



PENN SOUTH PROGRAM FOR SENIORS
290A 9TH AVENUE NEW YORK, NY 10001 212-243-3670
Sponsored by PENN SOUTH SOCIAL SERVICES, INC.
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All course registration fees and contributions are voluntary.

MAY 2019 CLASSES

Room 1 (Yalowitz Room) - 290A 9th Ave.

PSPS Office (Bldg 6A) - 290A 9th Ave.

Room 2 (Kurzband Room) - 290A 9th Ave.

Kagle Room (Building 6B) - 280 9th Ave.

Building 2B (Community Room) - 339 West 24th St.

Nurse's Office (Building 6A) - 290A 9th Ave.

Building 8A (Community Rm) - 343 Eighth Ave.

Dance Studio (Building 7A) - 322 West 28th St.

MONDAYS *Closed 5/27 - For Memorial Day*

10:45 - 11:45	Ends 5/6	MUSIC FOR YOU	Room 1 (Yalowitz Rm)
2:00 - 3:30	Ends 6/24	AILEYDANCE FOR ACTIVE ADULTS	Dance Studio (Bldg 7A)

TUESDAYS

10:00 - 11:30	Weekly	BLOOD PRESSURE	Nurse's Office (Bldg 6A)
10:00 - 10:45	Weekly	MEDITATION	Kagle Rm (Bldg 6B)
12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
1:00 - 2:00	5/7, 5/21	THE ROGER AND ALICE DEAKINS' PARKINSON'S SUPPORT GROUP	Bldg 2B (Community Rm)
1:00 - 2:00	Weekly	STRETCH AND TONE with Margrecia (All Levels)	Room 1 (Yalowitz Rm)

WEDNESDAYS

12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
1:30 - 4:00	Starts 5/1	AWARD SEASON MOVIE SERIES - See Back For More Info	Room 1 (Yalowitz Rm)
2:00 - 3:30	Ends 6/26	AILEYDANCE FOR ACTIVE ADULTS	Dance Studio (Bldg 7A)
5:30	5/8, 5/22	NEIGHBORLY NIGHTS - See Back For More Info	Room 1 (Yalowitz Rm)

THURSDAYS

11:00 - 11:55	Ends 5/16	TAI CHI (GROUP 1)	Room 1 (Yalowitz Rm)
11:15 - 12:45	Ends 5/2	COMEDY IMPROV	Room 2 (Kurzband Rm)
12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
12:00 - 1:00	Ends 5/16	TAI CHI (GROUP 2)	Room 1 (Yalowitz Rm)
1:00 - 2:00	Ends 5/9	CURRENT EVENTS AND ETHICS	Room 2 (Kurzband Rm)
2:00 - 3:00	Monthly, 5/30	BOOK CLUB - <i>Look at Me</i> by Jennifer Egan	Kagle Rm (Bldg 6B)
2:00 - 4:00	Weekly	PUTTING THE "I" IN IPHONE	PSPS Office (Bldg 6A)
2:30	5/2, 5/9, 5/30	THURSDAY SPECIALS - See Back For More Info	Room 1 (Yalowitz Rm)

FRIDAYS

10:30 - 11:15	Weekly	FITNESS WITH IVY - ADVANCED	Room 1 (Yalowitz Rm)
11:00 - 12:30	Ends 6/28	AILEYDANCE FOR SENIORS & THEIR CAREGIVERS	Dance Studio (Bldg 7A)
11:00 - 12:30	Weekly	MEET & EAT!	Room 2 (Kurzband Rm)
11:30 - 12:15	Ends 5/3	FITNESS WITH IVY - ALL LEVELS	Room 1 (Yalowitz Rm)
12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
1:00 - 4:45	Weekly	BRIDGE - without Instruction	Room 2 (Kurzband Rm)
2:00 - 4:00	5/10, 5/24	TECH SOUP - See Back For More Info	Kagle Rm (Bldg 6B)
2:30 - 4:00	Ends 5/3	BEGINNER'S SPANISH CLASS	Room 1 (Yalowitz Rm)

