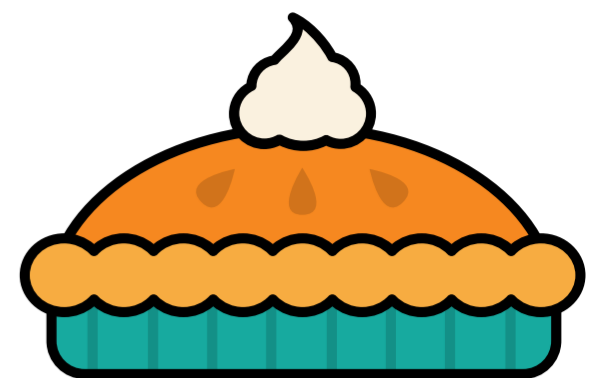


November Sundial Adult Services



PROGRAMS AND SERVICES FOR OLDER ADULTS

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

We are closed 11.24.17 the day after Thanksgiving. See you on 11.27.17

Breakfast

Time: 8:45 - 9:30 am

Location:

Dan Carpenter A & B

Location: 2nd FL



Lunch

Time: 11:45 - 1:30 pm

Location:

Dan Carpenter A & B

Location : 2nd FL

WE ARE OPEN THANKSGIVING DAY

"Please Join Us For Lunch"

Members Can Sign Up Starting

When: November 1, 2017

Location: Dan Carpenter 2nd FL

Time: 11:45 am - 1:30 pm

Thanksgiving Lunch Will Take Place

When: Thanksgiving Day

Time: 11:00 am - 1:00 pm

Location: Dan Carpenter RM 2nd FL

Council Member COREY JOHNSON AND MEDICARE RIGHTS INVITES YOU TO A MEDICARE RIGHTS PRESENTATION

Learn about:

Fall open enrollment period and what you need to know.

Programs to help lower-income individuals with medical costs.

Date: Thursday November 9, 2017

Time: 1:00 P.M. - 2:00 P.M.

Location: Dan Carpenter 2nd FL

Trips for November/December

Thursday, November 30

Longwood Gardens Pa. "Holiday Lights"

Bus Departs: 8 AM - Returns 4 PM

Trip Includes: Admission, tour, \$ 20.00 Dining Dollars

Registration: Monday - Thursday 11/6 - 11/9

Time: 10 AM - 12 PM **Location:** Dan Carpenter 2nd FL

Tickets: \$35.00

Tuesday, December 12

Brownstone, New Jersey "Doo Wop"

Bus Departs: 8 AM - Returns 6 PM

Trip Includes: Christmas songs, Doo Wop favorites, Comedian Marvin Bell.

Registration: Monday - Thursday 11/13 - 11/16

Time: 10 AM - 12 PM **Location:** Dan Carpenter 2nd FL

Tickets: \$35.00

For More Information:

See Maritta Hawkes/ Armisha Mitchell

Please Arrive By 8: 00 AM for Departure

Our Social Services Staff is Here to Assist You!

Walk-in Hours:

Monday - Friday 10:00 am - 12:00 PM

1:30 - 4:00 pm by appointment only!

Teresa Olvera and Julia Koo

Location: 428 west 26th St.

Carmen Castaneda & Dorothy Johnson-Laird

Location: 441 west 26th St.

**Any Questions: email - djohnson-laird@hudsonguild.org,
or call - 212 924-6710 x 4018**

Chelsea Coalition On Housing

Assistance with

Tenants' Rights

Meeting

When: Mondays

Time: 6:00 pm

Location: Activity RM B 2nd FL

with an experienced attorney and tenant advocate.

Have Questions About Housing Issues?

