



The Community House • 15 Borage Place Forest Hills, NY 11375
Phone: (718) 268-7710 • Fax: (718) 268-8771 • Email: info@citgch.org



**CITG
COMMUNITY HOUSE
SERVING THE
COMMUNITY FOR
OVER 85 YEARS!**

15 Borage Place
Forest Hills, NY 11375-6012
Phone: 718-268-7710
Fax: 718-268-8771
www.citgch.org

OFFICE HOURS

Monday-Friday 9am-9:00pm
Saturday 9am-5:30pm

EXECUTIVE COMMITTEE

Mr. Jack Seng, Chairperson
Mrs. Lily Zivkovic, Vice-Chairperson
Mr. Joseph Keane, Past-Chairperson
Mrs. Clotilde Eng, Treasurer
Mrs. Mary O'Connell, Secretary

COMMITTEE MEMBERS

Mr. Edward Llerandi
Mr. George Mauro
Mrs. Shirley Moy
Mrs. Randy St. Germain
Mrs. JoJo Serventi, Director

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Raffles



Music

Mark your calendars for this year's "Taste of Forest Hills 2013"

Saturday,
November 2, 2013
1:00 - 4:00 pm

**Come sample some of Greater Forest Hills' best restau-
rants paired with today's best wines!**

**Admission: \$35.00 per person CH Members
\$45.00 per person non CH Members**



The Member's BBQ was a huge success. We hope our guests enjoyed themselves. Thanks to our wonderful staff for another job "well done"!

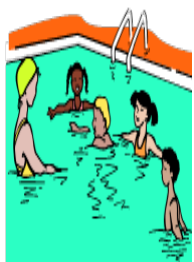
Congratulations and Best Wishes to our New CH Executive Board

Chairperson:
Jack Seng
Vice-Chair:
Lily Zivkovic
Past Chair:
Joseph Keane
Treasurer:
Clotilde Eng
Secretary:
Mary O'Connell

A special thanks to Lily Zivkovic for her two years of service as CH Chairperson! 2011-2013

The Mother/Daughter event has been postponed until further notice.

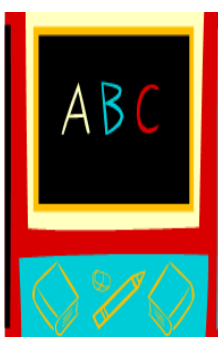
FALL CLASSES AND CH NEWS



Fall Swim Classes

Group swim lessons began on Monday, September 30th. Pamper Paddlers will begin on Saturday, October 5th Beyond level 5 classes will begin the week of October 7th

Call the CH office for more information or download a schedule from our website www.citgch.org



The after school program follows the NYC public school calendar therefore there will be NO AFTER SCHOOL on Monday, October 14th Payments for October, November and December are due by October 1st.



From the Community House School

The children adjusted beautifully for the new school year and are off to a great year of learning. The children are getting into the routine in their classrooms and are enjoying all aspects of the curriculum. We welcomed fall with new songs and beautiful apple print art. As we look forward to October we will celebrate the fall with our very own pumpkin patch in our playground where each child will pick a pumpkin. We can't wait for the Boo-tiful costume parade on October 31st as we celebrate Halloween.

Dates to Remember:

- October 7th - 5 Morning class trip to the Green Meadows Farm
- October 8th - School is closed for staff Development
- October 10th - Full day class trip to Queens Botanical Gardens
- October 14th - School is closed for Columbus Day
- October 18th - Bring a stuffed animal to school
- October 31st - Halloween costume parade and party



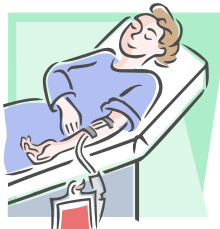
"Over the Hill"
Men's
Basketball
Wednesday
evenings
7:15 pm



Happy
100th
Birthday
to the
Women's
Club



MARK YOUR
2013/2014
CALENDARS



The CITG is Sponsoring a blood drive on Sunday, October 13th

For more information please call the church office at 718-268-6704

November 2 - "2013"
Taste of Forest Hills
December 7 - CH Family
Holiday Dinner Dance
December 14 - Men's Club
Christmas Dinner Dance
April 11&12 - Women's Club
Rehearsal & Guest Night

Parking Rules
Please be reminded the Forest Hills Gardens Corporation strictly enforces its parking code and Community House members must have an updated parking pass in their car when visiting the CH.

OCTOBER POOL SCHEDULE

Please follow the CH rules while using the pool!!
NO FOOD OR DRINKS IN THE POOL AREA!!

Swimmers will not be admitted to the pool 15 minutes prior to the PM closing time!

