

# Gazette Calendar Of Events

ing, 718.274.0644; **Tues.**, Yoga For The Fab 50's & Beyond, 800-Your-MDS; **Wed.**, Breast Cancer Screening & Education; 718.274. 0365; **Thurs.**, Flu Vaccine Update, Get Moving On The Road To Improved Health, Eating Right For Weight Management, Great American Smoke Out! Smoking Cessation Information, 800-Your-MDS. Programs at various locations, call for information.

## Queens Hospital Center

**Wed.**, Medicine, OB/GYN, Cardiology; **Fri.**, Pediatrics, Psychiatry; 82-68 164th St., Jamaica; 718.334.5296.

•**Ongoing**, The Public Policy and Education Fund of New York, health coverage Web site, go to [www.NYConsumerHealth.org](http://www.NYConsumerHealth.org).

•**Ongoing**, Jackson Heights Al-Anon; St. Mark's Episcopal Church, Parish House, 2nd Floor; 718.335.7379.

•**Ongoing**, SMART Recovery; Long Island Consultation Center to overcome all types of addictive behavior, 97-29 64th Rd., Rego Park; 212.631.1198.

•**Weekly**, self-help meetings for women only; Resurrection Ascension Pastoral Center, Father Freely Hall, 85-18 61st Rd., Rego Park; 718.805.1032.

## Historicals

**Dec. 14**, Queens Historical Society, Annual Historic Holiday House Tours, various locations, **Jan. 11, 2009**, film screening "Peace Through Understanding: The 1964-65 New York World's Fair; **Jan.**

**13**, private tour of Steinway & Sons Piano Factory; 718.939.0647, x 17.

•**Ongoing**, Central Queens Historical Association, source for Queens photos not available elsewhere; [www.CQHA.net](http://www.CQHA.net) or 917.376.4496.

## Items of Community Interest

**Dec. 7**, VFW Whitestone Post 4787, service for WWII casualties, 149th Street/15th Avenue, Field, Whitestone; 718.746.0540.

**Dec. 9**, Center for Nursing & Rehab, emergency preparedness workshop, 97-35 Allendale St., Jamaica; RSVP 718.297.4700, x 0 or 718.636.1000, x 437.

**Dec. 11**, New York Cares, "How to Volunteer" one-time orientation, Rego Park Library, 91-41 63rd Dr.; **Dec. 16**, A.R.R.O.W, 35-30 35th Street, Astoria; **Dec. 18**, A.A.F.E., 133-04 39th Avenue, Flushing; **Dec. 19**, Briarwood Library, 85-12 Main St.; **Dec. 23**, A.R.R.O.W. To register go to [www.nycares.org](http://www.nycares.org) or call 212.228.5000.

To **Dec. 13**, LIC YMCA, 2009 Youth All-Stars & Girls Basketball League registration. For information, call Thomas Sylvester, 718.392.7932, x 239.

To **Dec. 20**, FIAOQ, Italian for Children, 10 classes, one-hour session, ages 2-6, 29-21 21st Ave., Astoria; 718.204.2444.

To **Jan. 29, 2009**, American Family Community Services, Spanish parenting skills workshop, both 8 consecutive weeks; **Nov. 23-Jan. 31**, English parenting skills workshop classes. 37-63 76th

St., Jackson Heights; 718.639.8370.

•**1st, 3rd, 5th Sat.**, Queens Best Toastmasters Club, public speaking/communication, free; Elmhurst Hospital Center, Conference Room A-1-15, 79-01 Broadway; 718.457.8390.

•**Sundays**, Adopt a Homeless Dog, Cat or Kitten, Animal Center of Queens, a non-profit, no-kill organization, 89-10 Eliot Ave., Rego Park; 718.424-3340 or [www.acq.petfinder.com](http://www.acq.petfinder.com).

•**Fall**, Sunnyside Greenmarket, Skillman Avenue between 42nd/43rd Streets. 8 a.m. to 4 p.m. every Saturday until late autumn.

•**Ongoing**, Forty Plus of New York orientation/tour, 470 Seventh Ave., Manhattan; 212.947.4230.

