



**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.



## February 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 5 (Community Rm) - 250 9th Avenue (On the Corner of West 26th St. & 9th Avenue.)

### MONDAYS *Closed 2/18*

10:45 - 11:45	Ends 4/22	MUSIC FOR YOU	Room 1 (Yalowitz Rm)
12:00 - 1:00	Ends 4/22	CHAIR YOGA	Room 1 (Yalowitz Rm)
1:30 - 4:00	Ends 4/22	TALKING PICTURES	Room 1 (Yalowitz Rm)

### TUESDAYS

10:00 - 11:30	Weekly	BLOOD PRESSURE	Nurse's Office (Bldg 6A)
10:00 - 10:45	Weekly	MEDITATION	Kagle Rm (Bldg 6B)
11:00 - 12:30	Ends 4/16	UNITY IN THE COMMUNITY with Elaine Rosen	Kagle Rm (Bldg 6B)
12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
1:00 - 2:00	2/5, 2/19	THE ROGER AND ALICE DEAKINS' PARKINSON'S SUPPORT GROUP	Bldg 2B (Community Rm)
1:00 - 2:00	Ends 4/16	KLAATCH CIRCLE DISCUSSION (Grp 1)	Kagle Rm (Bldg 6B)
1:00 - 2:00	Weekly	STRETCH AND TONE with Margrecia (All Levels)	Room 1 (Yalowitz Rm)
2:00 - 4:00	2/5, 2/19	BEGINNER'S BEADING & INTERMEDIATE BEADING	Room 2 (Kurzband Rm)
2:15 - 3:15	Ends 4/16	KLAATCH CIRCLE DISCUSSION (Grp 2)	Room 1 (Yalowitz Rm)
2:15 - 3:15	Ends 4/16	EXERCISE CLASS FOR PEOPLE WITH PARKINSON'S DISEASE AND OTHER MOVEMENT DISORDERS	Bldg 2B (Community Rm)
3:30 - 4:30	Ends 4/16	FITNESS FUN WITH IVY	Room 1 (Yalowitz Rm)

### WEDNESDAYS

10:15 - 11:15	Ends 4/17	CHAIR YOGA with Creative Mindz Yoga	Room 1 (Yalowitz Rm)
11:30 - 12:30	Ends 4/17	MAT YOGA with Creative Mindz Yoga	Room 1 (Yalowitz Rm)
11:15 - 12:45	Ends 4/17	DRAWING AND PAINTING	Room 2 (Kurzband Rm)
12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
1:00 - 3:00	Ends 4/17	INDOOR GARDENING	Room 2 (Kurzband Rm)
1:15 - 2:45	Ends 4/17	DRAMA	Room 1 (Yalowitz Rm)
3:00 - 3:45	Ends 4/17	FITNESS WITH IVY - ADVANCED	Room 1 (Yalowitz Rm)
4:00 - 4:45	Ends 4/17	FITNESS WITH IVY - ALL LEVELS	Room 1 (Yalowitz Rm)
5:30	2/6, 2/27	NEIGHBORLY NIGHTS - See Back For More Info	Room 1 (Yalowitz Rm)

### THURSDAYS

11:15 - 12:45	Ends 4/18	COMEDY IMPROV	Room 2 (Kurzband Rm)
12:00 - 2:00	WEEKLY	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
1:00 - 2:00	Ends 4/18	CURRENT EVENTS AND ETHICS	Room 2 (Kurzband Rm)
1:00 - 2:00	Ends 4/18	FELDENKRAIS CLASS	Bldg 5 (Community Rm)
2:00 - 4:00	Weekly	PUTTING THE I IN IPHONE - See Back For More Info	PSPS Office (Bldg 6A)
2:00 - 4:00	Weekly	PLAYERS 55	Room 2 (Kurzband Rm)
2:30	2/28.	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	Weekly	MEET AND EAT! - See Back For More Info	Room 2 (Kurzband Rm)
11:30 - 12:15	Starts 2/1	FITNESS WITH IVY - ALL LEVELS	Room 1 (Yalowitz Rm)
12:00 - 2:00	Weekly	THEATER TICKET DISTRIBUTION	PSPS Office (Bldg 6A)
12:15 - 1:15	2/8, 2/22	CONVERSATIONAL FRENCH: PARLE MOI FRANCAIS	Kagle Rm (Bldg 6B)
1:00 - 4:45	Weekly	BRIDGE - without Instruction	Room 2 (Kurzband Rm)
1:30 - 2:30	Start 2/1	ZUMBA with Creative Mindz Yoga	Room 1 (Yalowitz Rm)
2:00 - 4:00	2/8, 2/22	TECH SOUP - See Back For More Info	Kagle Rm (Bldg 6B)
2:30 - 4:00	Starts 2/1	BEGINNER'S SPANISH CLASS	Room 1 (Yalowitz Rm)

# February 2019: Black History Month



**PSPS WILL BE CLOSED ON**

**Presidents' Day: Monday, February 18th**



## NEIGHBORLY NIGHTS in Room 1 (Yalowitz Room) - Wednesdays @ 5:30pm

**2/27 - An Evening with Ronnie Washam & her Jazz Trio!** - A night full of Jazz and Swing Music of the 20's and 30's sung by Penn South resident Ronnie Washam and her trio, with Peter Sokolow, Jazz Pianist. Please call PSPS at 212-243-3670 to reserve your spot. Light refreshments will be provided. 

