



YI FOREST HILLS SENIOR LEAGUE

68-07 BURNS ST. – FOREST HILLS, N.Y. 718-520-2305

November 2018 - Newscoop

Hours of Operation

Monday - Friday

8:30am - 4:30 pm

Friday close at 1:30 pm

Lunch Served Daily

Monday -Thurs. 12:00 pm

Friday 11:30 am

Sunday 11:30 am

Director

Hindy Chanales

Assistant Director/Bkpr.

Natella Barayeva

Our Presidium

President:

Gladys Kleinman

Vice-President:

Suzie Samuels

Secretary:

Lea Levitt

Treasurer:

Eva Balogh

Advisory Board:

Olimpia Abraham

Sara Ma

Anna Schlesinger

The YIFHSL is funded under contract with the NYC Department for the Aging, NYC Council Member Karen Koslowitz, Borough President Melinda Katz, Assemblyman Andrew Hevesi, and private contributions.

Thankful

Sung By Josh Groban

Somedays, we forget to look around us
Somedays, we can't see the joy that surrounds us
So caught up inside ourselves
We take when we should give
So for tonight we pray for
What we know can be
And on this day we hope for
What we still can't see
It's up to us, to be the change
And even though we all can still do more
There's so much to be thankful for
Look beyond ourselves
There's so much sorrow
It's way to late to say, I'll cry tomorrow
Each of us must find our truth
It's so long overdue
So for tonight we pray for
What we know can be
And everyday, we hope for
What we still can't see
It's up to us, to be the change
And even though we all can still do more
There's so much to be thankful for
Even with our differences
There is a place we're all connected
Each of us can find each others light
So for tonight, we pray for
What we know can be
And on this day, we hope for
What we still can't see
It's up to us, to be the change
And even though this world needs so much more
There's so much to be thankful for

Clubs & Activities

All classes are subject to change. See monthly calendar for exact schedule



Movie Club

Thursday's at 1:00 pm

Upcoming movie titles are listed at Center



The Positivity Circle

Create a positive mindset to tackle life's many challenges in a warm environment.



Mondays & Wednesdays at 12:50 pm

Prizes are given out to winners!



Monday & Wednesday

1:00 pm



American Mahjong

Wednesday's at 1:00 pm

Call in advance to make sure a group of 4 is available. 2 games playing

Ping Pong



Monday's & Wednesday

at 1:30 pm



Canasta

Thursdays at 1:00 pm

Want to learn how to play or brush up your skills? Join our class or a game.

Beaded Jewelry Class

Make beautiful beaded jewelry - instruction and open beading



Tuesdays at 1:30 pm



Laptops available for public use. Ask in the office to borrow one.



Daily games are played in main room every morning before lunch : Rummicub, card games, boggle, and scrabble.

Wednesday, November 28, 2018



A magical, one-stop holiday-shopping experience!

Explore one of the most beautiful architectural settings in the world featuring 40 talented artisans. Enjoy the NY Transit Museums 16th annual Holiday Train Show at Grand Central Terminal!

Check in: 9:00 AM

Lunch at Center 1:30 PM

Includes snack, lunch and school bus transportation

CHANUKAH CELEBRATION



Tuesday, December 4, 2018

10:30 - 11:45 am

Refreshments

Fruit & Vegetable Platters, Chips, Soda

Live Music With Russel

11:45 am: Raffle Drawing - Great Prizes

12:15 Lunch

Sponsored in part by:



Margaret Tietz™
CenterLight Health System

I'll call it a smartphone
the day I yell
"Where's my phone?!"
and it yells
"Down here! In the
couch cushions!"

Self Defense for Seniors

Beginning December 6, our amazing fitness instructor Darryl Freeman will be starting a self defense for seniors class. The class will meet before his Senior Fit For Life class from 11:00 - 11:20. The Senior Fit For Life class will meet from 11:20 - 12:00.



The Positivity Circle

Wednesday's at 11:00 am

The positivity circle is a weekly discussion group where members come together in a warm environment to share & connect in a positive way. The group, in collaboration with the group facilitator Rena, address topics that are on the minds of the individuals attending the group. The groups focus is to create a positive mindset to tackle life's challenges.

Pre-Thanksgiving Day Luncheon

Wednesday, November 21, 2018

Reservation Required

9:00 - 11:00 am

Fresh Brewed Coffee & Snack

11:45 am Lunch

Corn Bread

Vegetable Soup



Fresh Carved Turkey or Turkey Leg

Sweet Potato Casserole

Bread Stuffing

String Bean Almandine

Cranberry Relish

Pumpkin Pie



**USA veterans 60+ are invited to eat FREE
at our Center on Wednesday's**

To register for the Veterans free lunch program, please see Hindy or Natella in the office. Each eligible veteran will receive a lunch card pass to present at the front desk on Wednesday's. Proof of veteran status is required to receive your pass.



