



PENN SOUTH PROGRAM FOR 55+
290 9TH AVENUE NEW YORK, NY 10001 212-243-3670

Sponsored by PENN SOUTH SOCIAL SERVICES, INC.

Visit us at <http://www.pennsouthlive.org>

Persons 55+ are eligible to participate in activities.

All course registration fees and contributions are voluntary.



May 2017 CLASSES

Due to PSPS Renovation Project, Rooms for events are subject to Change.

Building 10 Community Room - (365 West 28th Street)

Room 3 (Building 6B) - 280 9th Avenue

Room 2 (Kurzband Room) - 290 9th Avenue

Kagle Room (Building 6B) - 280 9th Avenue

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

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

Building 8A Community Room - (345 Eighth Avenue)

MONDAYS			
<i>Closed 5/29</i>			
10:00 - 10:45	WEEKLY	MEDITATION	Room 3 (Bldg 6B)
12:00 - 1:00	WEEKLY	CHAIR YOGA	Room 2 (Kurzband R
TUESDAYS			
9:00 - 10:00	WEEKLY	WALKING CLUB	Hudson Guild - W. 26
10:00 - 11:30	WEEKLY	BLOOD PRESSURE	Nurse's Office - Bldg
10:15 - 11:30	Ends 6/22	COMPUTER BASICS - 10 Weeks	Kagle Rm (Bldg 6B)
11:30 - 12:45	Ends 5/18	SOCIAL NETWORKING - 5 Weeks	Kagle Rm (Bldg 6B)
11:30 - 12:45	Starts 5/23	EXPLORE TECH - 5 Weeks - See back for Registration	Kagle Rm (Bldg 6B)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 2:00	WEEKLY	STRETCH AND TONE with Margrecia (all levels)	Bldg 10 (Community
2:00 - 4:00	WEEKLY	PLAYERS 55	Room 3 (Bldg 6B)
WEDNESDAYS			
<i>Closed 5/31</i>			
11:00 - 12:00	5/3, 5/17	THE ROGER AND ALICE DEAKINS' PARKINSONS'S SUPPORT GROUP	Bldg 2B (Community
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
5:30	5/10.	NEIGHBORLY NIGHTS	Bldg 8A (Community
THURSDAYS			
10:15 - 11:30	Ends 6/22	COMPUTER BASICS - 10 Weeks	Kagle Rm (Bldg 6B)
11:30 - 12:45	Ends 5/18	SOCIAL NETWORKING - 5 Weeks	Kagle Rm (Bldg 6B)
11:30 - 12:45	Starts 5/23	EXPLORE TECH - 5 Weeks - See back for Registration	Kagle Rm (Bldg 6B)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 2:00	Monthly 5/25	BOOK CLUB	Room 2 (Kurzband R
2:00 - 4:00	WEEKLY	PLAYERS 55	Room 3 (Bldg 6B)
2:30	5/11, 5/18, 5/25	THURSDAY SPECIALS	Bldg 8A (Community
FRIDAYS			
9:00 - 10:00	WEEKLY	WALKING CLUB	Hudson Guild - W. 26
10:30 - 11:15	WEEKLY	FITNESS WITH IVY - ADVANCED	Bldg 10 (Community
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 4:45	WEEKLY	BRIDGE - Without Instruction	Room 2 (Kurzband R
2:00 - 4:00	5/12, 5/26	TECH SOUP	Kagle Rm (Bldg 6B)

Penn South Program for Seniors (PSPS), sponsored by Penn South Social Services, Inc. (PSSS), is for NYC residents, 55 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, the 21st Century ILGWU Heritage Fund and other foundations. Richard N. Gottfried, NY State Assemblyman, District 75, Gale Brewer, Manhattan Borough President and Corey Johnson, Councilmember 3rd District, Manhattan as well as private donors and contributions from Penn South Cooperators.