Join : Rosa Maria de la Torre

from the

Chelsea Coalition on Housing

on

When: Wednesday: November 8, 2017

Time: 1:30 - 3:00 pm

Location: Grinell Art Room

Please join us for a presentation with

Arlene Blatt from DFTA's HIICAP

The presentation will include an overview of the

Medicare program and upcoming

open enrollment period

(November 1st to December 15th) on

Date: November 13 1:00 pm to 2:00 pm

Location: Dan Carpenter 2nd FL

Programming

Senior Advisory Counsel Meeting

November 6, 2017

Time: 1:00 pm

Location: Gural A 1 St 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

Upcoming Class 11/18/17

Atlantic City Signup

See You In March 2018

Lively Arts

When: Thursdays

Time: 1:00 - 2:30 PM

THE LIVELY ARTS

11/2 Rodgers and Hammerstein's Carousel, part 3

11/9 Borodin's Prince Igor, part 1

11/16 Borodin's Prince Igor, part 2

11/23 no class

11/30 Borodin's Prince Igor -- and Kismet

Theater Desk

Distribution Hours

When: Tuesday, Wednesday, Thursday & Friday

Time: 12:00 - 2:00 PM

Location: Elliott Lobby

MTA MetroCard Van

Every Second Monday of the Month

Date: 11.13.17

Time: 9:30 - 11:30

Location: 119 9th Avenue

MTA Metrocard Van

Every Second and 4th Thursday

Date: 11.9.17 & 11 23.17

(11 23.17 Closed Thanksgiving)

Time: 11:30 - 1:30

Location: 23rd Street and 9th Avenue

November Breakfast

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Grilled Mozerrella & Tomato Sandwich Cream of Wheat</p>	<p>2</p> <p>Spinach & Mushroom Crepe</p>	<p>3</p> <p>Turkey Sausage Link French Toast</p>
<p>6</p> <p>Scrambled Egg</p>	<p>7</p> <p>Turkey Bacon & Mini Bagel</p>	<p>8</p> <p>Grilled Mozerrella & Tomato Sandwich Cream of Wheat</p>	<p>9</p> <p>Spinach & Mushroom Crepe</p>	<p>10</p> <p>Turkey Sausage Link French Toast</p>
<p>13</p> <p>Turkey Sausage Patty w/ Cheddar Cheese & Home Fries</p>	<p>14</p> <p>Grilled Mozzarella and Tomato Sandwich</p>	<p>15</p> <p>Birthday Party Frittata w/ Broccoli and Potato</p> 	<p>16</p> <p>Omelette w/ Spinach and Parmesan Cheese</p>	<p>17</p> <p>Ham & Cheese Frittata</p>
<p>20</p> <p>Turkey Sausage Patty w/ Cheddar Cheese & Home Fries</p>	<p>21</p> <p>Ham w/ Swiss Cheese</p>	<p>22</p> <p>Vegetable Egg Frittata</p>	<p>23</p> <p>Happy Thanksgiving We Are Open ! 11:00 am - 1:00 pm</p>	<p>24</p> <p>Day After Thanksgiving We Are Closed See You 11/27</p>
<p>27</p> <p>Baked Egg Omelette w/ Tomato & Avocado</p>	<p>28</p> <p>Western Frittata</p>	<p>29</p> <p>Grilled Cheddar Cheese w/ Tomato</p>	<p>30</p> <p>Turkey Sausage & Waffles</p>	<p>1</p> <p>Egg Benedict & Roasted Potatoes</p>

*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.

