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 (betw. Stanton and Houston)
Every Tuesday

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<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Mandarin</td>
<td>1:30-3</td>
<td>Marguerite Miow</td>
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<td>Arts and Crafts</td>
<td>2-4</td>
<td>You Lian Zhu &amp; Ngoi Wah Cheng</td>
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<td>Knitting</td>
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<td>English Conversation</td>
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<td>Daniel Pincus</td>
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<td>Chinese Singing</td>
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<td>Mei Ling Wong</td>
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<tr>
<td>Chinese Calligraphy</td>
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<td>Zu Dong Guan</td>
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Sunset Park

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

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<tr>
<th>Class</th>
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<tr>
<td>Crochet</td>
<td>10-11</td>
<td>Libia Drouet</td>
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<td>Arts and Crafts</td>
<td>1-2</td>
<td>Olga Jimenez</td>
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<td>Jewelry</td>
<td>3-4</td>
<td>Linda Escobar Juana Cruz</td>
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<td>Painting</td>
<td>3-4</td>
<td>Luis Alvarez</td>
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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