



Senior Adult **SEPTEMBER 2018** Socialization Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3 LABOR DAY CQY CLOSED	4 10:00 P.E.R.C. 11:45 Parkinson's Support Group	5 12:30 Film Screening: THE DEBT	6 12:45 Drama Workshop	7 10:00 Men's Club 12:15 Ping Pong
9 EREV ROSH HASHANAH	10 ROSH HASHANAH CQY CLOSED	11 ROSH HASHANAH CQY CLOSED	12 10:30 Parkinson's Support Group 12:10 Painting Workshop 1:15 Film Screening: MIDNIGHT IN PARIS	13 12:45 Drama Workshop	14 10:00 Blood Pressure Screening 10:00 Men's Club 12:15 Ping Pong
16	17 12:00 Why Dine Alone? 1:30 Poetry Workshop 4:00 Kids Homework Help (Afghan Center)	18 10:00 P.E.R.C. 11:45 Parkinson's Support Group EREV YOM KIPPUR	19 YOM KIPPUR CQY CLOSED	20 12:15 Book Group, Portrait of a Lady 12:45 Drama workshop	21 10:00 Men's Club 11:00 Tutoring Afghan Women 12:15 Ping Pong
23 EREV SUKKOT	24 SUKKOT CQY CLOSED	25 SUKKOT CQY CLOSED	26 10:30 Parkinson's Support Group 12:10 Painting Workshop 1:30 Juilliard Performance 4:00 Kids Homework Help (Afghan Center)	27 12:45 Drama Workshop Trip to Wave Hill	28 10:00 Men's Club 11:00 Tutoring Afghan Women 12:15 Ping Pong
30 EREV SHEMINI ATZERET					

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 92nd Street Y. We will even have a public performance! Ten sessions, \$120 m/\$140 nm.

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

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., \$75 m/\$85 nm.

PAINTING & DRAWING 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., \$75 m/\$85 nm.

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

THE JUILLIARD SCHOOL – Juilliard provides the highest caliber of artistic education for gifted musicians from around the world. Through a generous Gluck Fellowship, we are privileged to host concerts and we anticipate a musical year. \$5 per person.

Community

MEN'S CLUB – Lively, intellectual, and thought-provoking discussions. Meet new friends & 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? – Lunch at your Y! Enjoy a strictly kosher lunch every Monday with your Y community. Chat with friends over a delicious meal. Call ext. 160 to reserve by the prior Thursday. \$4 m/\$6 nm.

Classes

BOOK DISCUSSION GROUP – Thoughtful, lively discussions focus on the best new and classic literature and non-fiction. Moderated discussions dig in deep to get the most from books, yet we also have fun. New participants welcome. FREE. RSVP requested: ext. 151 or pkurtz@cqy.org. Thurs., 9/20, 12:15-2:15 pm., **Portrait of a Lady, by Henry James.** Isabel Archer has beauty, intelligence, an independent spirit and enthusiasm for life. An unexpected inheritance gives her freedom, but she makes one disastrous error of judgement. One of Henry James' greatest and most moving novels.

Film Screenings

MIDNIGHT IN PARIS – 1 hr. 34 min. In this charming romantic comedy, legendary director Woody Allen focuses his lens on an engaged young couple whose experiences traveling together in Paris make them begin to question the kind of life they want to live. FREE m/\$3 nm.

THE DEBT – 1 hr. 54 min. Rachel Singer is a former Mossad intelligence agent who is forced to relive her 1965 pursuit of a notorious Nazi war criminal after the bold and dangerous fugitive is suspected to have reemerged 30 years later in the Ukraine. FREE m/\$3 nm.

Health and Wellness

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

PARKINSON'S SUPPORT GROUP – The Central Queens Y is offering a support group for people with Parkinson's disease, caregivers, and anyone affected by the disease. The group provides an opportunity for people to meet regularly and receive mutual support, ideas and resources. Facilitated by a social worker. FREE.

Volunteer Opportunities

BASIC ENGLISH TUTORING FOR IMMIGRANTS

Do you have skills to offer which could help immigrants in exchange for the personal rewards of helping people get a positive start in the U.S.? In addition to our ongoing tutoring program for women at the Women for Afghan Women Center in Fresh Meadows, volunteers are also needed to help Afghan children in the Center's afterschool program. We are getting wonderful feedback from tutors and adult students, both of whom are finding these programs enormously rewarding.

Space is limited and advance registration is required! Contact Cultural Arts at ext. 151 or pkurtz@cqy.org. **Homework Help Project:** Mon., Tues., and Wed., beg. Sept. 17, 4:00 - 6:00 p.m.

At the Afghan Women Center. Van not available. **Adult Students:** Fri., beg. 9/ 21, 11:00 am - 12:45 pm Van provided from CQY, leaving at 10:30 a.m. and returning by 1:00 p.m.