Breakfast for those 60 and better - \$1.00

Breakfast for 59 and under - \$2.00

*Coffee and tea are .25 with free refills

November Lunch

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Apricot Glazed Salmon Veggie: Black Bean Burger w/ Cheddar Cheese	2 Baby Back Ribs Veggie: Cheese Ravioli	3 Beef Stew Veggie: Three Bean Stew
6 Veggie Lasagna	7 Baked Cod Fish Spanish Style\ Veggie: Bean Enchiladas w/ Shredded Cheese	8 BBQ Pulled Pork Baked Bean w/ Rice Veggie: Baked Bean w/ Rice	9 Beef Teriyaki Veggie: Tofu Teriyaki	10 Sunny Mediterranean Chicken Veggie: Cheese Pizza w/ Vegetable
13 Tuna Noodle Casserole Veggie: Mac & Cheese	14 Pork with Zesty Cilantro Sauce Veggie: Bean Quesadilla	15 Birthday Party Lentil Stew w/ Carrot & Turnips 	16 Herb Roasted Chicken Veggie: Baked Bean w/ Rice w/ Shredded Cheese	17 Turkey & Black Bean Ensalada Veggie: Black Bean Ensalada w/ Shredded Cheese
20 BBQ Chicken Quarters Veggie: Black Bean Burger w/ Cheddar Cheese	21 Beef Brisket Veggie: Rice Pilaf w/ Bean w/ Shredded Cheese	22 Baked Turkey Breast w/ Gravy Veggie : Baked Ziti w/ Vegetable	23 Happy Thanksgiving We Are Open 11:00 am - 1: 00 pm	24 Day After Thanksgiving We Are Closed See You 11/ 27
27 Bean Burrito w/ Cheese	28 Chicken Stir-Fry Veggie: Tofu Stir-Fry	29 Beef Stroganoff Veggie: Baked Ziti w/ Mushroom	30 Baked Tilapia w/ Corn & Potato Sauce Veggie: Rice & Bean	1 Italian Roasted Pork Tenderloin Veggie: Bean Enchiladas w/ Shredded Cheese

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

Lunch 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 ***

Monday

9:30 AM – 5:30 Dominoes and Games
Lobby

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

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

1:30- 2:30 Chair Aerobics
Gym

Tuesday

9:00-10:00 Walking Club
Gym

10:00 -12:00 De-Cluttering
Gural Room B 1st FL

10:00 - 12:00 Theater Games with Wendy
Gural Room A 1st FL

10:00 - 12:00 pm Beading with Sarita
Groncki 2nd FL

10:30-11:30 Ancient Arts Exercise
Gym

12:15-1:15 Lunch & Learn
2nd FL Dan Carpenter A & B

1:00-2:30 Bingo
Gym

1:30 – 4:00 Movies & Emotions
Groncki Conf.Room 2nd FL

2:15-5:15 Bridge Workshop (\$3)
Gural Room A, Gural Room B 1st FL

Wednesday

9:30 – 5:30 Dominoes and Games
Lobby

9:30 - 10:30 S.A.I.L
Gym

10:30-11:30 Advanced Spanish
Grinnell Art Room 2nd FL

11-12:00 Afro-Brazilian Dance
Fitness
Gym

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

1:30- 3:30 Crocheting
Groncki Conf. Room 2nd FL

2:00-3:30 Table Tennis Team Play
Gural Room A 1st FL

3:30-5:30 Creative Writing
Grual A 1st FL

WiFi Password: ECWifi123

No Activity Pre-Registration

or Fees Required Unless Specified

Weekly Activities

Thursday

9:30 – 5:00 Dominoes and Games

Lobby

Gural Room B 1st FL

9:30-10:30 Yoga

Gym

10:30-11:30 Zumba Gold

Gym

12:00 - 1:00 Ballroom Boutique

Gym

12:30-1:30 DGI

Dan Carpenter

12:30-2:30 Acupressure (\$2)

