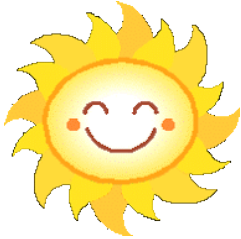





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 P.E.R.C. 11:45 Parkinson's Support Group	2 12:10 Painting Workshop 1:30 Film Screening: Indignation	3 12:45 Drama Performance 3:00 Tutoring Turkish Immigrants	4 10:00 Blood Pressure Screening 10:00 Men's Club 12:15 Ping Pong
6	7 12:00 Why Dine Alone? 1:00 Let's Play Bingo!	8 10:00 P.E.R.C. 1:30 Mixed Media Art Workshop	9 12:10 Painting Workshop	10 Trip to the Nassau County Museum of Art 3:00 Tutoring Turkish Immigrants	11 10:00 Men's Club 12:15 Ping Pong
13	14 12:00 Why Dine Alone? 1:30 Health Chat: Mindfulness/ Meditation	15 10:00 P.E.R.C.	16 12:10 Painting Workshop 1:30 Film Screening: The Man Who Knew Infinity	17 3:00 Tutoring Turkish Immigrants	18 10:00 Men's Club 12:15 Ping Pong
20	21 12:00 Why Dine Alone? 1:30 Memory Workshop	22 10:00 P.E.R.C. 1:30 End of Summer Simcha Party/Ricky Pen!! 1:30 Mixed Media Art Workshop Camp Poyntelle/Lewis Village Sleep Away	23 12:10 Painting Workshop 	24 3:00 Tutoring Turkish Immigrants	25 10:00 Men's Club 12:15 Ping Pong
27	28 12:00 Why Dine Alone? 1:30 Poetry Workshop	29 10:00 P.E.R.C.	30 12:15 Film Screening: Amour	31 3:00 Tutoring Turkish Immigrants	

Music, Trips, Lectures & Workshops

DRAMA WORKSHOP – Scott Klavan, our director, has performed on Broadway, Off-Broadway & on TV. A lifetime member of The Actors Studio, he teaches at the 92nd Street Y. We will even have a public performance! \$80 m/\$90 nm.

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

MIXED MEDIA ART WORKSHOP – Using a variety of materials, participants will develop and explore their creativity! 4 Tuesdays, \$75m/\$85nm.

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

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

TRIP TO NASSAU COUNTY MUSEUM OF ART – Ranked among the nation's largest, most important suburban art museums, Nassau County Museum of Art is located about 25 miles east of New York City in Roslyn Harbor, Long Island, on the former Frick Estate. The permanent collection of more than 500 art objects spans American and European art of the 19th and 20th centuries. \$16 per person, not including lunch.

Community

MEN'S CLUB – Meet new friends in this lively, intellectual, and thought-provoking discussion group. Discuss current events, politics, and much 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.

SENIOR SUMMER SLEEP AWAY CAMP AT CAMP POYNTELLE/LEWIS VILLAGE in the Poconos – Spend 3 days (2 nights) in Pennsylvania! Look forward to arts and crafts, guided nature hikes, water and chair exercise, free swim in the Olympic-size pool or lake, card games and a campfire! \$150 per person, including transportation, meals, activities and gratuities! Pick up and drop off at the Central Queens Y (Forest Hills), the Samuel Field Y (Little Neck) and Bay Terrace Pool Site.

SIMCHA PARTY – Join us for an exciting party filled with music, fun and dancing! Chat with friends, old and new, over refreshments. Live music featuring the fabulous **RICKY PEN!** 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 the prior Thursday. \$4 m/\$6 nm.

Film Screenings

INDIGNATION – 1 hr. 52 min. When he's admitted to a rigidly Christian college in the

Midwest, Marcus Messner also achieves another goal: to get away from his domineering Jewish dad. But Marcus' optimism is soon tempered by a nettling dean and signs of anti-Semitism on campus. FREE m/\$3 nm.

THE MAN WHO KNEW INFINITY – 1 hr. 48 min. This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College at Cambridge in 1913 and rose to prominence. FREE m/\$3 nm.

AMOUR – 2 hr. 7 min. In this 2012 Cannes Film Festival winner, Georges and Anne, retired music teachers in their eighties, have a time-tested love. But as Anne's health fails, Georges becomes her caregiver, and the couple's bond is tested like never before. FREE m/\$3 nm.

Health and Wellness

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

HEALTH CHAT: MINDFULNESS/ MEDITATION – Dr. Joseph Diamond, a cardiologist, teaches you how to alleviate stress and promote cardiovascular health. FREE.

Volunteer Opportunities

BASIC ENGLISH & LITERACY TUTORING FOR IMMIGRANTS – Volunteers provide individualized tutoring and conversation for Turkish immigrants at the CQY. Thurs., 3:00 - 4:30 pm. Info: Ext. 151 or pkurtz@cqy.org.