Save the dates!

Our Author Series starts on Monday afternoons in the fall, beginning October 8.

Monday, October 8, 1:30 pm – Stephen Flatow, A FATHER'S STORY: My Fight for Justice Against Iranian Terror - Stephen Flatow is the father of Alisa Flatow, the American college student who was killed in a Jerusalem terrorist bus bombing. Flatow will talk also about the lawsuit he brought (successfully!) against the Iranian government.

Monday, October 15, come early if you want to get a seat at a talk by the one and only Dr. Ruth Westheimer! She will talk about her own life story as an orphan of the Holocaust, a sniper in the Israeli War of Independence, and after. Her real topic is how to live life fully at any age and keep your joie de vivre! Our series continues on many of the Mondays in the fall. For more information, call ext. 151 or email pkurtz@cqy.org.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 SHEMINI ATZERET CQY CLOSED	2 SIMCHAT TORAH CQY CLOSED	3 12:10 Painting Workshop	4 11:15 Art Class: Watercolors 12:45 Drama Workshop	5 10:00 Blood Pressure Screening 10:00 Men's Club 11:00 Tutoring Afghan Women 12:15 Ping Pong
7	8 12:00 Why Dine Alone? 1:30 Memory Workshop 1:30 Author, A Father's Story: My Fight for Justice Against Iranian Terror	9 10:00 P.E.R.C. 1:00 Behind the Headlines 1:00 Mixed Media Art Workshop	10 10:30 Parkinson's Support Group 12:10 Painting Workshop 1:00 Turning Points in Jewish History Class 1:15 Film Screening: Won't You Be My Neighbor	11 12:45 Drama Workshop TRIP TO RADIO CITY MUSIC HALL BACKSTAGE	12 10:00 Men's Club 11:00 Tutoring Afghan Women 12:15 Ping Pong
14	15 12:00 Why Dine Alone? 1:30 Author, Dr. Ruth Westheimer, in person!	16 10:00 P.E.R.C. 12:20 Film Discussion with Matthew Weiss	17 12:10 Painting Workshop 1:00 Turning Points in Jewish History Class 1:30 Aaron Copland School of Music concert	18 12:15 Book Group 12:45 Drama Workshop	19 10:00 Men's Club 11:00 Tutoring Afghan Women 12:15 Ping Pong
21	22 12:00 Why Dine Alone? 1:00 Cultural Arts, An Afternoon of Short International Films 1:30 Poetry Workshop	23 10:00 P.E.R.C. 12:20 Film Discussion with Matthew Weiss 1:00 Mixed Media Art Workshop 1:30 SIMCHA PARTY—THE MELODIANS	24 12:10 Painting Workshop 1:00 Turning Points in Jewish History Class	25 11:15 Art Class: Watercolors 12:45 Drama Workshop	26 10:00 Men's Club 11:00 Tutoring Afghan Women 12:15 Ping Pong
28	29 12:00 Why Dine Alone? 1:30 Health Chat: Breast Cancer Update 1:30 Author, Isaac Babel: The Great Jewish Writer Who Rode with the Cossacks	30 10:00 P.E.R.C. 1:00 Behind the Headlines	31 10:30 Parkinson's Support Group 12:10 Painting Workshop 1:00 Turning Points in Jewish History Class 1:30 Juilliard Performance		

Music, Lectures & Workshops

Cultural Arts Author, A FATHER'S STORY: My Fight for Justice Against Iranian Terror –

Stephen Flatow – Mon., 10/8, 1:30 pm. – Stephen Flatow's life changed forever on April 9, 1995, when his daughter Alisa, a college student traveling in Israel, was killed in a terrorist bus bombing. In his book, Flatow tells Alisa's story and recounts how he brought his daughter's murderers to justice through the American justice system, suing the Iranian government that had sponsored the bomber. Stephen Flatow went on to win a dramatic verdict vs. Iran. Sugg.: \$6 m /\$10 nm.

Cultural Arts Author, DR. RUTH ON LOVE, LIFE, AND JOIE DE VIVRE – Dr. Ruth Westheimer – Mon., 10/15, 1:30 pm. – America's best-loved sex therapist, Dr. Ruth shares her own story and insights into living life to the fullest at any age. Few people know she narrowly escaped death during the Holocaust, was raised in an orphanage, & was a sniper during Israel's 1948 War. Dr. Ruth shares how she's learned to live a life filled with joie de vivre and shows others how they too can live with losses, while nourishing an intellectual and emotional spark, and, above all, having fun. Sugg.: \$6 m/\$10 nm.

Cultural Arts Films, AN AFTERNOON OF SHORT INTERNATIONAL FILMS – Mon., 10/22, 1:00 pm. – Join us for an afternoon of short films from the Queens World Film Festival. Each of these films tells a very full story within the limits of the art of the short film. New York filmmakers will be present for discussion. Sugg.: \$6 m/\$10 nm.

