



September Sundial 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 - 1:45 pm

Dan Carpenter A & B

2nd FL

!!!!!!! New This Month !!!!!!!

Theater Movement & Expression

Starting 9/10 Mondays Gural A
11:00 - 12:00
Location: 1st FL

Tips to Get Better Health Care

Say Ah! Organization
Six Part Series Workshop
Tuesday
September 25th at 1:30 pm
Location: Grinnell Art RM 2nd FL

Upcoming Eleanor Outings

Winterthur Gardens
Tram Ride & House Tour
Lunch Included
When: September 19, 2018
Departure: 7:30 am

Middle Eastern Dance

Thursdays
Starting 9/20 Thursdays
12:00 - 1:00
Location: GYM

**Volunteers of
Legal Services & Legal Clinic**

Thursday
September 6th at 1:30 pm
Sign up at reception
Location: Dan Carpenter 2nd FL

Atlantic City

Next Trip
Resorts Casino
9.27.18
Sign Up Mondays & Thursdays
11:00 am - 1:00 pm
1st FL Lobby

Mat Core Fusion

Starting 9/6 Thursdays
1:00 - 2:00
Location: GYM

**Getting Help With Health
Insurance Issues -
Thursday**

Date: September 20th
Time: 1:00 pm
Groncki Conf RM 2nd FL

**September
Loyalty Card Winner
Will Receive A GiftCard
Raffle Drawing
September 20**

Social Service Unit

Need To Register or Renew Your Membership ?

Monday - Friday

11:30 am - 1:30 pm

Location: Dan Carpenter 2nd FL

Tips to Get Better Health Care

Say Ah! Organization

Six Part Series Workshop

Tuesday, September 25th at 1:30pm

This workshop will help you learn some tips and tricks to get the health care you need when you need it !!!

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

Quilters Of Color

When: Every 4th

Saturday of the Month

Location: Dan Carpenter A & B
2nd FL

Time: 12:00 pm - 4:00 pm

9/22/18

THE LIVELY ARTS

When: Thursdays

Time: 1:00 - 2:30 PM

9/6 Donizetti's Maria Stuart, part 1 starring Joyce
DiDonato

9/13 Maria Stuart, part 2

9/20 Maria Stuart, part 3

9/27 Verdi's grandest of grand operas Don Carlos,
part 1

MTA Metrocard Van

Every Second and Fourth Thursday

Dates: 9/13 & 9/27

Time: 11:30 - 1:30

Location: 23rd Street and 9th Avenue

Senior Advisory Council Meeting

Summer Break Will Return

9/10/18

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 ******

September Breakfast Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg Frittata with Potatoes and Peas	4 Turkey Bacon Waffles	5 Baked Egg Omelette	6 Scrambled Eggs with Red Peppers and Onions	7 Grilled Mozzarella and Tomato Sandwich
10 Egg a la Mexicana Turkey Sausage Patty	11 Vegetable Egg Frittata	12 Hard Boiled Egg Home Fries Turkey Bacon	13 French Toast	14 Greek Yogurt, Nonfat, Plain
17 Omelette with Spinach and Parmesan Cheese	18 Pork Breakfast Sausage Patty	19  Ground Turkey and Salsa Breakfast Burrito	20 Turkey Sausage Link	21 Greek Yogurt, Nonfat, Plain
24 Apple Pancakes & Farina	25 Egg Frittata	26 Boiled Egg & Muffins	27 Tuna Cake & HomeFries	28 Grilled Mozzarella & Tomato Sandwich

*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

September Lunch

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili con Carne - OR - Vegetarian Chili	4 Baked Tilapia - OR - Eggplant Parmesan	5 Basic Shepherd's Pie - OR - Broccoli and Potato Soup	6 Baked Chicken Quarters - OR - Chickpea Stew	7 Turkey with Gravy - OR - Roasted Eggplant
10 Vegetable Baked Ziti with Whole Wheat Pasta	11 Lemon Chicken - OR - Lemon Grass Curry with Broccoli and Tofu	12 Homemade Roast Pork Spanish Style - OR - Spaghetti Carbonara with Green Peas	13 Baked Tilapia - OR - Stuffed Shells with Cheese	14 Creamy Beef and Mushroom Sauce - OR - Stewed Okra and Tomatoes
17 Baked Breaded Chicken Cutlet - OR - Eggplant Parmesan	18 Hamburgers - OR - Homemade Black Bean Burger	19  Homemade Roast Pork Spanish Style - OR - Pasta Pesto Primavera	20 Baked Turkey Breast - OR - Roasted Eggplant	21 Baked Tilapia - OR - Corn, Black Bean and Pepper Salad
24 Turkey Chilly with Sweet Potatoes and Corn -OR- Vegetarian Chilly	25 Chicken Thigh Stew with Ginger and Pumpkin -OR- Stewed Okra and Tomatoes	26 Creamy Beef and Mushroom Sauce - OR - Stuffed Shells with Cheese	27 Lentil Stew with Carrots and Turnips Vegetarian - OR - Whole Wheat Cheese Pizza	28 Fish Tacos - OR - Soft Tacos with Black Beans and Mixed Vegetables