## Library Highlights

There are many free events available at the Queens libraries for adults, teens, "tweens" and kids: **coming soon**, free pre-GED classes, ages 16-24, call 718.480.4300; **Dec. 6**, The Language of Afghanistan, **Dec. 6, 11**, Urban Literature Authors; **Dec. 7**, The Jewish Graphic Novel, Dominican Folk & Modern Merengue; **Dec. 8**, lectures "All beauty is a making one of Opposites..."; **Dec. 8, 11**, Hip-Hop Fiction Author K'wan; **Dec. 13**, Uruguay's Traditional Dance/Music; **Dec. 14**, Yiddish Music Program; to **Dec. 31**, Calligraphy of Masako Inkyo; for program information, call 718.990.0700.

## Parks & Recreation

### Alley Pond Environmental Center

APEC has many fun and interesting programs all year long for tots to pre-teens to adults, 228-06 Northern Blvd., Douglaston; for program information, 718.229.4000; **Dec. 4, 11, 18**, Watercolor Workshops (adults); **Dec. 6**, Pre-Christmas Bird Count (adults); **Dec. 6, 13**, APEC Safari; **Dec. 13**, An Evening With The Stars; **Dec. 14**, Nature Frames; **Dec. 30**, Winter Wildlife.

### Hall of Science

There's a lot of hands-on science going on at the hall, all year 'round, Flushing Meadows-Corona Park, 311.

### Queens Botanical Garden

Spend some time taking in the grounds at the gardens, there's much to see and many things to do, 43-50 Main St., Flushing; **Dec. 20**, Winter Solstice Composting; 718.539.5296.

### Queens County Farm Museum

It's just a treat to walk around the farm and drink in the beauty of nature, 75-30 Little Neck Pkwy., Floral Park; 718.347.3276, ext. 304:

### Queens Zoo

**Ongoing**, Interactive Discovery Center, 53-51 111th St., Flushing Meadows-Corona Park; 718.271.1500 or go to [www.queenszoo.com](http://www.queenszoo.com).

### Other Parks

**Dec. 7**, Urban Park Rangers: A River Runs Through It, free; Astoria Park, 24th Road/19th Street; 311.

## School Events & News

**Dec. 9, 9-11:30 a.m.**, Louis Armstrong M.S., Winter 2008 Community Concert; 718.335.7500, x 159.

**Dec. 13**, Garden School, Comedy Night, ages 18+, \$30 in advance/\$35 at door, 33-16 79th St., Jackson Heights; 718.335.6363.

•**3rd Tues., every month**, One World Charter School elementary, middle school board meetings; 718.392.3405, ext. 203.

•**Mon.-Fri.**, Samuel Field Y Beacon Program @ M.S. 216, homework helpers, after school club time; **Tues.**, adult computers beginner/advanced; **Wed.**, advanced ESL Level I/II; **Fri.**, hip-hop dance; **Sat.**, skills agility balance b-ball clinic & family shoot-around, math prep course for specialized H.S. exam, volunteers wanted, all programs free to NY residents, 64-20 175th St., Fresh Meadows, program information, 718.445.6983.

## Seniors

Meet & greet, play games, support, counseling & respite services, training, education & assistance, health seminars & programs, get involved in volunteering your talents, and much more. Call the center nearest you for more information.

**Atria Kew Gardens & Lighthouse International**, 117-01 84th Ave., Kew Gardens; 718.441.0300.

**Bayside Senior Center**, 221-15 Horace Harding Expwy., Bayside.

**Flushing House**, 38-20 Bowne St; 347-532-3025 or 718.762.3198.

**Joint Public Affairs Committee for Older Adults**, 212.402.1127.

**Peter J. DellaMonica Senior Center**, 23-56 Broadway, Astoria; 718.626.1500.

### Queens Community House:

**QCH: Forest Hills Senior/Community Center**, 108-25 62nd Dr.; 718.699.1010.

**QCH: Kew Gardens Community Center**, 80-02 Kew Gardens Rd., Ste. 202; 718.268.5960:

**Dec. 5**, holiday concert.

**QCH: Pomonok Center**, 67-09 Kissena Blvd., Flushing; 718.591.3377.

**Rego Park Senior Center**, 93-29 Queens Blvd, 718.896.8511.

**Ridgewood Older Adult Center & Services**, 59-14 70th Ave.; 718.456.2000.

**Self-Help Benjamin Rosenthal Senior Center**, 45-25 Kissena Blvd., Flushing; 718.459.5549.

**Steinway Senior Center**, 20-43 Steinway St., Astoria; 718.728.8472.

**Sunnyside Community Services Center for Active Older Adults**, 718.784.6173.



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