"Being nice to someone you dislike doesn't mean you're a fake. It means you are mature enough to tolerate your dislike towards them."

FREE Shopping Trip Monday, November 19, 2018

10:15 am

TRADER JOE'S



FDNY Fire Safety & Prevention

REDUCE YOUR RISK

Monday, November 26, 2018

11:00 am



Let's Hook!

Crocheting fun for all levels

10:30 am - 12:00 pm

Participants will make a beautiful basket
in this 3 week program

Tuesday November 13: Making Yarn*

Tuesday, November 20: Begin basket project

Tuesday, November 27: Complete your project

**Learn how to up-cycle old t-shirts to create
crocheting yarn! Bring your own T-shirts or use
from us*

RESERVATION REQUIRED!

Please call 718-520-2305 to reserve your space



LOOKING FOR VOLUNTEERS!

We are always looking to start new classes
& programs. if you have something you
can teach let us know in the office and we
would be happy to look into it.

Friday, November 9, 2018

10:30 am

ORAL Good
for Life™
HEALTH



oral health, tooth & denture care

Presented by:

PLAZA Est. 1916
COLLEGE

Veterans Day Celebration

Wednesday, November 07, 2018

10:00 am Exercise with Darryl

11:00 am Positivity Circle

11:40 am Veterans Salute

12:00 pm FREE LUNCH

All Veterans are asked to wear their hats

It's okay to have an opinion

**It's okay to disagree with
someone's opinion**

**It's not okay to humiliate
someone because they
don't think the same as
you do**

**Show some respect
Society needs more of it**



Sundays, November 18 2018

8:45 AM Breakfast

*Bagels, Muffins, Fresh Coffee,
Orange Juice, Cream Cheese, Butter*

10:00 am Movie

IZHAK

Story of Itzhak Pearlman, famous violinist

PARTNERS IN CARING



We are very happy to have Jordana Davidson LCSW, director of the UJA - Federation of New York's Partners In Caring Program, facilitate a wonderful discussion group at our Center **every Friday at 10:30 am**. The group focuses on supporting seniors as active and involved members of our community. Participants can share their beliefs, attitudes & concerns about aging in a warm and congenial atmosphere.

October topics:

November 2: Preparing for the Cold

November 16 : Home for the holidays

November 30: Mental Health



SCRIE & DRIE Assistance:

SCRIE is a senior citizen rent increase exemption. If you Need help applying for or renewing your exemption, see Hindy in the office. We have an excellent can **EXPEDITE** applications and renewals with our NYC partnership.

Medicare Assistance

Need assistance with your Medicare plan? The NYC Health Insurance Information Counseling and Assistance Program (HiICAP) is here to help! You can reach out to them at 212-602-4180. Leave a message and someone will get back to you with in 24 hours.



2018 Medicare

Wednesday, November 14, 2018

11:00 am



Learn About :

Medicare Open Enrollment Season

Original Medicare or Medicare Advantage?

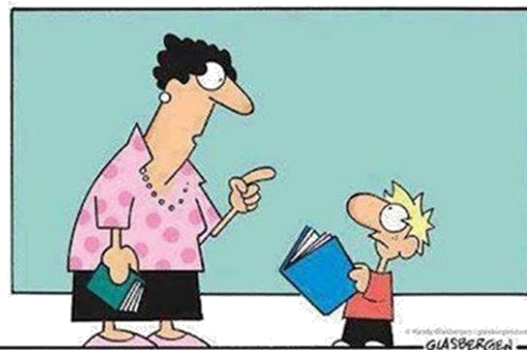
Choosing a Medicare Prescription Drug Plan

Question and Answer Session

Presented By: Julia Greenberg of



Warm up with a delicious bowl of hot soup! Now served every Monday, Wednesday, & Friday!



It's called **reading**.
It's how people install new software into their brains.



Generous Contributions were received from:

FRED & KAREN PAO: Thank you for all the wonderful things here at the Center.

REBECCA TRONTZ: Happy Thanksgiving to all my YISL friends!

JULIA SCHWARTZ: Happy Holiday to my family and to a wonderful Center. Special thanks to Hindy & Natella

HENRY TSENG: May you all have a happy holiday

REBECCA TRONTZ: Wishing everyone a very wonderful fall season. .

YVETTER KOTTLER: Happy Holiday's To all

SID GUGICK & LEA LEVITT: Wishing everyone a healthy and happy New Year!

REBECCA TRONTZ: **לשנה טובה**, Happy New Year to all my friends and family at YIFHSL.

ANNA SCHLESINGER: Happy New Year to all my friends at the Center and happy birthday to my son William.

EVA WALLACH: In loving memory of my beloved husband Milton.

REBECCA TRONTZ: Happy Summer to my YIFHSL friends and family!

BARBARA STUM: In loving memory of my husband John, my "Bashert" (soulmate) and my beloved family, brother Howard, mother Marilyn and father Sidney.