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**

Gural A 1st FL

1:00 – 2:30 **Beginners' Jewelry**

Grinnell Art RM 2nd FL

1:00 – 4:00 **Dominoes and Games**

Lobby

1:00 – 4:00 **Dominoes and Games**

Lobby

1:00-3:00 **Creative Writing**

Gural A 1st FL

1:15 - 2:15 **Singing with Novac**

Dan Carpenter 2nd FL

1:30- 2:30 **Chair Aerobics**

Gural B 1st FL

Tuesday

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

Gural A 1st FL

10:00 -12:00 **De-Cluttering**

Groncki 2nd FL (**Location Change Starting 9/18**)

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 1st FL

12:15-1:15 **Lunch & Learn**

Groncki Conf RM 2nd FL

1:00 – 4:00 **Dominoes and Games**

Lobby

1:30 – 3:30 **Movies & Emotions**

Groncki Conf.RM 2nd FL

2:00-5:00 **Bridge Workshop (\$3)**

Gural A & B

Wednesday

10:30-11:30 **Advanced Spanish**

Grinnell Art RM 2nd FL

10:30-11:30

Afro-Brazilian Dance fitness

Dan Carpenter A& B

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

Grinnell Art RM 2nd FL

1:00 – 4:00 **Dominoes and Games**

Lobby

1:00-2:30 **Painting Arbey**

Grinnell Art RM 2nd FL

1:30- 3:30 **Crocheting**

Groncki Conf.RM

2:00-3:30 **Table Tennis Team Play**

Gural A & B 1st FL

WiFi Password: ECWifi123

No Activity Pre-Registration

or Fees Required Unless Specified

Weekly Activities

Thursday

9:30-10:30 **Yoga**
Gural A& B 1st FL

10:30-11:30 **Zumba Gold**
Dan Carpenter 2nd FL

12:30 - 1:30 **Ballroom Boutique**
GYM

11:30-1:00 **Acupressure**
Grinnell Art RM 2nd FL

12:00 - 1:00

Middle Eastern Dance Arts
GYM

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

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

1:15 - 2:15 **Singing with Novac**
Dan Carpenter 2nd FL

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

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

1:00-2:30 **Painting 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

Roxanne Henry - *NORC Services Director*, 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 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
3rd Tuesday in odd Months

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

Event Name: Game Night

WHEN: Saturday, Sept. 1, 2018 (GURAL)

DETAILS: Please come and join us for this once a month event where tables games, including bingo, occurs. *Please bring a dish to share!*

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



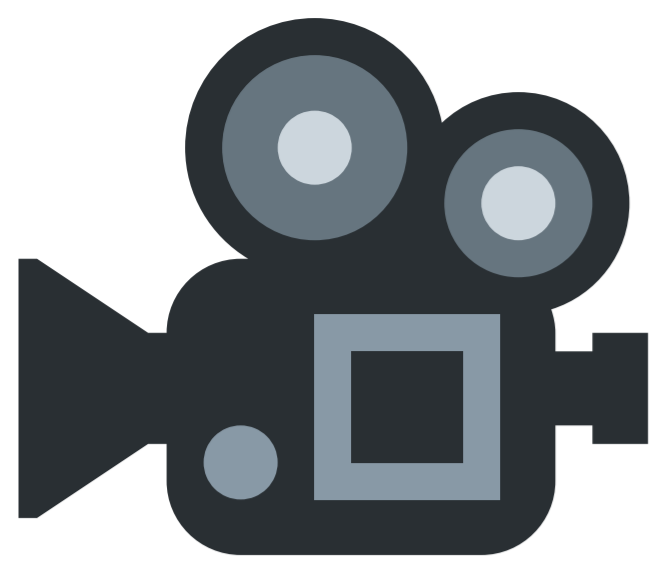
JOIN OUR LUNCH LOYALTY PROGRAM

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



Adult Services Movie Tuesdays

9/5

Loving

9/11

Carol

9/18

Frida

9/25

Black Panther