SAVE WATER - Remember to turn off the showers.
 Kindly keep our locker rooms clean...Thank you!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00-3:30 pm Lessons 3:30 - 5:00 pm Family Swim 7:00 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	2 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7:00 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	3 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00 -3:30 pm Lessons 3:30 - 5:00 pm Family Swim 7:00 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	4 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00 - 4:00 pm Family Swim 4:00 - 6:30 pm Lessons 6:30 - 7:30 pm Family Swim 7:30 - 9:15 pm Adult Lap	5 7:30 - 10:30am Adult Lap 10:30-11:00am Adult No Lap 10:30 - Noon Water Aerobics 1:00 - 5:30 pm Family Swim
7 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7:00 - 8:00 pm Family Swim 7:00 - 8:00 pm Beyond Level 5 8:00 - 9:15 pm Adult Lap	8 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00 -3:30 pm Lessons 3:30 - 5:00 pm Family Swim 7:00 - 8:00 pm Family Swim 7:00 - 8:00 pm Beyond Level 5 8:00 - 9:15 pm Adult Lap	9 6:00 am - 1:00 pm Adult Lap 1:00 - 2:00 pm Adult No Lap 3:00 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7:00 - 8:00 pm Family Swim 7:00 - 8:00 pm Beyond Level 5 8:00 - 9:15 pm Adult Lap	10 SAME AS ABOVE	11 SAME AS ABOVE	12 SAME AS ABOVE
14 CH CLOSED	15 SAME AS ABOVE	16 SAME AS ABOVE	17 SAME AS ABOVE	18 SAME AS ABOVE	19 SAME AS ABOVE Pool closes at 4:30pm
21 SAME AS October 7th	22 SAME AS ABOVE	23 SAME AS ABOVE	24 SAME AS ABOVE	25 SAME AS ABOVE	26 SAME AS ABOVE
28 SAME AS ABOVE	29 SAME AS ABOVE	30 SAME AS ABOVE	31 SAME AS ABOVE		

CLASS SCHEDULES:

Adults only yoga

Tuesdays and Thursdays evenings
7:15-8:30 pm

Wednesday Mornings 6:30-7:45 am

Saturday Mornings 7:45-9:00 am

Family yoga

Saturday Mornings 9 am-10 am

Martial arts

Saturdays

4-5 year olds 12:00 pm

6-10 year olds 1:00 pm

6-10 year olds 2:00 pm

11 years & up 3:00 pm

Hip Hop Classes

Friday evenings 7:00 pm

Zumba Classes

Mondays & Wednesdays 7:30 pm

Zumba Kids Jr. Class

Children ages 4-6

Saturdays 10:00 - 11:00 am

Water Aerobic Classes

Saturdays 10:30 am - 11:15 am

Saturdays 11:15 am - 12:00 pm

Tai Chi Classes

Saturdays 4:00 pm - 5:00 pm

Pool Notes and Reminders

- The lifeguard is in charge of the pool while on duty!
- Swimmers MUST remember to shower before they get into the pool.
- Admission to the pool ends 15 MINUTES BEFORE the pool closes.
- Entrance to the pool MUST be made through the locker rooms.
- Young adults (13 or older) who are proficient in swimming MAY swim during adult lap swim.
- To avoid unnecessary injuries, swimmers should swim in lanes designated for their swimming ability.
- THERE WILL BE NO LAP SWIMMING DURING ADULT NO LAP SWIM (THIS IS NON NEGOTIABLE!)
- Absolutely NO eating in the locker rooms, NO exceptions.
- Children under the age of ten MUST be accompanied by an adult.
- Diving and/or jumping in NOT permitted.
- Food and drinks are NOT permitted in the locker/pool area.
- Street shoes are NOT permitted on the pool deck.
- **Yearly locker rental fees will be \$60 for small lockers and \$120 for large lockers.** You must register and pay for your locker in the CH office. Locks not registered will be removed from lockers.
- During Family swim time ADULTS MUST be accompanied by a child.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PM Yoga	2 AM Yoga Over the Hill Basketball ZUMBA	3 PM Yoga	4 HIP HOP	5 Yoga Zumba Kids Jr. Water Aerobics Martial Arts Tai Chi
7 ZUMBA	8 NO YOGA GYM CLOSED	9 AM Yoga Over the Hill Basketball ZUMBA	10 PM Yoga	11 HIP HOP	12 Yoga Zumba Kids Jr. Water Aerobics Martial Arts Tai Chi
14 CH CLOSED	15 PM Yoga	16 AM Yoga Over the Hill Basketball ZUMBA	17 PM Yoga	18 HIP HOP	19 Yoga Zumba Kids Jr. Water Aerobics Gym closed Women's Club Gala
21 ZUMBA	22 PM Yoga	23 AM Yoga Over the Hill Basketball ZUMBA	24 PM Yoga	25 HIP HOP	26 Yoga Zumba Kids Jr. Water Aerobics Martial Arts Tai Chi
28 ZUMBA	29 PM Yoga	30 AM Yoga Over the Hill Basketball ZUMBA	31 PM Yoga		



UPCOMING EVENTS

October 8th - Women's Club 100th anniversary - No classes for CH Nursery School
 October 14th - CH closed
 Columbus Day
 October 19th - Women's Club Gala in gym - pool closes at 4:30pm
 October 21st - Women's Club - Board & Bridge
 November 2nd - Taste of Forest Hills 2013
 November 4th - Women's Club General Meeting
 November 5th - Election Day - No After school
 November 11th - Veteran's Day
 Women's Club Philanthropic Luncheon - No After school
 November 28th-30th - CH closed for Thanksgiving Holiday Weekend