

# QNEWS Q DIGITAL

A Quest Publication

Issue 76

July 2026

## A Note From the President

The creativity of Questers again captured our attention and respect during our annual Creativity Day thanks to the hard work of co-coordinators **Mary Ann Donnelly**, **Andrea Irvine**, and **Tamara Weinberg** and the numerous presenters of poetry, storytelling, hand-made jewelry, dance, a photographic tour of Central Park, and even edible art.

While this is always a fun-filled event, it underscores how two important activities — creativity and lifelong learning — are inexorably linked in helping us retirees maintain active, healthy, and fulfilling lives. Continuing to learn new skills and exploring our creative side improves our mental well-being, strengthens our memory, and gives us a sense of purpose. As clearly demonstrated at 25 Broadway every day (not just today), age does not limit our ability to discover new interests and talents after retirement.

But what if we have the interest but don't think we have that intangible thing called talent? Or what if we've convinced ourselves we've lost it and can no longer do 'it'?

Creativity is not limited to artists, writers, performers, or musicians. Creativity is the ability to generate new ideas, make unexpected connections and express ourselves in ways that bring meaning, insight, or beauty to our lives and can be found in problem-solving, teaching, volunteering, relationships, and countless everyday activities. At its core, creativity is the willingness to explore, experiment, and see possibilities where others may see limitations.

It's not surprising that many of us discover our creativity later in life when career demands and family responsibilities as well as self-doubt no longer occupy center stage; when retirement and other life transitions create space for curiosity, reflection and exploration.

So start with cultivating curiosity and, while the old saying says that curiosity killed the cat, remember that "satisfaction brought it back." So read widely, ask questions, learn new skills, and expose yourself to unfamiliar experiences. Practice regularly, even in small ways, and embrace mistakes as part of the creative process. Creativity grows through experimentation, persistence, and play. Like a muscle, it strengthens with use. The more we explore, create, and remain open to discovery, the more creativity becomes a vibrant and rewarding part of our lives.

Our creativity will often emerge when we give ourselves permission to try something new without worrying about being good at it. So try it... you just might find your hidden creativity. And maybe you'll share with us your new-found talents during Quest Creativity Day 2027!

– Donna Ramer

## Summer Encores July 2026

All classes are 10:30 am to 12 noon

See NWAQ every Friday for location and Zoom access

### Tuesdays July 7 – July 28

**July 7:** Paul Golomb, *The Afterlife World of Religions*

**July 14:** Sandra Abramson, *People We Should Know But Don't*, Quester's Choice

**July 21:** Tracey Lee, *Happiness, Emotional Dichotomies Within*

**July 28:** Karen Cullen, *The Black Swan: The Impact of the Highly Improbable*, Quester's Choice

### Thursdays July 2 – July 30

**July 2:** Holiday / Quest Closed

**July 9:** Ze'eva Cohen, *Tap Dance Legends: Creators of a Unique American Art*, Quester's Choice

**July 16:** Andy Bata, *The Subway, American Upheavals*

**July 23:** Wayne Cotter, Mary Ann Donnelly, Steve Koenig, *Folk, Soul & Rock: America at 250 in Song*

**July 30:** Babette Ceccotti, *Albert Barnes & The Barnes Collection, Artists & Their Work*

<https://www.questcontinuingednyc.org/>

Email us at [questlifelonginfo@gmail.com](mailto:questlifelonginfo@gmail.com)

## Three Guest Speakers To Be Encored In August

by Arlynn Greenbaum

We have an impressive archive of recordings on our website of our distinguished guest lecturers going back to 2020—but hardly anyone watches them. So we have picked three to show via Zoom in August to watch together followed by a live discussion. The “watch parties” will run from 10:30 am to 12:00 noon and will be moderated by the original host. Here are the details:

**August 5: Jesse Green**, author of *Shy: The Alarming Outspoken Memoirs of Mary Rodgers*, and former chief theater critic for *The New York Times*. Moderated by **Karen Levin**.

