



January Neighborhood Senior Center

PROGRAMS AND SERVICES FOR OLDER ADULTS

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

Breakfast

Time:

8:45am - 9:30am

Dan Carpenter A & B

2nd FL



Lunch

Time: 12:00 pm - 1:30 pm

Dan Carpenter A & B

2nd FL

!!!!!!! Welcome 2019 !!!!!!!

We Are Closed 1/1/19 (New Year's Day) and 1/21/19

In Observance of Martin Luther King Jr. Day

New This Month !!

Tuesdays

Senior Fit

Time

1:00 pm - 2:00 pm

Location

GYM

New This Month !!

Wednesdays

Senior Fit

Time

1:00 pm - 2:00 pm

Location

GYM

New This Month !!

Fridays

Senior Fit

Time

1:00 pm - 2:00 pm

Location

GYM

Loyalty Cards Raffle Winner will be
Announced on January 16



Social Service Unit

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

Legal Clinic
Thursday 1/3/19
Sign up starts at 1:20 pm
Thursday, January 3rd
clinic starting at 1:30 pm.
It is first come, first served.

**Need To Register or Renew
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 6 :30 pm 2nd FL

Programming

Lively Arts Thursdays 2:00 pm
Grinnell Art RM 2nd FL

1/3 Wagner's thrilling tale of
lust and passion,
Tannhauser, part 1.

1/10 Tannhauser, part 2

1/17 Tannhauser, part 3

1/24 Massenet's
heartbreaking romance
Werther, part 1

1/31 Werther, part 2.

Senior Advisory Council Meeting
1/7/19
Grinnell Art RM 2nd FL

Quilters Of Color

When: Every 4th
Saturday of the Month
Location: Dan Carpenter A & B
2nd FL
Time: 12:00 pm - 4:00 pm
1/26/19

MTA Metrocard Van

Every Second and Fourth Thursday
Dates: 1/10, 1/24
Time: 11:30 - 1:30
Location: 23rd Street and 9th Avenue

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 ******

**January Breakfast
Menu is subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 We are Close for New Years Day	2 Grilled Mozzarella & Tomato Sandwich	3 Turkey Sausage Link	4 Ground Turkey and Salsa Breakfast Burrito
7 Hard Boiled Egg	8 Frittata with Broccoli and Potato	9 Grilled Mozzarella and Tomato Sandwich	10 Turkey Bacon	11 Eggs Benedict
14 Eggs a la Mexicana	15 French Toast	16 Frittata with Broccoli & Potato	17 Grilled Mozzarella & Tomato Sandwich	18 Ground Turkey and Salsa Breakfast Burrito
21 We Are Closed MLK Holiday	22 Frittata with Broccoli and Potato	23 Hard Boiled Egg	24 Ham & Cheese Frittata	25 Grilled Mozzarella and Tomato Sandwich
28 Pancakes	29 Potato Spinach Frittata	30 Hard Boiled Egg Link	31 Homefries with Peppers and Onions	

*Breakfast is served Monday - Friday 8:45 - 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

January Lunch

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 We are Closed for New Years Day	2 Baked Ziti with Meat Sauce	3 Arroz con Pollo Chicken Breast and Rice	4 Chicken Stir Fry with Vegetables
7 Coconut Chicken Curry	8 Pork Spare Ribs	9 Chinese Style Pepper Steak	10 Chicken Gumbo	11 Baked Marinated Cod
14 Vegetable Lasagna	15 Basic Shepherd`s Piew	16 Grilled Caribbean Chicken Breaste	17 Beef Meatballs in Tomato Sauce	18 Baked Tilapia
21 We Are Closed MLK Holiday	22 Sticky Marmalade Glazed Baby Back Ribs	23 Beef & Turkey Meatloaf with Mushroom Gravy	24 Chicken Parmesan	25 Stewed Codfish
28 Turkey Chili	29 Chicken Thigh Stew	30 Creamy Beef and Mushroom Sauce	31 Lentil Stew	

Try our weekend take-home meals! Sign up at Elliott's on
Monday, Tuesday or Wednesday & pick up your meals Friday

Suggested Contribution for those 60 and better - \$1.25/ Lunch for 59 and under - \$2.50.

