

2018 | September – October

## Announcements



### Are you interested in making a new friend?

We need volunteers to make phone calls or visits regularly to lonely seniors.



Bring clean, portable items such as clothing, housewares, electronics, books & toys in good condition that you no longer need. Take home something new-to-you, free! **You don't have to bring something to take something.**

**Sunday, September 23<sup>rd</sup>, 11 AM - 2 PM**

**Saint Elizabeth Church in Washington Heights**  
268 Wadsworth Avenue

Please do NOT bring: furniture, large items, expired or open food, unsealed personal care products, medicine, dirty or ripped clothing, fabric scraps, incomplete toys/games, non-working electronics, magazines, tube TVs, or sharp objects.

## Potlucks

### Bronx

San Vicente de Paúl  
900 Intervale Avenue

- Thursday, September 20<sup>th</sup>, 6 PM

### Brooklyn

Sunset Park Neighborhood Center  
4520 4<sup>th</sup> Avenue

- Thursday, September 13<sup>th</sup>, 5:30 PM  
Hispanic heritage celebration with music & dancing.
- Thursday, October 11<sup>th</sup>, 5:30 PM  
Wear your Halloween costume.

### Lower East Side

University Settlement Neighborhood Center  
189 Allen Street

- Wednesday, September 19<sup>th</sup>, 5:30 PM  
Mid-Autumn festival: bring moon cakes and lanterns.
- Wednesday, October 17<sup>th</sup>, 5:30 PM  
Wear your Halloween costume.

### Washington Heights

Our Saviour's Atonement Lutheran Church  
178 Bennett Avenue (West 189<sup>th</sup> Street)

- Monday, September 24<sup>th</sup>, 6 PM
- Monday, October 29<sup>th</sup>, 6 PM

Contact us at **844-880-4480** or **[timebank@archcare.org](mailto:timebank@archcare.org)**

## ArchCare TimeBank | 2018 | September - October

**Service Opportunities:** No ongoing commitment necessary. Help when you can.

### ArchCare at Mary Manning Walsh Home

Help transport residents to activities and assist with other event-related tasks.

- **Birthday Celebrations**
  - The last Friday of each month
- **Weekend Musical Concerts**
  - Every Saturday & Sunday

Time: 1:30 PM

Location: East 71<sup>st</sup> Street & York Avenue, Manhattan

### ArchCare at San Vicente de Paúl (SVdP) Skilled Nursing and Rehabilitation Center

Help transport residents to activities and assist with other event-related tasks.

- **Labor Day BBQ**  
Monday, September 3<sup>rd</sup>, 11:30 AM
- **SVdP Anniversary Mass**  
Friday, September 28<sup>th</sup>, 10 AM

Location: Beck Street & Intervale Avenue, Bronx

### ArchCare at Terence Cardinal Cooke Health Care Center

Help transport residents to activities and assist with other event-related tasks.

- **Religious Services**
  - Weekday Mass, 9:30 AM
  - Third Sunday of each month:  
Mass 9:30 AM, Christian Service 10:30 AM
- **Hispanic Heritage Celebration**
  - Thursday, September 20<sup>th</sup>, 1:30 PM
- **Halloween Party**
  - Wednesday, October 31<sup>st</sup>, 1:30 PM

Location: East 105<sup>th</sup> Street & 5<sup>th</sup> Avenue, Manhattan

### Community of Sant'Egidio

Help pack meals for the homeless.

Tuesdays, 3:30 PM

Location: Gramercy Park, Manhattan

Help distribute food to the homeless.

Sundays, 8:30 AM

Location: Union Square, Manhattan

Visit and assist seniors at a nursing home.

Mondays, 5:30 PM

Location: Downtown Brooklyn /  
Upper East Side, Manhattan

### El Eden Soup Kitchen Ministries

Help cook and/or serve lunch to people in need.

Wednesdays, 11 AM

Fridays, 5 PM

Location: Williamsburg, Brooklyn

### GrowNYC Fresh Food Box Program (sponsored by the Manhattan Borough President's Office)

Help pack bags of fresh fruits and vegetables.

Thursdays, 12 PM

Location: Lower Manhattan

### Lunch with Friends at Holy Trinity

Help cook and/or serve lunch to people in need.

Saturdays, 11:30 AM

Location: Upper West Side, Manhattan

### Saint Michael's Church Soup Kitchen

Help cook and/or serve lunch to people in need.

Saturdays, 9 AM

Location: Sunset Park, Brooklyn

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## Service Opportunities Continued

### Neighborhood Senior Center at Independent Plaza

Seeking volunteer to teach computer skills.