Gym

1:00 - 2:30 Movement Speaks

GYM

1:00-2:30 The Lively Arts

2nd FL Grinnell Art Room

3:00-4:30 Bingo

1st FL Gural A & B

Friday

9:00 -10:30 Walking Club

Gym

9:30 – 5:30 Dominoes and Games

Lobby

10:00 - 12:00 Collage

Grinnell Art Room 2nd FL

10:00 - 12:00 Sewing with Hands

GYM

11:00 -12:00 Qi Gong

Gym

12:00 -1:00 Tai Chi

Gym

12:15 -2:15 Chinese Club

Grinnell Art Room 2nd FL

1:00-2:30 Painting ARBY

Gym

3:30-5:00 Table Tennis Team Play

Gural Room A & B

1st FL

Body Works Etta

Every 1st Tuesday of The Month

Time : 11:45 am - 12:45 pm

Location: Dan Carpenter 2nd FL Next Class 11. 7.17

Contact

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

Roxanne Henry - *Director NORC Program*, ext. 3002

WEEKLY ACTIVITIES CALENDAR

For Elliott-Chelsea Housing Residents age 60 & Better

Mondays

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

9:30 - 12:30 Mah Jongg & Social Club
in Chinese (**Gural A**)

Tuesdays

9:00 - 5:00 Nursing Services (**NORC**)
9:30 - 12:00 & 2:00 - 4:30 Social Services
11:00 - 12:00 Tai Chi for Arthritis (**GYM**)

1:00 - 2:00 Lunch and Learn (**Gural B**)
2:00 - 3:30 NORC Advisory Council
(3rd Tuesday every other month)

Wednesdays

9:00 - 10:30 Handicrafts in Chinese
(**Gural B**)
9:30 - 12:00 Social Services (**NORC**)

10:30 - 12:00 Chinese Club (**Gural B**)
12:00-1:30 Life in the 21 Cent (**Gural A**)
1:00 - 2:00 Yoga (**Gym**)

Thursdays

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

1:00 - 2:00 Cultura Hispana
(**Gural B**)
1:30 - 3:00 Jewelry (**Gural A**)

Fridays

9:00-5:00 Nursing Services (**NORC**)
9:30-12:00 Social Services (**NORC**)
10:00-11:00 Blood Pressure Screenings
(**NORC**)

10:00-11:00 Tai Chi in Chinese
(**Gural A**)
10:30-11:30 Walk with Ease (**Gym**)
12:00-3:00 NORC/NSC Bingo (**Gural**)

Saturdays

Basic English for Chinese
Speakers (POSTPONED UNTIL FURTHER NOTICE)

4:00-10:00 Game Night (1st Saturday
of each month) (**Activity Room B**)

NORC SpotLights

EVENT NAME: **Trip To New York Botanical
Gardens**

WHEN: Wed., November 15, 2017 9:45AM-4:30PM
DETAILS: Join the Chinese Club as they visit the New
York Botanic Gardens. *It's first come first serve! For
more details contact Pui Yee Lam in the NORC
office.*