Coffee and tea are .25 with free refills. *Menu items are subject to change *

Weekly Activities

Monday

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

11:00 - 12:00 **Theater Movement & Expression With Wendy**
Gural B 1st FL

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

1:00 – 4:00 **Dominoes and Games**
Lobby

1:30- 2:30 **Chair Aerobics**
Gural B 1st FL

Tuesday

9:00-10:00 **Walking Club**
Gural A 1st FL

9:30 -11:30 **De-Cluttering**
Gural B

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

11:00 - 12:00 **Ballroom Dancing**
GYM

11:00 - 12:00 **Advanced & Repair Beading**
Grinnell Art RM 2nd FL

11:30 - 12:30 **Senior Fitness Stretch**
Gural A & B 1st FL

12:15-1:15 **Lunch & Learn**
Gronki Conf RM 2nd FL

To participate in this group please contact
" **Katy Harris, Social Worker** "
Office Location: Mental Health Clinic 1st FL

1:00 - 2:30 **Bingo**
Grinnell Art RNM2nd FL

1:00 - 2:00 **Senior Fit**
GYM

1:00 – 4:00 **Dominoes and Games**
Lobby

1:30 – 3:30 **Movies & Emotions**
Gronki Conf.RM 2nd FL

2:15-5:15 **Bridge Workshop (\$3)**
Gural A & B

Wednesday

10:30-11:30 **Advanced Spanish**
Grinnell Art RM 2nd FL
On Break Until March 6 2019

10:30 - 11:30 Afro-Brazilian Dance Fitness
GYM

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

1:00- 2:00 **Senior Fit**
GYM

1:00 – 4:00 **Dominoes and Games**
Lobby

1:00-2:30 **Painting with Arbey**
Grinnell Art RM 2nd FL

1:30- 3:30 **Crocheting**
Gronki Conf.RM 2nd FL

2:15-3:30 Table Tennis
Gural A & B 1st FL

3:30-5:30 **Creative Writing**
Gronki Conf. RM 2nd FL

WiFi Password: ECWifi123
No Activity Pre-Registration
or Fees Required Unless Specified

Weekly Activities

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

Thursday

11:30 - 12:30 **Empowering Advocates**

Groncki Conf RM 2nd FL

1:00 - 2:30 **Lively Arts**

Grinnell Art RM 2nd FL

1:00 - 4:00 **Dominoes and Games**
Lobby

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

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

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**
Gronki 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

Friday

1:00 - 2:00 **Balance Boot Camp**
GYM

1:00 -2:00 **Chinese Social Club**
Gronki

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*

Quanisha Bennett *NORC-Program & Administrative Manager, ext.3010*

WEEKLY ACTIVITIES CALENDAR

For Elliott-Chelsea Housing Residents age 60 & Better

Mondays

9:00 - 12:00 Social Services (NORC)
12:00-2:00 Arts and Emotions (Groncki)
2nd,3rd, and 4th Monday of the Month

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

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: TBD

Wednesdays

9:00 - 10:30 Handicrafts (GURAL B)
9:30 - 12:00 Social Services (NORC)

10:30 - 12:00 Chinese Club (GURAL B)
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)

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

****New Class Alert****

EVENT : GAME NIGHT

Event: Arts and Emotions
When: 2nd,3rd, and 4th Monday (Groncki)
Details: Come join us as we watch movies, read literature and so much more . Feel free to bring you lunch to class.

When : January 5 , 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 Quanisha Bennett @
212-760-9800 x 3010.



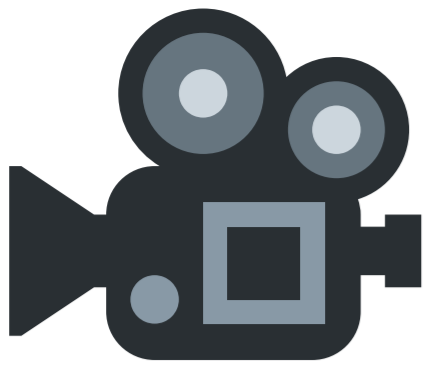
JOIN OUR LUNCH LOYALTY PROGRAM

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 or Carlos

Get your loyalty card at Lunch



Movies & Emotions
Tuesdays 1:30 - 3:30
Location: Groncki 2nd FL



January: 1st Closed

January 8th:
Downsizing

When Scientists discover how to shrink humans to five inches tall as a solution to overpopulation Paul (Matt Damon) and his wife Audrey (Kristen Wiig) decide to abandon their stressed lives in order to get small and move to a new downsized community.

January 15th:
RBG

An intimate portrait of an unlikely Rock Star: Justice Ruth Bader Ginsburg. With unprecedented access, the filmmakers explore how her early legal battles changed the world for women.

January 22:
WILD

Driven to the edge by the loss of her beloved mother (Laura Dern), the dissolution of her marriage and a headlong dive into self-destructive behavior, Cheryl Strayed (Reese Witherspoon) makes a decision to halt her downward spiral.

January 29:
Crazy Rich Asians

Rachel Chu is Happy to accompany her longtime boyfriend, Nick, to his best friend wedding in Singapore. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse - Nick's disapproving mother.