Be The Reason Someone Smiles Today!



November 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>OPEN SUNDAY</u></p> <p>November 18</p>			<p>1</p> <p>9:45 am Tai Chi <i>With Ann Harvey</i></p> <p>11:00 am Exercise <i>With Darryl Freeman</i></p> <p>1:00 pm Canasta</p> <p>1:00 pm Movie Club <i>An Elephants Journey</i></p>	<p>2</p> <p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:30 am PIC Discussion Group <i>With Nava</i></p> <p>Preparing for the cold</p>
5	6	7	8	9
<p>9:30 am Staywell Exercise <i>With Denis Kaver</i></p> <p>10:15 am Cycling <i>With Denis Kaver</i></p> <p>11:00 am Current Events</p> <p>11:00 am Board Meeting</p> <p>12:00 pm Bingo</p>	<p>9:30 am Yoga <i>With Nechama</i></p> <p>11:00 am Nutrition Education Lecture</p> <p>1:30 pm Beading Jewelry Class <i>With Yvonne Leslie</i></p>	<p>10:00 am Exercise <i>With Darryl Freeman</i></p> <p>11:00 am Positivity Circle - <i>Discussion</i></p> <p>12:50 pm Bingo</p> <p>1:00 pm Chinese C.Club</p> <p>1:00 pm Mahjong</p> <p>1:30 pm Ping Pong</p>	<p>9:45 am Tai Chi <i>With Ann Harvey</i></p> <p>11:00 am Exercise <i>With Darryl Freeman</i></p> <p>1:00 pm Canasta</p> <p>1:00 pm Movie Club <i>Only the Brave</i></p>	<p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:30 am Dental Health Lecture</p>
12	13	14	15	16
<p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:15 am Cycling</p> <p>11:00 am Current Events</p> <p>12:50 pm Bingo</p> <p>1:00 pm Chinese C Club</p> <p>1:30 pm Ping Pong</p>	<p>9:30 am Yoga <i>With Nechama</i></p> <p>10:30 am Lets Hook! <i>Crocheting Course</i></p> <p>1:30 pm Beading Jewelry Class <i>With Yvonne Leslie</i></p>	<p>10:00 am Exercise <i>With Darryl Freeman</i></p> <p>11:00 am Medicare Seminar with LAG</p> <p>12:50 pm Bingo</p> <p>1:00 pm Chinese C.Club</p> <p>1:00 pm Mahjong</p> <p>1:30 pm Ping Pong</p>	<p>9:45 am Tai Chi <i>With Ann Harvey</i></p> <p>11:00 am Exercise <i>With Darryl Freeman</i></p> <p>1:00 pm Canasta</p> <p>1:00 pm Movie Club <i>27 Dresses</i></p>	<p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:30 am PIC Discussion Group <i>With Jordana</i></p> <p>Home for the holidays</p>
19	20	21	22	23
<p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:15 am Cycling <i>With Denis Kaver</i></p> <p>10:15 am <i>Trader Joes</i></p> <p>11:00 am Current Events</p> <p>12:30 pm Bingo</p>	<p>9:30 am Yoga <i>With Nechama</i></p> <p>10:30 am Lets Hook! <i>Crocheting Course</i></p> <p>1:30 pm Beading Jewelry Class <i>With Yvonne Leslie</i></p>	<p>10:00 am Exercise <i>With Darryl Freeman</i></p> <p>11:00 am Positivity Circle - <i>Discussion</i></p> <p>12:50 pm Bingo</p> <p>1:00 pm Chinese C.Club</p> <p>1:00 pm Mahjong</p> <p>1:30 pm Ping Pong</p>		<p>Special Program to be Announced</p>
26	27	28	29	30
<p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:15 am Cycling <i>With Denis Kaver</i></p> <p>11:00 am FDNY Fire Safety Presentation</p> <p>12:30 pm Bingo</p>	<p>9:30 am Yoga <i>With Nechama</i></p> <p>10:30 am Lets Hook! <i>Crocheting Course</i></p> <p>1:30 pm Beading Jewelry Class <i>With Yvonne Leslie</i></p>	<p>GRAND CENTAL TRIP</p> <p>10:00 am Exercise <i>With Darryl Freeman</i></p> <p>11:00 am Positivity Circle - <i>Discussion</i></p> <p>12:50 pm Bingo</p> <p>1:00 pm Chinese C.Club</p> <p>1:00 pm Mahjong</p> <p>1:30 pm Ping Pong</p>	<p>9:45 am Tai Chi <i>With Ann Harvey</i></p> <p>11:00 am Exercise <i>With Darryl Freeman</i></p> <p>1:00 pm Canasta</p> <p>1:00 pm Movie Club <i>A Bag of Marbles</i></p>	<p>9:30 am Exercise <i>With Denis Kaver</i></p> <p>10:30 am PIC Discussion Group <i>With Jordana</i></p> <p>Mental Health</p>