

ONE
COMMUNITY

FOR SENIORS

THE SHARING NETWORK

Fall Term 2025

Friendly Free Fantastic



For more information and enrollment:
call Charnora at 347-773-4768



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Email: info@onecommunitynyc.org
Address: 13 Greene Avenue
Brooklyn, NY 11238
Website: www.onecommunitynyc.org

"The Sharing Network changed my life because it got me to socialize with other people."

- K.R., member of Survey Says and Spinning the Oldies

"It's food for the soul!"

- Illse, member of Let's Talk

"I just thank God just for being on this line."

- Catherine, member of many groups

Seniors can join one or more conversation and activity groups led by trained moderators.

Each group meets one hour a week for eight weeks. Attend the groups you like, whenever you can.

Try one for just an hour. No obligation. Free!

Questions? Want to sign up?
Call **Charnora Simon.**

347-773-4768
Simon@onecommunitynyc.org

MONDAYS

Let's Talk

Storyteller Pam Mondezic starts the week off on the right note with a lively group devoted to convivial conversation. Everyone joins in to discuss the day's topic: food, family, travel, health, community. Whatever it is, let's talk about it.

Mondays at 11 AM

Afternoon Bible Study

Reverend Pamela Denise Mason joins the Sharing Network to lead a weekly hour of study and devotion. Her mission is to empower individuals with a deep understanding of scripture and to inspire them to embody their faith in their daily lives. Her extensive experience includes serving as Assistant Minister for Christian Education and General Superintendent of the Sunday School Ministry at the renowned Abyssinian Baptist Church in Harlem.

Mondays at 1 PM

Our Gospel

The fellowship of joy that gospel music brings into our lives comes alive each week in Our Gospel. Join us to exult in the glory of the music and to talk about your connection to the gifted singers and choirs. Charnora Simon, the Sharing Network coordinator, compiles the playlists and introduces the artists.

Mondays at 3 PM

TUESDAYS

Personal Herstory

Our children and their children are eager to learn more about our life stories. In these memoir-writing sessions, participants write and share short snippets of their personal stories each week. The group is facilitated by Dr. Judith Stewart, a retired school principal whose own life story started in Fort Greene

Tuesdays at 11 PM (Sorry, no openings at this time)

Art with Friends

Black artists continue to create novel, stirring, and important work in the U.S. and around the world. *Imagining Black Diasporas*, an exhibit at the Los Angeles County Museum of Art (LACMA), highlights their ideas, approaches, and use of materials. Join LACMA moderators for an in-depth exploration of the connections and conversations Black artists are forging across international boundaries.

Tuesdays at 1 PM

Brain Fitness

Expert Bob Nugent leads a lively and amusing hour of trivia games, brain teasers and good conversation. The topic could be about TV shows of yesteryear, where to get a good pastrami sandwich or almost anything at all.

Every other Tuesday at 3 PM starting on July 22nd



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TUESDAYS

Survey Says

Get ready to feud! In this lively group, members face off, racing to come up with the best answers to fast-paced questions from the moderator. Inspired by the classic TV favorite Family Feud and hosted by Colleen Doherty — an educator and children's book author from Arizona — it's all about friendly rivalry and fun.

Every other Tuesday at 3 PM starting on July 29th

WEDNESDAYS

Bible Study

Guided by ordained evangelist Donna Fluker, this uplifting group blends learning, praise, and prayer in a spirit of devotion and discovery. A lifelong student of the Bible and a dedicated Brooklyn church member, Donna shares her deep faith and knowledge with warmth and purpose.

Wednesdays at 11 AM

Stretch it Out

Cornelius Jones, Jr. is a veteran of TV and stage, who has performed in the Lion King on Broadway, on Law and Order on TV, and in theaters from coast to coast. He's also an admired yoga teacher who leads relaxing and inspirational chair exercise sessions every week. This group is an ideal way to care for both your mind and body.

Wednesdays at 1 PM

Gratitude

Take some time out of your day to share gratitude with friends, old and new. Are you blessed? Don't keep it to yourself! This uplifting group is led by lay preacher Tonya Hill, with conviction and spirit.

Wednesdays at 3 PM, every other week



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WEDNESDAYS

Now Playing

Award-winning actors, writers, and directors perform vibrant short plays, moderated by Fritz Valme. Listen and join gripping discussions that explore current events, societal flash points, and personal relationships. Fritz, with a background in aviation and education, serves as an insightful and provocative host.

Wednesdays at 3 PM, every other week

THURSDAYS

Spinning the Oldies

Saadiah Fowlkes curates a blend of jazz, pop, and soul classics from across the decades, delivering an immersive musical experience for all. Join us to reminisce and celebrate the music that has shaped our lives. A native of Clinton Hill and resident of Bed Stuy, Saadiah infuses each session with his passion for exceptional music and the pleasures of good conversation.

Thursdays at 11 AM

Health & Wellness

Stay updated on the latest health topics with Marcia Richman, RN. She shares her insights and expertise on various medical issues and answers your questions with clarity and compassion. Her decades of experience as a nurse and administrator allow her to communicate effectively with all who join.

Thursdays at 1 PM

Black and Brown Power

From Borough Hall to City Hall, from Albany to Washington, African Americans hold positions of power and influence. Longtime political activist Kevin Harewood leads a discussion group that celebrates the rise of Black political power and discusses how to make it even more effective. Kevin Harewood is a filmmaker and music producer who has worked on both coasts.

Thursdays at 3:30 PM

FRIDAYS

The North Brooklyn Literary Society

Hear recordings of books of particular interest to Black audiences read by the authors or skilled narrators. Previous terms have discussed books such as Michelle Obama's *Becoming* and Harriet Jacobs' powerful autobiography, *Incidents in the Life of a Slave Girl*. Sydney Henry, a brilliant communications consultant from Toronto, leads the probing and passionate discussions.

Fridays at 11 AM

African American History

Mira Johnson brings a lifelong interest in all aspects of African American History and culture to this lively and informative group. Everyone who shares her passion and her pride for being Black will enjoy attending.

Fridays at 1 PM

Learn to Crochet

Yes, you can learn to crochet over the phone! Expert Tammy Freitag has extensive experience teaching people who can't see her. Materials, including yarn and a crochet hook, will be delivered to your home for free! Beginners welcome.

Fridays at 3 PM

Sharing Network Spotlight



Learn to Crochet

Yes, you can learn to crochet over the phone! Expert Tammy Freitag has extensive experience teaching people who cannot see her. Materials, including yarn, crochet hook and a guidebook, will be delivered to your home for free. Beginners are welcome.

Every Friday at 3 PM

Please contact Charnora Simon if you are interested:
347-773-4768 | simon@onecommunitynyc.org

ONE COMMUNITY

One Community makes Fort Greene/Clinton Hill a neighborhood where resources and opportunities are shared fairly and everyone is treated with dignity. Acting with community partners, it initiates projects that immediately change people's lives.

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