April 2019



NEIGHBORLY NIGHTS in Room 1 (Yalowitz Room) - Wednesdays @ 5:30pm	
<p>4/17 - Drama Show - The Penn South Drama Class will present their final performance for the semester, which includes scenes from Broadway productions and original scenes written by members. Please join us and be astounded and entertained by your friends and neighbors. Directed by Frank Engel! Sign up at the Front Desk or call 212-243-3670! Light Refreshments will be provided.</p> <p>4/24 - Floral Arrangement with Abbey - This class will give you a great foundation for the technical tricks of flower arranging as well as composition, color and design. Abbey will show you how to achieve effortless looking arrangements for your holiday season! We look forward to having you! SPACE IS LIMITED! Sign up at the Front Desk or call 212-243-3670! Pizza will be provided! Hosted by JASA's Young Leaders Council.</p>	
THURSDAY SPECIALS in Room 1 (Yalowitz Room) @ 2:30pm	
<p>4/4 - Successful Long-Term Care Planning: Part Two - Discussion of long-term care from a legal perspective including trusts, Powers of Attorney, Health Care Proxies and guardianship. Basic concepts of Medicaid planning and long-term care insurance will also be reviewed. Sign up at the Front Desk or call 212-243-3670!</p> <p>4/11 - Comedy Improv Show - Laugh and be entertained as members of the comedy improv class showcase their wit and humor during a free end-of-semester improv sketch show.</p> <p>4/18 - Musical Showcase with Concerts in Motion - Come listen to uplifting and live music performed by professionals who will play many styles of music, from Latin to jazz to swing to pop and oldies. Light refreshments will be provided. Sign up at the Front Desk or call 212-243-3670!</p>	
	<p style="text-align: center;">Keeping Good Company: The Benefits of Social Connectedness in Later Life Tuesday, April 2nd at 11:00am Room 1 (Yalowitz Room)</p> <p>Dr. Sophia Siddiqui, a Geriatrics Fellow at Mount Sinai, will address the influence of social relationships on overall health and cognition. She will identify strengths and vulnerabilities in social relationships, and touch on the diversity of family structures and how this may impact care. A program of Mount Sinai School of Medicine, Dept. of Geriatrics, funded by UJA Federation. Sign up at the Front Desk or call 212-243-3670. Light refreshments will be provided.</p>
<p style="text-align: center;">Notary Day: Friday, April 19th at 10:00am to 12:00pm Room 1 (Yalowitz Room) Three notaries will be present to notarize income affidavits only. First come, First served.</p>	
<p style="text-align: center;">Passover Celebration: Thursday, April 25th at 12:00pm Room 1 (Yalowitz Room) Join us for an informal affair with music by Nathan Kaplan and delectable Passover hor d'oeuvres from Mendy's Kosher Deli! RSVP by Friday, April 19th at the Front Desk of the Center. A \$5 contribution is requested (Scholarships Available). Seats are limited - Register early at the Center's Front Desk or call 212-243-3670. ALL CLASSES ARE CANCELLED TO ACCOMMODATE THIS SPECIAL EVENT.</p>	
<p style="text-align: center;">AileyDance For Active Adults: Percussion Lecture-Demonstration Tuesday, April 2nd at 12:45pm Community Room 8A (343 Eighth Avenue) To kick off our partnership with AlvinAiley, Ailey Arts In Education (AIE) presents a Percussion Lecture-Demonstration. It is a rhythm and movement presentation using percussion instruments. Spectators will learn about the basic rhythmic structure of indigenous music and the cultures that create it. Audience members will then be invited to sample phrases of West African dance! Sign up at</p>	
<p style="text-align: center;">AileyDance for Active Adults - 11 Sessions twice a week Mondays, Starting April 8th 2:00 - 3:30 PM & Wednesdays, Starting April 10th 2:00 - 3:30 PM Dance Studio (Building 7A) - 330 West 28th St.</p> <p>An opportunity for you to participate in an enriching experience under the guidance of an Alvin Ailey Teaching Artist! All are welcome to join in experiencing personal artistic expression by creating and learning choreography that inspires joy, laughter, friendship, and excitement! Sign up at the Front Desk or call 212-243-3670. Participants should wear comfortable clothing such as leggings or sweatpants and a comfortable top with sneakers or rubber-soled shoes with foot support.</p>	
