

May 2017

PSPS Trips in May

5/19 - Wallach Art Gallery at Columbia University (Subway)

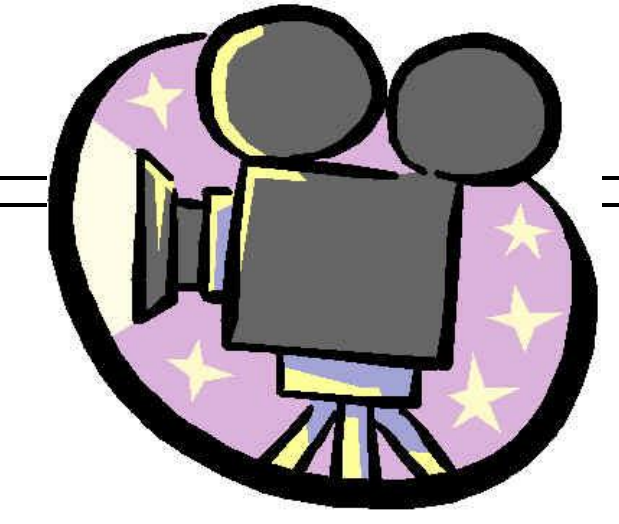
5/24 - Poets House (Subway)

See PSPS Bulletin Board or call the Center for more information.



NEIGHBORLY NIGHTS in Building 8A Community Room - Wednesdays @ 5:30pm

5/10 - Players 55 Performance - We perform despite the challenges of age and we know that love of the stage can strike at any age. Please join us and be astounded and entertained by your friends and neighbors in the community. Light Refreshments will be provided. Any questions please call 212-243-3670.



THURSDAY SPECIALS in Building 8A Community Room @ 2:30pm

5/11 - Film Screening: "Hidden Figures" - The story of a team of African-American women mathematicians who served a vital role in NASA during the early years of the US space program. Starring Taraji P. Henson, Octavia Spencer, and Janelle Monáe.

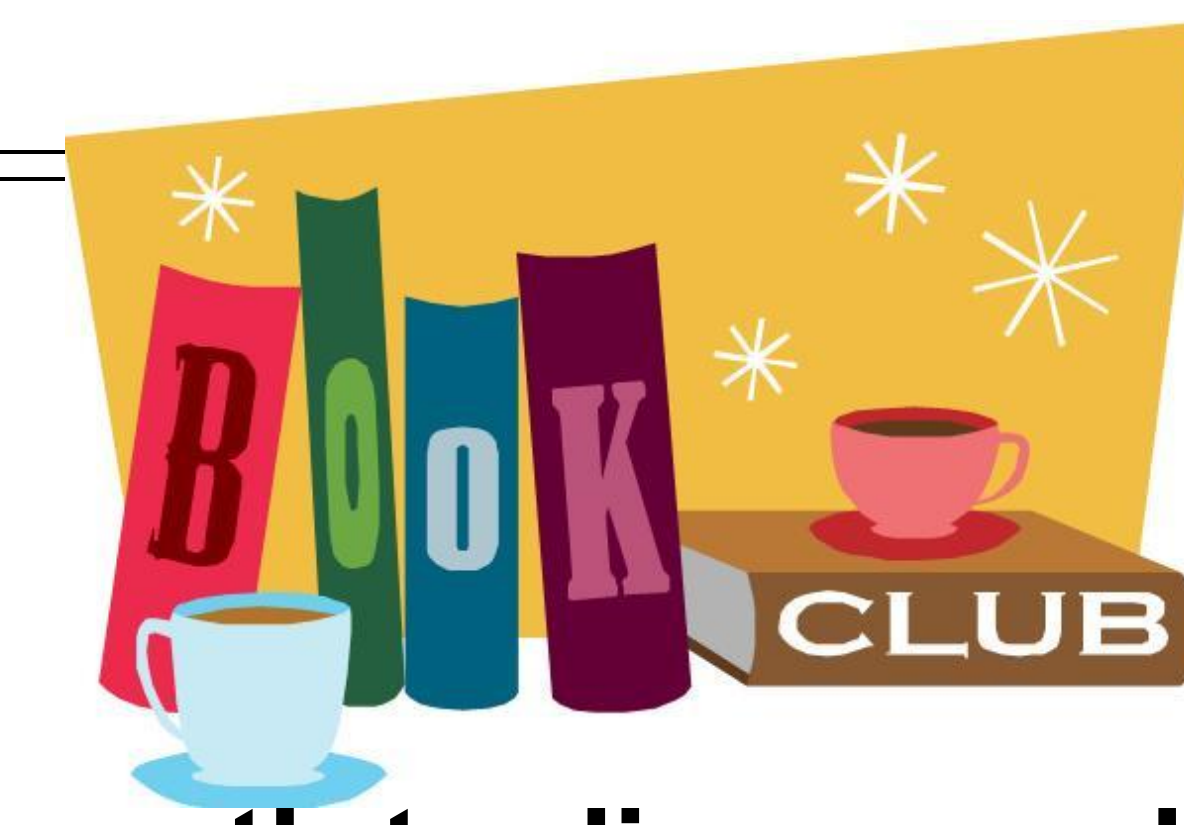
5/18 - "Project Cart" Presentation - Come learn about transportation options in NYC funded by the Department for the Aging (DFTA).

