



Senior Adult **SEPTEMBER 2019** Socialization Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>  <b>LABOR DAY CENTRAL QUEENS IS CLOSED</b>	<b>3</b>	<b>4</b> <b>10:00 Parkinson's Support Group</b>	<b>5</b> <b>8:30 Hebrew Ulpan</b>  12:45 Drama Workshop	<b>6</b> 10:00 Men's Club  12:15 Ping Pong
<b>8</b> <b>Fall Family Festival</b>	<b>9</b> 12:00 Why Dine Alone?  <b>1:30 Memory Workshop</b>	<b>10</b> 10:00 P.E.R.C.  <b>12:15 Mixed Media Art Workshop</b>	<b>11</b> 12:10 Painting Workshop	<b>12</b> <b>8:30 Hebrew Ulpan</b>  12:45 Drama Workshop	<b>13</b> <b>10:00 Blood Pressure Screening</b>  10:00 Men's Club  12:15 Ping Pong
<b>15</b>	<b>16</b> 12:00 Why Dine Alone?  <b>1:00 How to Avoid Financial Scams: Presented by Laurie Woods of the Queens DA's office</b>	<b>17</b> 10:00 P.E.R.C.  <b>12:20 Film Discussion with Matthew Weiss</b>	<b>18</b> 12:10 Painting Workshop  <b>1:00 Israeli Experience Through Literature</b>	<b>19</b> <b>8:30 Hebrew Ulpan</b>  <b>12:15 Book Discussion– The Overstory</b>  12:45 Drama Workshop	<b>20</b> 10:00 Men's Club  <b>11:00 Tutoring Afghan Women</b>  12:15 Ping Pong
<b>22</b>	<b>23</b> <b>10:30 Fall Prevention</b>  12:00 Why Dine Alone?  <b>1:30 Poetry Workshop</b>	<b>24</b> 10:00 P.E.R.C. <b>12:15 Mixed Media Art Workshop</b>  <b>1:00 The Constitution under Threat</b>	<b>25</b> <b>10:00 Parkinson's Support Group</b> 12:10 Painting Workshop <b>1:30 Juilliard Performance!</b> <b>1:00 Israeli Experience Through Literature</b>	<b>26</b> <b>8:30 Hebrew Ulpan</b> <b>11:15 Watercolors Class</b>  12:45 Drama Workshop	<b>27</b> 10:00 Men's Club  <b>11:00 Tutoring Afghan Women</b>  12:15 Ping Pong
<b>29</b>	<b>30</b>  <b>ROSH HASHANAH CENTRAL QUEENS IS CLOSED</b>				

## **Music, Lectures & Workshops**

**DRAMA WORKSHOP** – Scott Klavan, our director, has performed on Broadway, Off-Broadway & on TV. He is a lifetime member of The Actors Studio and teaches at the 92<sup>nd</sup> Street Y. We will even have a public performance! 15 Thursdays, \$180 m/\$210 nm.

**HEBREW ULPAN** – From beginners through advanced lessons. 8:30 for beginners and 10:00 for advanced students. 15 Thursdays, \$165m/\$225nm.

**HOW TO AVOID FINANCIAL SCAMS** – Laurie Woods, of the Queens DA's office, constantly advises those who have been financially scammed. She shares important information. FREE.

**JUILLIARD PERFORMANCE** – Join us for our first concert of the season, with students from the Juilliard School. \$5 per person.

**MEMORY WORKSHOP** – Strengthen and improve your memory, with listening skills, helpful hints, & techniques to boost recall. FREE m/\$5nm.

**MIXED MEDIA, COLLAGE, PAINTING & 3-DIMENSIONAL ART** – With a variety of materials, participants will make art such as boxes, mosaics, bowls, sculptures, batik and prints. Materials included. With experienced artist and teacher Sandy Izhakoff. 4 Tues., 12:15 to 3:00 pm, \$75 m/\$85 nm.

