



HUDSON GUILD ADULT CENTER

SEPTEMBER 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. 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 ascott@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.thehealthscreeener.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.

We are closed Monday, September 6 In Observance of Labor Day

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

September is Fall Prevention Month


NewYork-Presbyterian / Weill Cornell Medicine
&

The Carter-Burden Network present the
3rd Annual Older Adult Falls Prevention Symposium

Wednesday, September 22, 2021,
9 AM – 1:00 PM

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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

Shakespeare Reading Group

2:00 pm - 3:15 pm

Room : Art Studio

In Person Activity





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 w/ Jim Furlong

Classes about opera,
musicals, dance, and more

Room: Meschter 1B

1:30 pm - 2:45 pm

In-Person Activity

9/1 - no class

9/8 - no class

9/15 - Mythological Heroines of
Richard Strauss

9/22 - Mythological Heroines,
part 2

9/29 - Verdi's Ernani, part 1 with
Luciano Pavarotti

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

Starting 9/10/21

Tai Chi w Pin Pin Su

10:00 am - 12:00 pm

Room: Meschter 1 A

In-Person Activity

Painting with Arbey

2:00 pm - 4:00 pm

[Click here to join](#)

Meeting ID: 890 1701 4013

Password: 898716

Bingo

2:00 pm - 3:00 pm

Room: Community
Room

In-Person Activity

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



September Menu Is Subject To Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|--|----------|--|
| 30 | 31 | 1 Tuna Noodle Casserole - OR - Broccoli Cheese Quesadilla | | 3 Chicken Salad - OR - Grilled Cheese |
| 6 Closed In Observance of Labor Day | 7 | 8 Ground Turkey Salsa Burrito - OR - Herbed Fettuccine | 9 | 10 Baked Fish with Garlic Sauce - OR - Veggie Burger |
| 13 Sliced Deli Turkey Swiss Cheese - OR - Egg Salad Lite with Lettuce | 14 | 15 Tuna Noodle Casserole - OR - Spinach and White Cheese Pierogies | 16 | 17 Chicken Salad - OR - Grilled Cheese |
| 20 Deluxe Cheeseburger with Onions - OR - Salmon Burger | 21 | 22 Baked Spaghetti with Sausage - OR - Eggplant Parmesan with Ricotta | 23 | 24 Baked Fish Fillets - OR - Three Bean Stew |
| 27 Three Bean Chili with Cheddar Cheese - OR - Tuna Fish Salad | 28 | 29 Homemade Roast Pork Spanish Style - OR - Cheese Ravioli | 30 | 1 Salmon in Garlic Butter Sauce - OR - Whole Wheat Cheese Pizza |

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