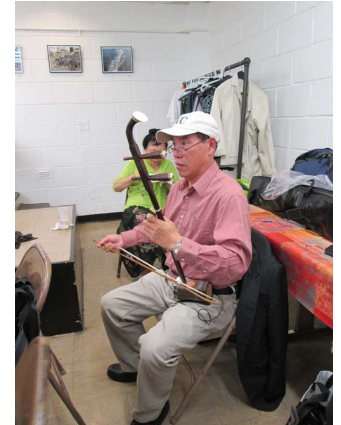




TimeBank News

November 2012

To receive all the latest TimeBank activities and news visit our website www.vnsny.org/timebank and click TimeBank Newsletter.



Dancing, Singing and Great Food at the Lower East Side Gathering

Over 70 members attended a fun filled, festive night at the Lower East Side gathering. A group from University Settlement danced meringue. Some joined in the dancing, others swayed in their chairs. Ms. Zhu performed a traditional folk dance to Mr. Wang's moving music played on his Chinese yi wu instrument. Other talented members, Ms. Wei and Mr. Chu, along with Mr. Chen, sang beautifully.

Everyone enjoyed eating the heart-warming dinner. There was so much food! The environment was highly-spirited with laughter, smiles, appreciation, and gratitude. Lola from Sunset Park said that she enjoyed every single moment of the evening. She had such a fun night! Marguerite said that if you didn't come, you really missed out on a fun party. This is exactly what the TimeBanking spirit is about – friends coming together to share and have fun.

EVENTS AND TRIPS

Make a Fall Center Piece, Sunset Park, Brooklyn

Thursday, November 1st, 4 PM

Help us make fall center pieces for our Thanksgiving dinner! Bring fall flowers, leaves, or pieces of fabric if you can

Dim Sum at 8th Avenue, Brooklyn

Wednesday, November 7th, 10 AM

Swap in Washington Heights

Saturday, November 10th, 10 AM

Participate in the free neighborhood swap. Bring your gently used items or clothing and exchange them with your fellow community members

Museum at the Fashion Institute of Technology

Wednesday, November 14th, 1 PM

Jewelry Workshop, Sunset Park, Brooklyn

Thursday, November 15th & 29th, 4-6 PM

Fall Themed Floral Arrangement Workshop Upper Manhattan

Saturday, November 17th, 11 AM

Learn to make an elegant center piece out of simple to find materials

Latin Jazz at the Museo del Barrio

Saturday, November 17th, 4 PM

Stress Management Workshop, Sunset Park, Brooklyn

Wednesday, November 28th, 5 PM

Learn important techniques to reduce your stress during the holidays

To register for an event or trip, call (212) 609-7811 or e-mail timebank@vnsny.org

POTLUCKS**Lower East Side/Chinatown**

Thursday, November 15th, 3-6 PM
 University Settlement Neighborhood Center
 189 Allen Street (betw. East Houston and Stanton)

Sunset Park, Brooklyn

Thursday, November 8th, 6 PM
 Sunset Park Senior Citizens Center
 4520 4th Ave. (corner of 45th St.), Lunch Room
Come and celebrate Thanksgiving with us!

Washington Heights

Wednesday, November 7th, 1:30 PM
 Isabella Geriatric Center, Larson Library
 515 Audubon Avenue (Corner of 190th St.)
Eat better in your community. Learn about City Harvest's new program, Healthy Neighborhoods

Wednesday, November 28th, 6 PM
 Our Saviour's Atonement Lutheran Church
 178 Bennett Avenue (189th St.)
Celebrate Thanksgiving with us!

GROUPS & CLASSES**Washington Heights**

Needlecrafts Class (Crocheting/Embroidery)
 Fridays, 10 AM-12 PM
 J Hood Recreation Center
 175th St. and Ft. Washington Avenue
Instructor: Carmen Barbosa

NEW Dance Class in Washington Heights

Saturdays at 10 AM
 Call for registration information

Lower Manhattan

Tai Chi
 Sundays in Battery Park City
Instructor: Mark Song (646) 248-1619

Karaoke Time, Chinatown
 Every Thursday at 2 PM
Leader: Sau Chun Ho, Elise Choi

Monday Movie Time, Chinatown
 Every Monday at 2 PM
Leader: Elise Choi

GROUPS & CLASSES (continued)**Lower Manhattan**

Classes at Chatham Square Library
 33 East Broadway, 3rd floor, Community Room

Arts and Crafts: Mondays, 1-3 PM
Instructor: Ngoi Wah Cheng

Chinese Folk Dance: Mondays, 1-3 PM
Instructor: Wai Mei

Classes at University Settlement
 189 Allen Street (bet. Stanton and Houston)
 Every Tuesday

Class	Time	Instructor
Mandarin	1:30-3	Marguerite Miow
Arts and Crafts	2-4	You Lian Zhu & Ngoi Wah Cheng
Knitting	2-4	Chuk Kwan Tam
English Conversation	3-4	Daniel Pincus
Chinese Singing	4-5	Mei Ling Wong
Chinese Calligraphy	4-5	Zu Dong Guan

Sunset Park

Classes at United Senior Center
 475 53rd Street (5th Ave.), Brooklyn
 Every Wednesday
 For more information, contact Claudia at 347-813-1654

Class	Time	Instructor
Crochet	10-11	Libia Drouet
Arts and Crafts	1-2	Olga Jimenez
Jewelry	3-4	Linda Escobar Juana Cruz
Painting	3-4	Luis Alvarez

English Conversation Groups
 Thursdays, 6-7:30 PM
 Sunset Park Senior Citizens Center, Level C
 4520 4th Avenue (45th St.)
Instructors: Sarah Moore, Qin Zhi Lau,
 Chen Yu Wang (Vivian)

Knitting Class
 Fridays, 3:30-5:30 PM
 Brooklyn Public Library, Sunset Park Branch
 5108 4th Avenue (51st St.)
Instructor: Blanca Sanchez