5/25 - Sleepless in Penn South - Learn about how sleep changes over our lifetimes, how a few bad nights of sleep can turn into months or even years of insomnia, and what you can do about it. There are effective treatments for insomnia that work for most people including residents of Penn South! Provided through the UJA Grant with Dr. Fogel.

Book Club

Thursday, May 25th at 1:00pm

Room 2 (Kurzband Room)



Come learn about Penn South Program for Seniors' Book Club, which meets once a month to discuss a book and connect with friends. At this month's meeting we will be discussing the novel **"The Wedding" by Dorothy West**. We will then be choosing our next book at this meeting.



Memory Impact: Modifiable & Non Modifiable Factors

Tuesday, May 23rd at 2:30pm

Room 2 (Kurzband Room)

Risk factors that increase the likelihood of developing MEMORY LOSS: What we know now, what we can do, and what is yet to be uncovered. Provided through the UJA Grant with Dr. Fogel.

Concerts in Motion

Wednesday, May 17th at 5:30pm

Room 1 (Yalowitz Room)



Concerts in Motion will be bringing many talented youth performers from the Professional Performing Arts School (PPAS). Penn South Community members, assembled by Nathan Kaplan, will be featured performers in a variety of musical styles representing ALL AGES. Light Refreshments will be provided.



Explore Tech Computer Class

Begins May 23rd

Every Tuesday & Thursday

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



Explore Tech: Is a dynamic lecture series that covers a different technology topic each week. Please call the Center at 212-243-3670 to register early before Tuesday, May 23rd. Limited spots, Sign up quick!



One on One Meetings with Dr. Joyce Fogel

Thursday, May 4th at 2:30pm

Room 2 (Kurzband Room)

Through a UJA funded grant, a Mount Sinai Geriatrician and Geriatric psychologist will be working with PSPS on issues related to memory and aging. Come meet with Dr. Joyce Fogel for a 10-15 minute appointment by scheduling at 212-243-3670 or sign-up at the front desk.

Tech Soup

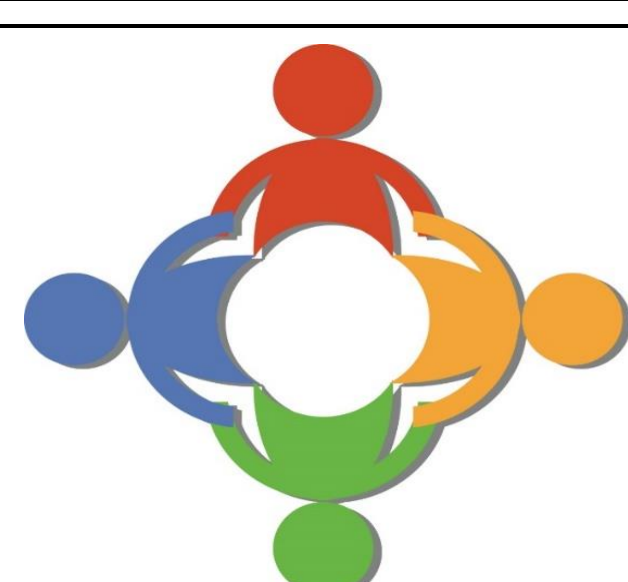
Fridays, May 12th and 26th at 2:00pm

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

Get one-on-one help with technology and connect with young professionals 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! or call 212-243-3670. Please let us know what device you are bringing.



The Roger And Alice Deakins Parkinson's Support Group

Wednesdays, May 3rd & 17th at 11:00am

Building 2B Community Room (339 West 24th Street)

A peer support group for people who are living with Parkinson's Disease. Have your voice heard, seek comfort and share information with others from the community living with Parkinson's.

If you have any questions call 212-243-3670. Sign up at the Front Desk.

NEED HELP WITH MEDICARE?

Counseling is available at Penn South with Ghenaia.

TUESDAY Afternoons

To make an Appointment see the Front Desk or call 212-243-3670.



LOOKING AHEAD:

Summer Class Registration will be postponed to June 2017. Dates to follow Soon.