

October 2017



PSPS Trips in October

10/17 - Steinway & Sons Factory Tour (Van)

10/27 - Grounds for Sculpture (Train & Bus)



See PSPS Bulletin Board or call the office at 212-243-3670 for more information.

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



10/18 - Jazz Trio Concert - A nostalgia evening of swing and jazz tunes of the 30's & 40's with Ronnie Washam, and her jazz trio. Featuring Peter Sokolow on the piano. Light refreshments will be provided.

10/25 - Movie + Pizza (\$3): "Age of Champions" - Athletes prepare for the 2009 National Senior Games: a 100-year old tennis player from Cape Cod, brothers from Washington, D.C., in their 80s who swim, a Texas widower who finds solace in training, and his rival, an 86-year-old champion in field events intent on the world's record in the pole vault for persons over 80. A women's basketball team from Louisiana is hair-dos and draws off the court, but tigers on.

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

10/12 - Film Screening "The 33" - Based on the real-life event, when a gold and copper mine collapses, it traps 33 miners underground for 69 days. Starring Antonio Banderas, Rodrigo Santoro, and Juliette Binoche.

10/19 - NYU Nursing Students Presentation - Come learn and enjoy some time with the Nursing Students from NYU! Keep your eyes open as the topic will be announced on the bulletin board! Light refreshments will be provided.

10/26 - Film Screening "Conviction" - A working mother puts herself through law school in an effort to represent her brother, who has been wrongfully convicted of murder and has exhausted his chances to appeal his conviction through public defenders. Starring Hilary Swank, Sam Rockwell, and Melissa Leo.



PSPS WILL BE CLOSED ON THESE FOLLOWING DATES:

Succot: Thursday, October 5th
Simchat Torah: Friday, October 13th



NEED HELP WITH MEDICARE?

Counseling is available at Penn South with Ghenia.
TUESDAY Afternoons

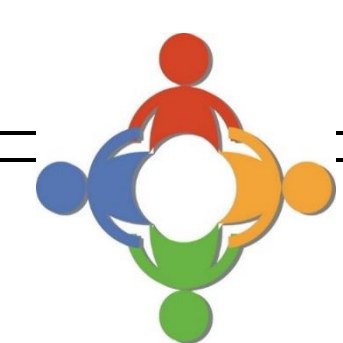
To make an appointment, see the Front Desk or call 212-243-3670.



Mark Your Calendar: Flu Shots

Friday, October 20th at 2:30pm Room 1 (Yalowitz Rm)

Rite Aid will be hosting a flu clinic and blood pressure screening. Please come by and keep yourself healthy for this upcoming season! Registration at the Front Desk is required.



The Roger And Alice Deakin's Parkinson's Support Group

(NOTE CHANGE) Tuesdays, October 3rd & 17th at 1:00pm 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.

Stress Management: A Less Stress Life

Wednesday, October 18th at 1:30pm Kagle Room (Bldg 6B)

RNs in CUNY School of Professional Studies will explore the many ways you can relieve your stress, reduce anxiety and bring more fun into your life. Light refreshments will be provided.

Pace Nursing Students

Tuesday, October 17th at 2:15pm Room 1 (Yalowitz Rm)

Come join the Nursing Students from Pace Univeristy in a enjoyable discussion. Keep your eyes open as the topic will be announced on the bulletin board! Light refreshments will be provided.