**August 12: Peter Gelb**, General Manager of the Metropolitan Opera Company. Moderated by **Estelle Selzer**.

**August 19: Ross Perlin**, author of *Language City: The Fight to Preserve Endangered Mother Tongues*. Moderated by **Bob Reiss**.

Thanks to **Wayne Cotter** for suggesting this idea and to **George Chung** and **Michael Russo** for technical assistance. The Friday before each session, the moderator will send out a reminder with the Zoom link (which will be our usual auditorium link). If you suffer from “Quest withdrawal” in August, this is the ticket for you.

## Portugal, Of All Places

by Michael Wellner

At the beginning of June, **Andrea Pastor**, **Victor Brener** (and his wife), and **Michael Wellner** spent a truly delightful ten days on a Road Scholar trip to northern Portugal’s absolutely beautiful wine country along the Douro River.

Their adventure began in the lovely city of Porto (population about 250,000), located at the mouth of the Douro where it meets the Atlantic Ocean. After a couple of days there, they boarded a 250-foot long, 132 passenger river boat, for a wonderful cruise of nearly 300 miles, due east, through Portugal’s rolling hills, filled with vineyards everywhere they looked. And the weather was picture-perfect every day: 75 degrees, clear skies, and not a drop of rain.

With lots of Portuguese wine every day, and a very compatible Road Scholar group of nineteen seniors, it was a perfect way to begin their summer!



## Q Review

### REMEMBER Q REVIEW

130 days until deadline

For publication in Quest’s literary and arts journal:

Send prose to **Donna Ramer**  
[donnaramer@gmail.com](mailto:donnaramer@gmail.com)

Poetry goes to **Judy Hampson**  
[judyahampson@gmail.com](mailto:judyahampson@gmail.com)

Contact **Paul Adler**  
[adlerworks@verizon.net](mailto:adlerworks@verizon.net)  
to learn how to submit your art

Find guidelines at <https://www.questcontinguednyc.org/q-review/>

## Encores ’26 Begin

by Andrea Irvine

Encores ’26 got off to a wonderful start as more than 80 Questers gathered to celebrate the opening of our summer session. The lunchroom was filled with conversation, laughter, and the pleasure of seeing friends old and new.

A special “thank you” goes to **Gale Spitalnik** and her Social Committee members, **Lois Klein**, **Nina Dioletis**, **Pam Gemelli**, and **Jamie Rower**, whose hard work and generosity provided a delicious lunch of sandwiches and cookies for everyone to enjoy.

The morning was highlighted by **Ellie Schaffer**’s engaging presentation on “Meredith Willson’s *The Music Man*,” which delighted the audience and set a lively tone for the weeks ahead.

Here’s to a great summer at Quest!



## Curriculum Corner

by Ellie Schaffer

### What Makes a Good Presentation?

**Y**ou may be working on a presentation for the Fall or in the near future. Here are some tips:

Start with *your purpose*. What do you want the audience to learn, to think about, and perhaps do differently? Use that purpose to build the structure of your talk. Let your audience walk away with a few memorable concepts.

When using PowerPoint, think of the slides as a backdrop rather than the main event. Keep them simple, with just enough text or images to highlight your key ideas. Your audience will be listening to you—not reading the screen.

Practice! Make sure your presentation is the right length and that it flows smoothly. Make eye contact. Speak clearly. Show your enthusiasm and engage the audience! Your presentation should spark conversation during your talk and leave the audience excited about continuing the conversation in the lunchroom, in the halls, or wherever it may lead!