Cultural Arts Author, ISAAC BABEL: The Jewish Writer Who Rode with the Cossacks – Val Vinokur – Mon., 10/29, 1:30 pm. Isaac Babel is considered one of the greatest 20th century Jewish writers. A journalist, he rode with the Cossack Red Cavalry, a highly unusual choice for a Jewish intellectual. Babel embraced the Bolshevik Revolution, yet also saw its cruelty. Babel was finally executed in a secret police prison in 1940. Sugg.: \$6 m/\$10 nm.

AARON COPLAND SCHOOL OF MUSIC AT QUEENS COLLEGE – The Aaron Copland School of Music is one of the most distinguished departments at Queens College. We are thrilled to host performances throughout the academic year. \$5.

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 92nd Street Y. We will even have a public performance! Eleven sessions, \$120 m/\$140 nm.

THE JUILLIARD SCHOOL – Juilliard provides the highest caliber of artistic education for gifted musicians from around the world. Through a generous Gluck Fellowship, we are privileged to host concerts. \$5.

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

MIXED MEDIA, COLLAGE, PAINTING & 3-DIMENSIONAL ART – Participants will make art such as boxes, mosaics, bowls, sculptures, batik, and prints. Materials included. With experienced artist and teacher Sandy Izhakoff. 4 Tues., \$75 m/\$85 nm.

PAINTING & DRAWING WORKSHOP – Using watercolors, acrylic paint, or charcoal, create a work of art! For the experienced artist or novices. Materials included. With Sandy Izhakoff, experienced artist and teacher. 4 Wed., \$75 m/\$85 nm.

POETRY WORKSHOP – 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 & stimulate your mind. Discuss current events & politics! 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.

SIMCHA PARTY – Join us for an exciting party filled with music, fun, dancing & refreshments! Live music featuring the fabulous **MELODIANS!** FREE m/\$5 nm.

WHY DINE ALONE? – Lunch at your Y! Enjoy a strictly kosher lunch every Monday with your Y community. Chat with friends over a delicious meal. Call ext. 160 to reserve by prior Thurs. \$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. 6 Tues., incl.: 10/16 & 10/23, 12:20-2:50 pm, \$60 m/\$72 nm.

BEHIND THE HEADLINES: Digging Deeper into the Politics and Law Behind the News –

We are facing an historic election this fall that may reshape our democratic system. Will there be a fair & humane immigration law? Will those advocating voter suppression succeed? Alan Hevesi is former NYS Comptroller. 4 Tues., incl.: 10/9 & 10/30, 1-2:15 pm, \$40 m/\$48 nm.

TURNING POINTS IN JEWISH HISTORY: The Twentieth Century Re-Shapes Jews and Judaism We'll explore Israel from 1948 to the present, Jewish socialism, & the Holocaust. Rabbi Irwin Goldenberg is a retired Reform rabbi. 8 Wed., incl.: 10/10 & 10/17 & 10/24 & 10/31, 1-2:15 pm, \$72 m/\$88 nm.

LIGHT, COLOR AND SHADOW: WATERCOLORS WITHOUT FEAR – Learn simple techniques of watercolor to create landscapes. Learn to play with color, form, & texture to create beautiful images. No experience needed. A working artist, Susan Ross has taught art for over 40 years. 6 Thurs., incl.: 10/4 & 10/25, 11:15 am, \$60 m/\$72 nm.

BOOK DISCUSSION GROUP – Thoughtful, lively discussions focus on the best new & classic literature and non-fiction. Moderated discussions dig in deep to get the most from books. New participants welcome. FREE. RSVP requested: ext. 151 or pkurtz@cqy.org. Thurs., 10/18, 12:15-2:15 pm, *Antigone*, by Sophocles.

Film Screenings

WON'T YOU BE MY NEIGHBOR – 1 hr. 34 min. This affectionate documentary profiles the many facets of the beloved Fred Rogers, host of "Mr. Rogers' Neighborhood" for over 30 years. FREE m/\$3 nm.

Health and Wellness

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

HEALTH CHAT: BREAST CANCER – Join us for crucial information on prevention & treatment. FREE.

PARKINSON'S SUPPORT GROUP – Our support group for people with Parkinson's disease & caregivers provides an opportunity for mutual support, ideas, & resources. Facilitated by social worker. FREE.

Volunteer Opportunities

BASIC ENGLISH TUTORING FOR IMMIGRANTS – Volunteer tutors tutor Afghan women and children immigrants at the Afghan Women Center. Limited space; call to register: ext. 151 or pkurtz@cqy.org.

Kids Homework Help: Mon.-Wed., 4-6 pm. No van. Tutoring Women: Fri., 11 am-12:45 pm. Van available.