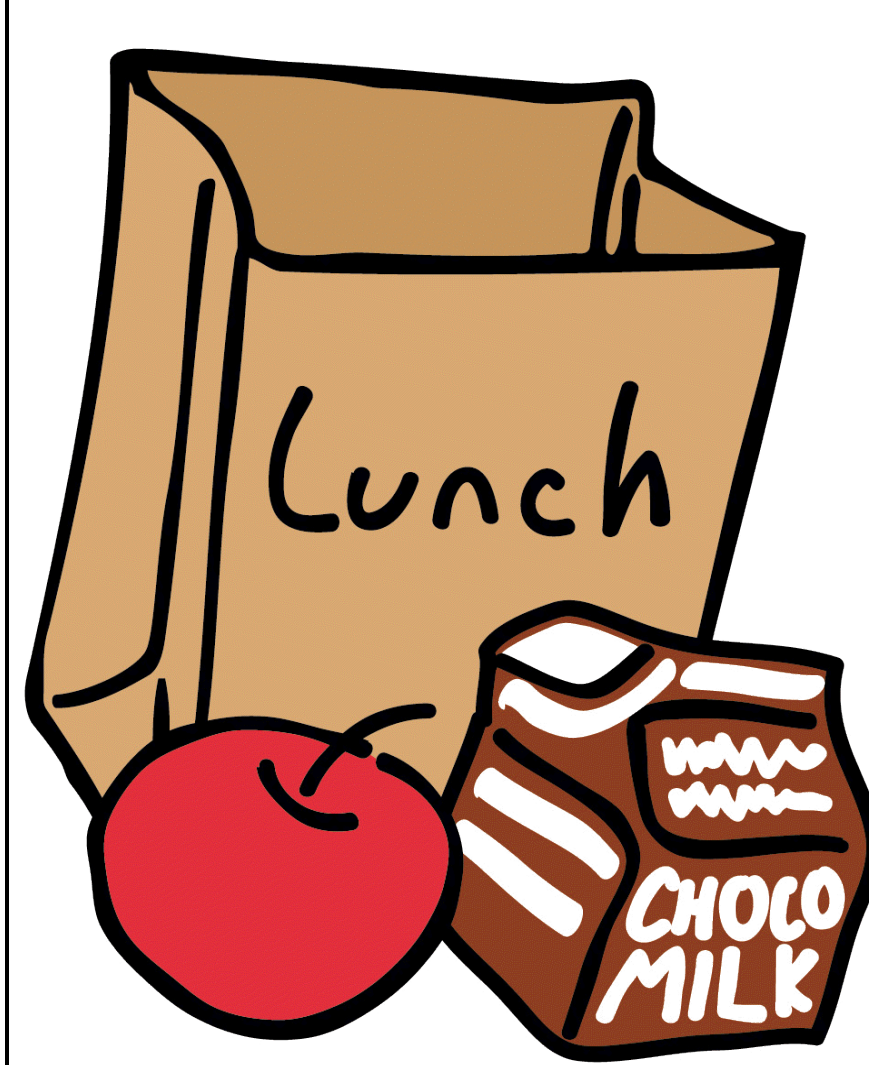
Hudson Guild Luncheon

Wednesday, October 25th at 11:45am-1:30pm Hudson Guild (441 W. 26th Street)

You're cordially invited for Lunch
The Hudson Guild Senior Center
Welcomes You!

Please Have a **FREE lunch** on us!

REGISTRATION IS REQUIRED: Call 212-243-3670 or sign-up at the Front Desk.



Schmooze & Booze (Without the Booze)

Mondays at 4:00pm Room 1 (Yalowitz Rm)

Penn South Social Services (PSSS) presents a new program continuing on Monday afternoons. Come meet new people and share some views. Coffee, tea, and cookies will be provided.
Please call PSSS at 212-255-3570 if you have any questions.

Book Club

Tuesday, October 31st at 2:00pm Room 1 (Yalowitz Room)

Call PSPS at (212)-243-3670 to learn what this month's novel is!



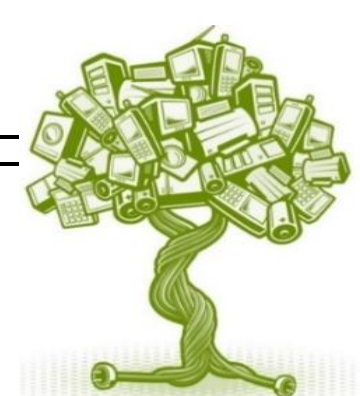
Theater Committee: We Are Back!

Theater desk is open Tuesday thru Friday from 12:00pm to 2:00pm.
See Bulletin Board for information on available shows.

One on One Meetings with Dr. Joyce Fogel

Friday, October 6th at 2:30pm Room 1 (Yalowitz Room)

Through a UJA funded grant, a Mount Sinai Beth Israel 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, October 6th & 20th at 2:00pm Kagle Room (Bldg 6B)

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!

Dances for Seniors

Wednesday, October 25th at 1:00pm Room 1 (Yalowitz Room)

Come and dance the afternoon away with Naomi Goldberg Haas and Dances For a Variable Population. You will participate in sharing strong and creative movement among adults of all ages and abilities for fun and friendship.

ALL CLASSES AND ACTIVITIES ARE CANCELED TO ACCOMMODATE THIS SPECIAL EVENT!