Ellie Schaffer, for the Curriculum Committee  
elschaffer@gmail.com

## CultureQuest

by Estelle Selzer

**I** am excited to be taking over the position of Lead Coordinator of the CultureQuest Committee starting with the upcoming Fall Semester. We have been hard at work planning events that should interest all Questers. The following events have been scheduled:

**Sept 18:** A day at the Cloisters medieval gardens and museum in Upper Manhattan.

**Oct 2:** A day at the beautiful gardens of Wave Hill In Riverdale.

**Oct 16:** Ippodo Japanese Art Gallery in Tribeca.

**Oct 30:** *Impact: The End of the Age of Dinosaurs* at the American Museum of Natural History with our very own docents Marion Shultheis and Michael Hamburg.

**Nov 13:** Open working rehearsal of the opera *Jenufa* at the Metropolitan Opera.

**Dec 4:** *New York Now: After Dark* (Triennial of Contemporary Photography) exhibit at The Museum of the City of New York.

## Quest Book Club

**S**ummer is a great time to get the jump on the Quest Book Club reading list! We meet once a month on Wednesday of the first A Week of the month, from 12:10–12:55 pm, in-person at 25 Broadway.

Here are the dates and reading selections for Fall 2026:

**Sept 9:** *Lonesome Dove* by Larry McMurtry; presented by **Lois Klein**

**Oct 7:** *The Paris Hours* by Alex George; presented by **Sandy Gordon**

**Nov 4:** *The Correspondent* by Virginia Evans; presented by **Madeleine Brecher**

**Dec 9:** *Montana 1948* by Larry Watson; presented by **Maggie Gill**



## CWE Scholarship Luncheon

by Michael Wellner



**O**n a very warm Tuesday evening in May, our friends at CWE held their annual Awards and Scholarships Ceremony, at which some twenty awards and scholarships were presented to an exceptional group of CWE students. Thanks to the exceptional generosity of individual Quest members **Sandra Abramson, Michael Wellner, Elaine Martin, Peter Cott and Ken Leedom, and Bob Hartmann**, and to the aggregate gift of the Quest Scholarship, eleven outstanding CWE students were honored, and so grateful to be the beneficiaries of our scholarships.

Although several donors were unfortunately not able to be on campus for the luncheon, four of us were: pictured are **Marsha Porcell, Sandra Abramson**, President Boudreau, **Michael Wellner**, and **Lynne Drabkin**. Thanks again to all our generous Quest contributors.

## Creative Corner

### A DREAM®

by Betty Farber

One night a caring friend named Lynne  
Had dreams, which caused her great  
chagrin,  
That I was driving my own car.  
“She can’t be driving very far!”  
I’m very old and yet I’m striving...  
Lynne asked, “Now should you still  
be driving?”

We drove downtown for a repair  
And found a man with time to spare  
I was fine and still surviving,  
But then he asked, “Should she be driving?”

Lynne told him, “She is very smart,  
With a strong mind and a good heart.”  
The worker checks and must agree,  
“She’s smart, although she’s 93!”

Though 95 this year and thriving,  
Even in dreams, I should quit driving!

## Q News Staff

*A Quest Publication*

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Articles submitted to QNews  
may be edited by the Staff.  
The Editor-in-Chief is the final arbiter  
of the publication’s contents.

**He Suffers More Than Necessary,  
Who Suffers Before It Is Necessary.**  
— Seneca

## Creativity Day – A Success!

by Arlynn Greenbaum



**Mary Ann Donnelly, Tamara Weinberg,**  
and **Andrea Irvine** orchestrated  
Creativity Day 2026.

## Urban Wanderings

by Frank Montaturo

### Wingèd Hermes New York City A recent summer

**T**he Wingèd  
Sandals of Hermes  
(Ancient Greek:  
*πτηνοπέδιλος, ptēnopédilos*  
*or πτερόεντα πέδιλα,*  
*pteróenta pédila*) are...  
a symbol of the Greek  
messenger god Hermes.  
They were said to be made  
by the god Hephaestus of  
imperishable gold and they  
flew the god as swift as  
any bird.

There’s also a handbag  
to go with them. Price  
upon request.