**PAINTING WORKSHOP** – Using watercolors, acrylic paint, or charcoal, create a work of art! For the experienced artist and for those who would like to try it. Materials included. With Sandy Izhakoff, experienced artist and teacher. 4 Weds., 12:10 to 2:10 pm, \$75 m/\$85 nm.

**POETRY WORKSHOP** – Explore and analyze poems. Bring your own work or simply enjoy the lively discussions. FREE m/\$5 nm.

## **Community**

**MEN'S CLUB** – Lively, intellectual, and thought-provoking discussions. Meet new friends and

stimulate your mind. Discuss current events, politics, and more! FREE.

**P.E.R.C.** (Progressive Energy for Retired Citizens) – Weekly thought-provoking discussions on current issues. Topics presented by PERC participants. FREE.

**PING PONG** – Every Friday, 12:15 pm.

**WHY DINE ALONE?** – Enjoy a strictly kosher lunch every Monday with your community. Chat with friends over a delicious meal. Call ext. 160 to reserve by the prior Thursday. \$4 m/\$6 nm.

## **Classes**

**FILM DISCUSSION GROUP WITH FILM CRITIC** – Watch & discuss great films with a film critic! Matthew Weiss has done everything on a film set from acting & producing to directing. He has appeared with Sarah Silverman, Janeane Garofalo, & Rosie Perez, & he has done improv comedy in NY. 6 Tues., 9/17, 11/5 & 11/12 & 11/19, 12/10 & 12/17, 12:20-2:50 pm, \$60 m/\$72 nm.

**THE US CONSTITUTION UNDER THREAT** – The oldest & strongest blueprint in the world for governing a democracy, the US Constitution is a model that is now under threat as a result of modern day politics. We'll focus on the strengths & weaknesses of the Constitution & its potential for survival in the context of this year's electoral politics. Alan Hevesi is former NYS Comptroller. 3 Tues., 9/24, 10/29, 12/3, 1:00-2:15 pm, \$30 m/\$36 nm.

**THE ISRAELI EXPERIENCE THROUGH LITERATURE** – We'll explore seven decades of Israel's history through its exceptionally rich literature, discussing the visions & difficulties of the early years through the poetry of various beloved poets & also the pain & beauty of Mizrahi experiences, as well as reading contemporary writers to hear the voices of Israel today. From the founding years on, the focus will be on understanding the Israeli experience, decade by decade, rather than on poetry. A retired Reform rabbi, Rabbi Irwin Goldenberg has

taught at several colleges. 8 Wed., 9/18 & 9/25, 10/2 & 10/16 & 10/23 & 10/30, 11/6 & 11/13, 1:00-2:15 pm, \$72 m/\$88 nm.

**WATERCOLORS WITHOUT FEAR: The Journey Continues!** – Learn simple techniques of watercolor to create landscapes. Learn to play with color, form, and texture to create beautiful images. No experience needed. A working artist, Susan Ross taught art for 40 years in the public school system. 7 Thurs., 9/26, 10/10 & 10/24, 11/7 & 11/21, 12/5 & 12/19, 11:15 am-12:45 pm, \$70 m/\$84 nm.

**BOOK DISCUSSION GROUP** – Thoughtful, lively discussions focus on the best new & classic literature & non-fiction. Moderated discussions dig in deep to get the most from books. New participants welcome. FREE. RSVP requested: ext. 151 or [pkurtz@commonpointqueens.org](mailto:pkurtz@commonpointqueens.org). Thurs., 9/19, 12:15-2:15 pm. Richard Powers, *The Overstory*. (2019 Pulitzer Prize for Fiction)

## **Health and Wellness.**

**FREE BLOOD PRESSURE SCREENING** – By Dr. J. Horwitz, on the first Friday of every month.

**PARKINSON'S SUPPORT GROUP** – Our support group for people with Parkinson's disease and caregivers provides an opportunity for mutual support, ideas, and resources. Social worker facilitated. FREE.