Event NAME: **GAME NIGHT**

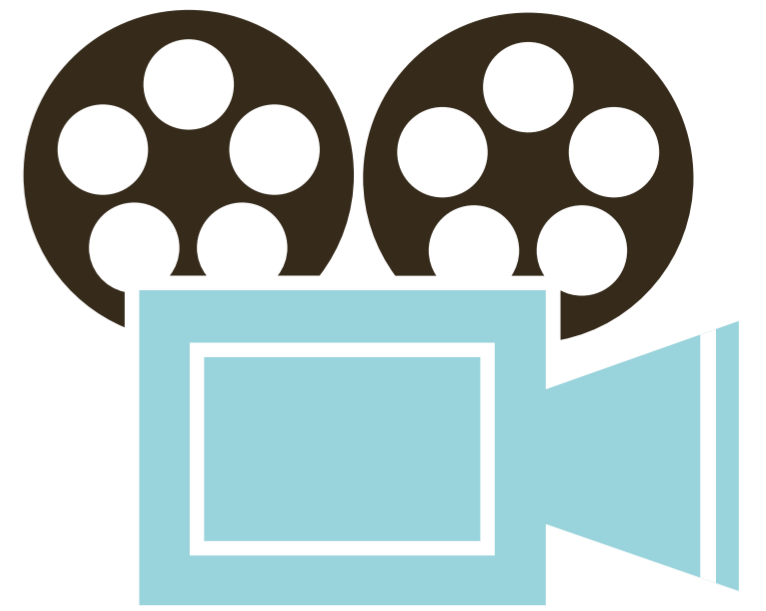
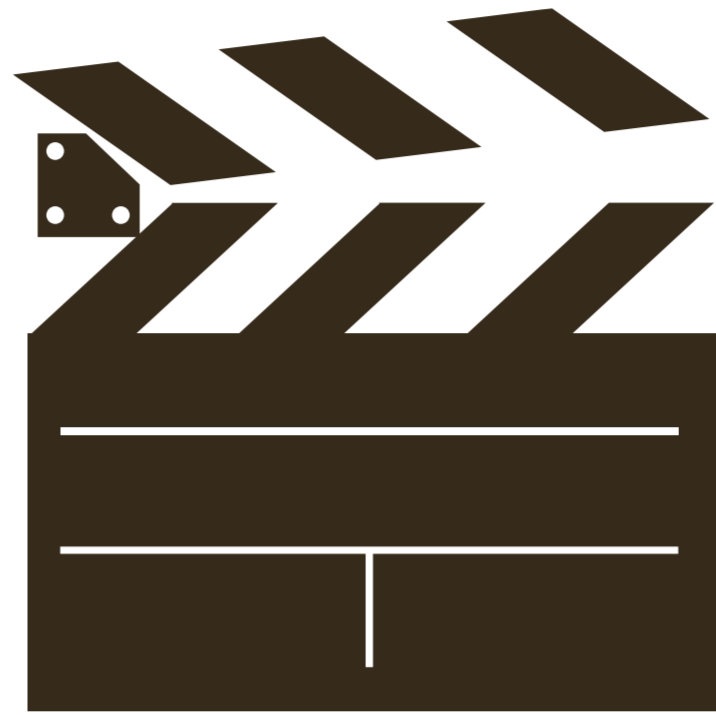
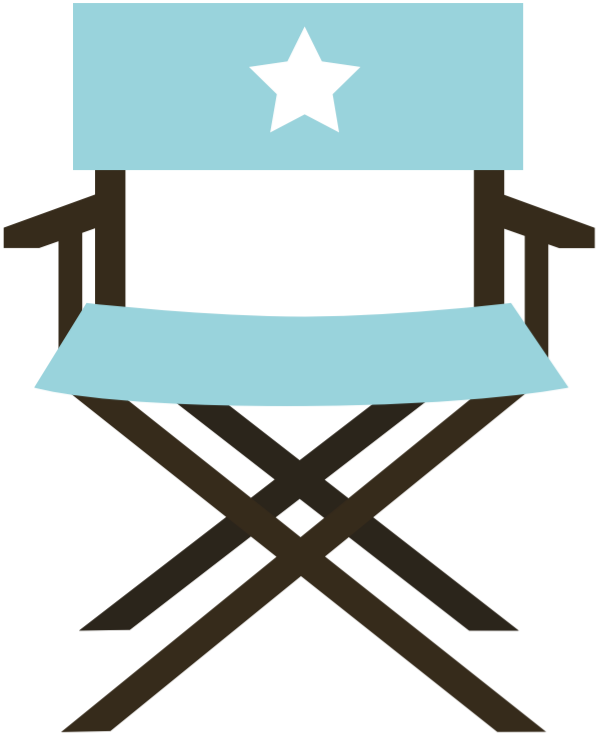
WHEN: (**CANCELLED** for November 4th; See
You December 2nd)

For more information, please contact **Roxanne Henry @ 212-760-9800 x 3002.**

Adult Services

Movie Listing

November 2017



Tuesday Movies!

Time: 1:30 - 4:00 PM

Location: Groncki 2nd FL

11/7 - Now, Voyager (1942)

11/14 - El violin (2005)

(in Spanish with English subtitles)

11/21 - The Immortal Life of Henrietta Lacks

11/28 - The Big Sic