Friday mornings

Seeking volunteers to help with lunch program (taking tickets, putting out supplies & cleaning up).

Weekdays, 12 PM

Location: Tribeca, Manhattan

### Trinity Wall Street Brown Bag Lunch Ministry

Help distribute lunches at Trinity Church

Tuesdays & Wednesdays, 12:45 PM

Help pack lunches at Saint Paul's Chapel

Fridays, 10 AM

Help distribute lunches at Saint Paul's Chapel

Fridays, 12:45 PM

Location: Lower Manhattan

## Classes / Groups

### Brooklyn

#### Sunset Park Neighborhood Center

4520 4<sup>th</sup> Avenue

- **Chinese Folk Dancing** with Ging Kuen, Rong Jiao & Yan Hong  
Mondays, 10:30 AM
- **English Conversation** with Bosco & Karmen  
Mondays, 6 PM
- **Basic Computer Skills** with William  
Fridays, 1 PM

### Washington Heights

#### Roy and Diana Vagelos Education Center

104 Haven Avenue

- **Knitting** with Carmen  
Tuesdays, 10 AM

#### SUNY ATTAIN Lab at The Armory Foundation

216 Fort Washington Avenue

- **Java Programming** with Rani  
Fridays, 10 AM
- **English Conversation** with Mary  
Fridays, 12 PM

### Lower Manhattan

#### Chatham Square Library, 33 East Broadway

- **Smartphone/Tablet User Group** with Grace, Marian & Rena  
Tuesdays, September 4<sup>th</sup>, 18<sup>th</sup>  
& October 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>, 2 PM

#### Church of the Transfiguration, 29 Mott Street

- **Jewelry Making** with Guo Chi & Wai King  
Sundays, 1 PM

#### TriBeCa Radiation, 408 Broadway

- **Putonghua Conversation** with Yi Li  
Mondays, 2 PM
- **Spanish Conversation** with Irene  
Thursdays, 2 PM
- **Silk Flower Making** with Xiao Qian  
Fridays, 2 PM Cost: \$1 for materials

#### University Settlement, 189 Allen Street

- **Chinese Folk Dancing** with Liangfen  
Mondays, 3 PM
- **Chinese Paper Cutting & Origami** with Cindy  
Mondays, 3 PM
- **Karaoke Social** with Hui Qing, Ling Heung & Sau Chun  
Tuesdays, 3 PM
- **English Conversation** with Margaret  
Thursdays, 3 PM

## ArchCare TimeBank | 2018 | September - October

### Activities / Trips

#### Brooklyn IKEA

Eat, shop and enjoy the view of Manhattan from the ferry.

Saturday, September 1<sup>st</sup>, 9:30 AM

#### Stargazing at the High Line Park in Chelsea

An evening of admiring the stars and looking for constellations through telescopes.

Tuesday, September 4<sup>th</sup>, 7:30 PM

#### BBQ at Canarsie Pier in Brooklyn

Enjoy great food with a beautiful ocean view.

Friday, September 7<sup>th</sup>, 4 PM

#### Gantry Plaza State Park in Long Island City

This riverside oasis boasts spectacular views of the midtown Manhattan skyline, including the Empire State Building.

Tuesday, September 25<sup>th</sup>, 10 AM

#### Little Red Lighthouse Festival at Fort Washington Park

Celebrate Manhattan's only remaining lighthouse with readings of the eponymous children's book, fishing clinics, live music, food and art vendors, Urban Park Ranger presentations, and activities for all ages!

Saturday, September 29<sup>th</sup>, Noon

#### Medieval Fair at Fort Tryon Park

Enjoy medieval music, magic, dancing, juggling, food and craft vendors, and knights jousting on horseback.

Sunday, September 30<sup>th</sup>, 11:30 AM

#### Open House New York

The annual event unlocks the doors of New York's most important buildings, offering an extraordinary opportunity to experience the city and meet the people who design, build, and preserve New York.

Saturday, October 13<sup>th</sup>, 10 AM

#### Intrepid Sea, Air & Space Museum

Flight museum on an aircraft carrier whose exhibits include a Concorde, submarine & space shuttle.

Must have a library card to make reservation.

Thursday, October 25<sup>th</sup>, 11 AM

## Need help for yourself or someone you know?

Dear TimeBank member,

Did you know that **ArchCare**, the proud sponsor of the TimeBank, also provides a wide variety of health care services to support people in their homes and in community facilities?

## ArchCare Can Help!

- ✓ Long-term care health plans
- ✓ Home health aides
- ✓ Transportation to appointments
- ✓ Help after being in the hospital
- ✓ Assisted living/nursing home care
- ✓ Social day care and much more!

Call Today!  **844-880-4480**