## **Volunteer Opportunities**

**BASIC ENGLISH TUTORING FOR IMMIGRANTS** – Volunteer tutors tutor Afghan women immigrants at the Afghan Women Center. Limited space; call to register: ext. 151 or [pkurtz@commonpointqueens.org](mailto:pkurtz@commonpointqueens.org). Fri., 11 am-12:45 pm, beginning 9/20. Van available.



**Senior Adult OCTOBER 2019 Socialization Calendar**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>ROSH HASHANAH CENTRAL QUEENS IS CLOSED</b></p>	<p><b>2</b></p> <p>12:10 Painting Workshop 1:00 Israeli Experience Through Literature 1:30 Aaron Copland School of Music Performance</p>	<p><b>3</b></p> <p><b>8:30 Hebrew Ulpan</b></p> <p>12:45 Drama Workshop</p>	<p><b>4</b></p> <p><b>10:00 Blood Pressure Screening</b> 10:00 Men's Club <b>11:00 Tutoring Afghan Women</b> 12:15 Ping Pong</p>
<p><b>6</b></p>	<p><b>7</b></p> <p>12:00 Why Dine Alone? <b>1:30 Memory Workshop</b> 1:30 Cultural Arts Author, Tehran <b>Children: A Holocaust Refugee Odyssey</b></p>	<p><b>8</b></p> <p>10:00 P.E.R.C.</p>	<p><b>9</b></p> <p><b>YOM KIPPUR CENTRAL QUEENS IS CLOSED</b></p>	<p><b>10</b></p> <p><b>8:30 Hebrew Ulpan</b></p> <p><b>11:15 Watercolors Class</b></p> <p>12:45 Drama Workshop</p>	<p><b>11</b></p> <p>10:00 Men's Club</p> <p><b>11:00 Tutoring Afghan Women</b></p> <p>12:15 Ping Pong</p>
<p><b>13</b></p>	<p><b>14</b></p> <p><b>SUKKOT CENTRAL QUEENS IS CLOSED</b></p>	<p><b>15</b></p> <p><b>SUKKOT CENTRAL QUEENS IS CLOSED</b></p>	<p><b>16</b></p> <p><b>10:00 Parkinson's Support Group</b></p> <p>12:10 Painting Workshop</p> <p><b>1:00 Israeli Experience Through Literature</b></p>	<p><b>17</b></p> <p><b>8:30 Hebrew Ulpan</b></p> <p><b>12:15 Book Discussion Alfred Kazin, A Walker in the City</b></p> <p>12:45 Drama Workshop</p>	<p><b>18</b></p> <p>10:00 Men's Club</p> <p><b>11:00 Tutoring Afghan Women</b></p> <p>12:15 Ping Pong</p>
<p><b>20</b></p>	<p><b>21</b></p> <p><b>SHEMINI ATZERET CENTRAL QUEENS IS CLOSED</b></p>	<p><b>22</b></p> <p><b>SIMCHAT TORAH CENTRAL QUEENS IS CLOSED</b></p>	<p><b>23</b></p> <p>12:10 Painting Workshop 1:00 Israeli Experience Through Literature 1:30 Juilliard School Musical Performance</p>	<p><b>24</b></p> <p><b>8:30 Hebrew Ulpan</b></p> <p><b>11:15 Watercolors</b></p> <p>12:45 Drama Workshop <b>6:30 pm Tantrum Survival Guide with Child Psychologist</b></p>	<p><b>25</b></p> <p>10:00 Men's Club</p> <p><b>11:00 Tutoring Afghan Women</b></p> <p>12:15 Ping Pong</p>
<p><b>27</b></p> <p><b>3:00 Cultural Arts Author, Joy Ladin: A Transgender Journey and Perspective (At Forest Hills Jewish Center)</b></p>	<p><b>28</b></p> <p>12:00 Why Dine Alone? <b>1:30 Poetry Workshop</b> 1:30 Cultural Arts Author, Yousef Bashir: <b>An Advocate of Israeli- Palestinian Peace</b></p>	<p><b>29</b></p> <p>10:00 P.E.R.C. 12:15 Mixed Media Workshop <b>1:00 The US Constitution under Threat</b></p>	<p><b>30</b></p> <p><b>10:00 Parkinson's Support Group</b></p> <p>12:10 Painting Workshop 1:00 Israeli Experience Through Literature <b>1:30 Simcha Party with the MELODIANS!</b></p>	<p><b>31</b></p> <p><b>8:30 Hebrew Ulpan</b></p> <p><b>9:30 Cultural Arts Trip: Manhattan's Natural Wonder w/ Horticulturalist</b></p> <p>12:45 Drama Workshop</p>	

