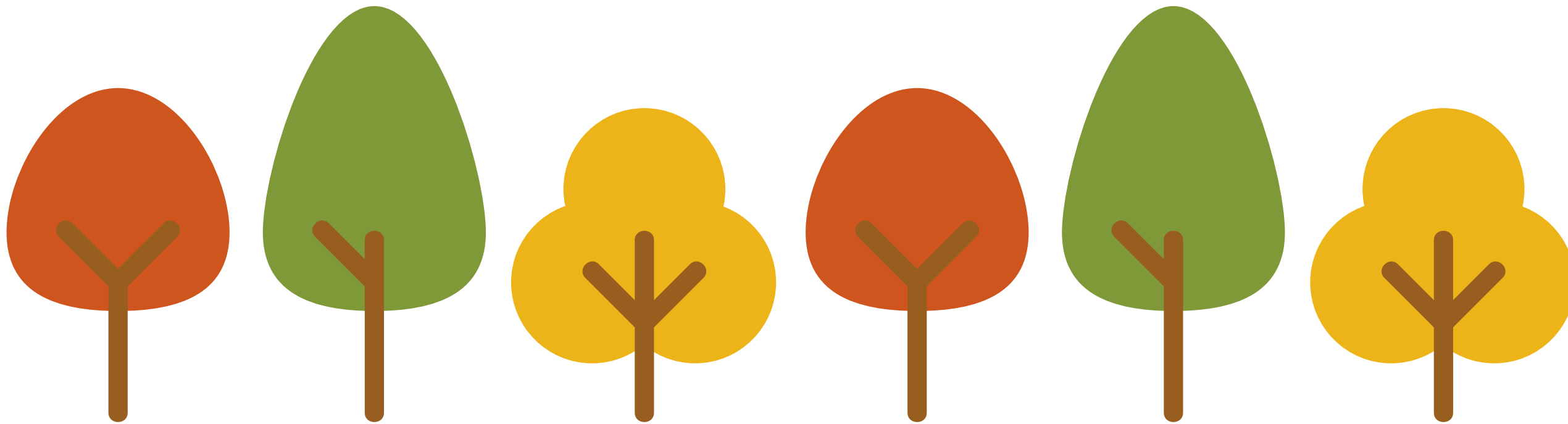
Please ARRIVE BY 1:15 PM

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

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 **Advanced Jewelry**

Grinnell Art RM 2nd FL

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

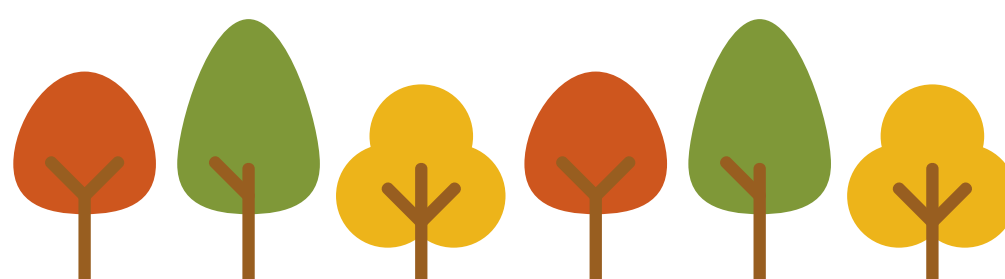
Gural B 1st FL

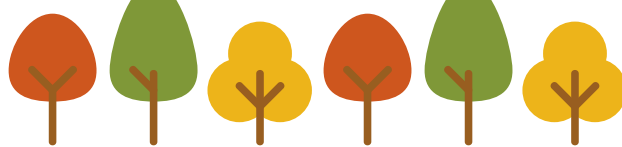
1:00 - 4:00
Domino's and Games
Lobby

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

1:00 - 2:30 **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

10:00 - 11:00 am **Beading with Sarita**
Grinnell Art RM 2nd FL

10:15 11:15 **Mindful Movement Feldenkrais**
Gural B 1st 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

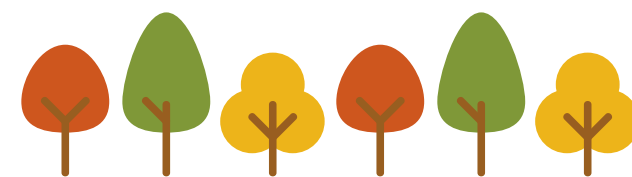
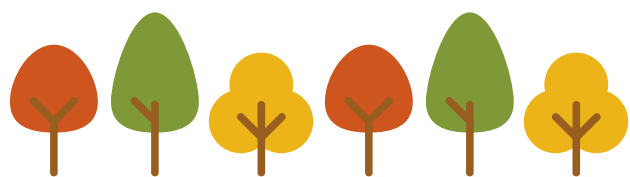
1:00 - 2:30 **Bingo**
Grinnell Art RM 2nd FL

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

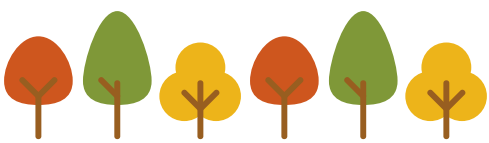
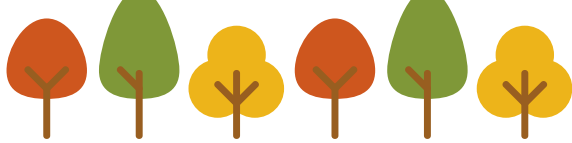
11:45-1:00 **Intermediate Spanish**
Grinnell Art RM 2nd FL

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

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

SEPTEMBER 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, September 7, 2019 (Gural)

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

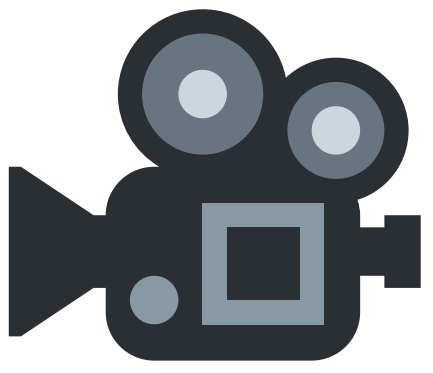
How it works

- 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

or Carlos

Get your loyalty card at Lunch



Movies & Emotions

September

Tuesdays 1:30 - 3:30

Location: Groncki Conf. Room

2nd FL

09/02: Casablanca

In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) - the woman who broke his heart -- to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

09/10: Victoria & Abdul

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.

09/17: Bombshell: The Hedy Lamar Story

Remembered as one of the most ravishing stars of her day, screen legend Hedy Lamarr had brains and beauty -- which are on full display in this illuminating documentary that spotlights her World War II-era coinvention of wireless communication forms. Cast

09/24: The Last Black Man in San Francisco

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.