**A** full auditorium of Questers were  
amused, amazed, and entertained  
on June 23 at Creativity Day, part  
of the Summer Encores program. **Carol  
Teten** started things off with a spirited  
Grand March, and **Jennifer Jolly** played  
a beautiful Chopin sonata as the finale.

The 17 performers in between included  
poetry by **Helen Saffan, Ze’eva Cohen,**  
**Ruth Ward, Linda Schwartz, Lynne  
Scheurer-Foster,** and **Steve Koenig. Ellie  
Schaffer** and **June Jordan** sang a funny  
musical parody, and **Shirley Ranz** showed  
us her beautiful jewelry. We were treated  
to art and photography presentations by  
**Linda Rothstein, Debbi Honorof, Helen  
McMahon, Deborah Bonelli,** and **Yona  
Rogosin. Lisa Levine** did a stand-up  
routine, **Ellen Shapiro** told us a story, and  
**Jenna Orkin** read from her book about  
teaching English as a second language.

Several new members participated and  
a good time was had by all. Prosecco and  
sweets provided by the Social Committee  
celebrated the special day.

## Who's Doing What

**Marion Schultheis** and Lionel Messi celebrating victory recently in Argentina.



• • •

Quest members

**Bob Shick, Wayne Cotter, Arlynn Greenbaum, and George Chung** recently got together on Staten

Island for some spirited sets of doubles.



• • •

On June 11, a sultry day in Queens, ten Quest members witnessed the struggling Mets overtake the St. Louis Cardinals, 5-4, a fitting way to celebrate Marian Friedmann's 90th birthday! Top row:

**Wayne Cotter, John Davis, Vincent Grosso, Bob Shick, Bob Reiss** (with towel on head), and **Bob Gottfried**; Bottom row: **David Judlowitz, Marian Friedmann, Sandra Abramson, and Mary Ann Donnelly.**



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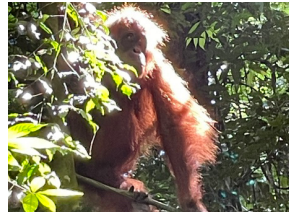
On June 2nd, **Madeleine & George Brecher** celebrated with their 21-year-old granddaughter Eden, who was honored by the Gift of Life Bone Marrow Foundation. At age 18, Eden donated her stem cells to save the life of an anonymous woman. At the June event, Eden met the woman

whose life she saved

• • •



**Pete and Judy Weis** had a wonderful two-week trip in Indonesia, having seen orangutans and Komodo dragons up close (among other things), and are now recovering from jetlag (12-hour time change) at their summer place on Long Island.



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**Sybil Cohen's** grandson Maxwell, who received multiple awards at his graduation from University of Colorado in Boulder,

celebrated with his parents and uncle.

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Colorado grand-daughter, daughter-in-law, and number 4 son visited



**Sybil Cohen** in Great Neck.

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## Special July Dates

Disability Pride Month  
Plastic-free July

**1** Canada Day  
National Postal Worker Day

**4** Semi Quincentennial

**5** National Bikini Day

**9** National Dimples Day

**11** World Population Day

**12** Wimbledon Finals

**14** Bastille Day

**15** National Hot Dog Day  
Be a Dork Day

**17** Peach Ice Cream Day  
Wrong Way Corrigan Day

**19** FIFA World Cup Final

**22** Spoonerisms Day

**24** Amelia Earhart Day

**25** National Carousel Day

**28** System Administrator  
Appreciation Day

**30** International Day of Friendship

**31** National Avocado Day

**The Belief In A Supernatural Source Of Evil Is Not Necessary; Men Alone Are Quite Capable Of Every Wickedness."**

— *Joseph Conrad,*  
Under Western Eyes

**My Country, Right Or Wrong;  
If Right, To Be Kept Right; And If Wrong,  
To Be Set Right.**

— *Carl Schurz*

AMERICA