### **Music, Lectures & Workshops**

#### **Cultural Arts Author, TEHRAN CHILDREN: A HOLOCAUST REFUGEE ODYSSEY –**

**Mikhal Dekel – Mon., 10/7, 1:30 pm** – Over a million Polish Jews fled east from Nazi terror, suffered the Soviet gulags, and eventually found refuge in Muslim lands. The story of these refugee children includes the best and the worst of humanity. \$6 m/\$10 nm suggested.

#### **Cultural Arts Author, THE TANTRUM SURVIVAL GUIDE – Rebecca Schrag**

**Hershberg – Thurs., 10/24, 6:30 pm** – A clinical psychologist and mother of two helps parents avoid tantrums while fostering deeper parent-child connections. \$12 in advance.

#### **Cultural Arts Author, THE SOUL OF THE STRANGER: A Transgender Journey and Perspective – Joy Ladin – Sun., 10/27, 3:00 pm**

**– At Forest Hills Jewish Center** – A trans woman who teaches at Yeshiva University discusses her personal journey and how her understanding of Jewish traditions and beliefs is shaped by her transgender perspective. Joy Ladin was featured in a TED talk and on NPR. \$6 m/\$10 nm suggested.

#### **Cultural Arts Author, THE WORDS OF MY FATHER – Yousef Bashir – Mon., 10/28,**

**1:30 pm** – A Palestinian-American who advocates for Israeli-Palestinian peace recalls his adolescence in Gaza and his journey to peace. \$6 m/\$10 nm suggested.

#### **Cultural Arts Trip, FROM OLD GROWTH FOREST TO SALT MARSH: Inwood Hill Park Is One of Manhattan's Natural Wonders –**

**Thurs., 10/31, 9:30 am-3:00 pm** – Did you know that Manhattan contains old growth forest and critical salt marsh and tidal mud flats? We'll explore this ecology that sustains natural life in NYC with a horticulturalist. Van available, but space is limited. \$18 m/\$23 nm.

**DRAMA WORKSHOP** – Scott Klavan, our director, has performed on Broadway, Off-Broadway & on TV. He is a lifetime member of The Actors Studio and teaches at the 92<sup>nd</sup> Street Y. We will even have a public performance! 15 Thurs., \$180 m/\$210 nm.

**HEBREW ULPAN** – From beginners through advanced lessons. 8:30 am for beginners & 10:00 am for advanced students. 15 Thurs., 165m/\$225nm.

#### **JUILLIARD SCHOOL and AARON**

**COPLAND SCHOOL OF MUSIC** – We are fortunate to host musical performances by students of these two outstanding schools. \$5 per person.

**MEMORY WORKSHOP** – Strengthen and improve your memory, with listening skills, helpful hints, & techniques to boost recall. FREE m/\$5 nm.

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**PING PONG** – Every Friday, 12:15 pm.

**SIMCHA PARTY** – Put on your dancing shoes and enjoy the amazing “Melodians” singing group. FREE m/\$5 nm.

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#### **BASIC ENGLISH TUTORING FOR**

**IMMIGRANTS** – Volunteers tutor Afghan women immigrants. Fri., 11:00 am-1:00 pm. Van available. Call to register: ext. 151 or [pkurtz@commonpointqueens.org](mailto:pkurtz@commonpointqueens.org).