<p style="text-align: center;">AileyDance for Seniors and Their Caregivers - 11 Sessions Fridays, Starting April 12th at 11:00 AM - 12:30 PM Dance Studio (Building 7A) - 330 West 28th St.</p> <p>Join us for an opportunity for seniors and caregivers to participate together in dance. Alvin Ailey believes in the transformative power of dance for all people. Guided by an Ailey Teaching Artist, adaptations are made for those who experience mobility, balance, or memory challenges. Low impact movements, in sitting or standing positions, support those of varying abilities. Sign up at the Front Desk or call 212-243-3670. Participants should wear comfortable clothing such as leggings or sweatpants and a comfortable top with sneakers or rubber-soled shoes with foot support.</p>	
	<p style="text-align: center;">Exercise and Cognition: What are the Effects of Exercise on Memory? Tuesday, April 23rd at 11:00am Room 1 (Yalowitz Room)</p> <p>Dr. Rikitha Menezes, a Geriatrics Fellow at Mount Sinai, will discuss the long term effects of exercise on cognition and memory. She will offer various exercises that can be done at home. A program of Mount Sinai School of Medicine Department of Geriatrics, funded by UJA Federation. Sign up at the Front Desk or call 212-243-3670. Light refreshments will be provided.</p>
<p style="text-align: center;">Brain Games & Memory Care Series Room 1 (Yalowitz Room) Tuesday, April 9th at 11:30am - Heads Up Game "as seen on the Ellen DeGeneres Show" Tuesday, April 16th at 11:30am - Po-Ke-No Game Day Tuesday, April 30th at 11:00am - Memory Care Presentation</p> <p>Come test your memory with Pace University Nursing Students. Learn a new game that you have never played before and engage with your Penn South Community. Sign up at the Front Desk or call 212-243-3670.</p>	
<p style="text-align: center;">Tech Soup: Friday, April 12th at 2:00pm & 3:00pm Kagle Room in Building 6B (280 9th Ave) Get one-on-one help with all types of technology and connect at this social and educational event. Bring your own device or try something new! SPACE IS LIMITED. To sign up for an appointment please call 212-243-3670.</p>	
<p style="text-align: center;">One-on-One Meetings with Dr. Greg Hinrichsen & Dr. Joyce Fogel Nurse's Office (Building 6A) Friday, April 12th at 2:30pm with Dr. Joyce Fogel Thursday, April 25th at 2:30pm with Dr. Greg Hinrichsen</p> <p>Through a UJA funded grant, a Mount Sinai Beth Israel Geriatrician and Geriatric psychologist are working with PSPS on issues related to memory and aging. Come meet with Dr. Joyce Fogel or Dr. Greg Hinrichsen for a 15 minute appointment by scheduling at 212-243-3670 or sign up at the Front Desk.</p>	
<p style="text-align: center;">Summer Class Registration Thursday, May 30th 11:00am - 12:30pm & Friday, May 31st 1:30pm - 3:00pm Classes Begin: Monday, June 3rd</p>	
<p style="text-align: center;">Looking Forward: May 2019 Wednesday, May 8th - Trip: Planting Fields Foundation Thursday, May 16th - Trip: Museum of Jewish Heritage - A Living Memorial to the Holocaust</p>	

Penn South Program for Seniors (PSPS), sponsored by Penn South Social Services, Inc. (PSSS), is for residents, 60 years of age and older without regard to race, religion, color, creed, gender or sexual orientation. PSPS provides free social work services including advocacy, information and referral, homecare coordination and long term care planning to Penn South residents 60 years of age and older. Confidentiality is assured. PSPS is open 9 to 5 Monday through Friday and 2 evenings per month.

PSPS is funded by Penn South Social Services, Inc. which receives support from - Mutual Redevelopment Houses, the NYC Dept. for the Aging, the NYS Office for the Aging, UJA-Federation of New York, Richard N. Gottfried, NY State Assemblyman, District 75, Gale Brewer, Manhattan Borough President and Corey Johnson, Speaker of the New York City Council as well as private donors and contributions from Penn South Cooperators.