## THURSDAY SPECIALS in Room 1 (Yalowitz Room) @ 2:30pm

**2/28 - How to Age Chronologically Gifted? With Dr. Fogel** - Come learn about how to maintain your health and age well in your community. 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.

## "RBG" (2018) Documentary Film Screening & Panellist Event

**Wednesday, February 6th Bldg 8A (Community Room)**

Join us in viewing this inspirational portrait of women's rights advocate and Supreme Court Justice, Ruth Bader Ginsburg, and learn why this tireless advocate has won such a dedicated following in our current times. Following the screening, we will be joined by Vincent Warren, Penn South resident and Executive Director of the Center for Constitutional Rights, and Alix Kates Shulman, noted author and feminist activist, as they share their thoughts on RBG's contributions and take questions from the audience. Light refreshments will be provided. Please call PSPS at 212-243-3670 to reserve your spot; seating is limited!

## Discussing Transitions with Cavalry Hospital

**Thursday, February 21st 2:30pm Room 1 (Yalowitz Room)**

Talking about life transitions can be difficult. Do your family & loved ones know what to do if you cannot decide for yourself? Does your Doctor know? Join us for a free discussion about making the right end of life choices for you. Learn about advanced care planning, health care proxies, and curative vs. palliative/hospice care. Also meet and greet expert palliative and hospice clinicians who serve your community. Sign up at the Front Desk of the Center or call 212-243-3670.

## Black History Month Film Screenings:

**Thursdays, February 7th & February 14 at 2:30pm Room 1 (Yalowitz Room)**

**2/7 - "Moonlight"** - A chronicle of the childhood, adolescence and burgeoning adulthood of a young, African-American, gay man growing up in a rough neighborhood of Miami. Starring Mahershala Ali, Naomie Harris, and Trevante Rhodes. (1hr. 51mins.)  
**2/14 - "Lee Daniels' The Butler"** - As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society. Starring Forest Whitaker, Oprah Winfrey, and John Cusack. (2hrs. 12mins.)

## Book Club

**Wednesday, February 27th at 12:00pm Kagle Room in Building 6B (280 9th Ave)** 

At this month's meeting we will be discussing the novel **"Who Will Run the Frog Hospital"** by **Lorrie Moore**.

## AARP Tax Assistance

**Every Thursday, Starting Thursday, January 31st from 9:30am - 1:30pm**

**Kagle Room (Computer Lab) in Building 6B (280 9th Ave)**

AARP Foundation Tax-Aide offers free tax preparation. Their team of IRS-certified volunteers will make it easy for you. To sign up for an appointment please call 212-243-3670. **Registration is required**, as appointments are limited!



## Putting the "I" in iPhone

**Every Thursday, from 2:00pm - 4:00pm PSPS Office (Bldg 6A)**

Jinny Henenberg brings her many years of technology experience to Penn South Seniors! Working with you one-on-one, Jinny will help you improve your iPhone skills. She'll cover the basics (powering up and down, battery life, WiFi usage, and app usage). Working with you individually, Jinny will address any specific questions you may have. Each person will be allotted up to 1/2 hour. Advance registration is required and you can always sign up for another week if you need more guidance. Let Jinny help you put the "I" in iPhone! To make an appointment see the Front Desk or call 212-243-3670.



## Meet and Eat!

**Fridays, 11:00-12:30pm Room 2 (Kurzband Room)**

Come for a FREE lunch and friendly conversation. Holy Apostles Soup Kitchen is making the brown bag lunches for us. Join us and bring your neighbors too!

## One on One Meetings with Dr. Greg Hinrichsen & Dr. Joyce Fogel

**Thursday, February 14th at 2:30pm with Dr. Joyce Fogel**

**Thursday, February 21st at 2:30pm with Dr. Greg Hinrichsen**

**Nurse's Office (Building 6A)**



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 10-15 minute appointment by scheduling at 212-243-3670 or sign-up at the Front Desk.



## Tech Soup

**Friday, February 8th & 22nd 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. YOU MUST SIGN UP AT THE FRONT DESK!**



## NEED HELP WITH MEDICARE?

Counseling is available Tuesday afternoons at Penn South with Ghenia, HIICAP Counselor from Department of the Aging (DFTA). To make an appointment see the Front Desk or call 212-243-3670.

## PSPS Needs You!

Please consider the sharing of your time, your talents, and your most valuable resource - YOU - with your Penn South neighbors. PSPS is in need of volunteers to escort our members who need support traveling to and from medical appointments, to make friendly visits to our members in need of companionship, and to make telephone calls to our members who require a regular check-in. Please call PSPS at 212-243-3670 and ask to speak with Kara Rogers, Group Services and Volunteer Supervisor.

**MARK YOUR CALENDAR!**

## Looking Forward: March 2019

**Thursday, March 7th at 2:00pm - Swedish Massages with the Swedish Institute, College of Health Sciences**

**Thursday, March 14th at 2:30pm - Thursday Special with Elder Law Attorney, Nadine Logan from Rottenberg Lipman Rich, P.C.**

**Wednesday, March 20th at 5:30pm - Neighborly Night: Vocal Ease - Cabaret-Style Show!**

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.

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