



**PENN SOUTH PROGRAM FOR
290 9TH AVENUE NEW YORK, NY 10001**

Sponsored by PENN SOUTH SOCIAL SE

Visit us at <http://www.pennsouth>

Persons 55+ are eligible to participate

All course registration fees and contribution

October 2017 CLAS

Room 1 (Yalowitz Room) - 290 9th Avenue

Room 3 (Buil

Room 2 (Kurzband Room) - 290 9th Avenue

Kagle Room

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

Nurse's Office

MONDAYS

10:45 - 11:45	Ends 11/27	MAT YOGA
12:00 - 1:00	WEEKLY	CHAIR YOGA
1:30 - 4:00	Ends 11/27	TALKING PICTURES

TUESDAYS

9:00 - 10:00	WEEKLY	WALKING CLUB
10:00 - 11:30	WEEKLY	BLOOD PRESSURE
10:00 - 10:45	Ends 12/5	MEDITATION
10:00 - 12:30	Ends 12/5	BEGINNER'S BRIDGE & PLUS
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution
1:00 - 2:00	10/3, 10/17	THE ROGER AND ALICE DEAKINS' PARKINSONS
1:00 - 2:00	WEEKLY	STRETCH AND TONE with Margrecia (all level
1:00 - 2:00	Monthly 10/31	BOOK CLUB
2:00 - 4:00	WEEKLY	PLAYERS 55
2:15 - 3:15	Ends 12/19	EXERCISE CLASS FOR PEOPLE WITH PARKINSONS AND OTHER MOVEMENT DISORDERS
3:30 - 4:30	Ends 12/5	FITNESS FUN WITH IVY

WEDNESDAYS

10:00 - 11:00	Ends 12/13	CHAIR YOGA with Creative Mindz Yoga
11:15 - 12:45	Ends 12/6	DRAWING AND PAINTING
12:00 - 1:00	Ends 12/6	OPERA - GREAT VOICES
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution
1:00 - 3:00	Ends 12/6	INDOOR GARDENING
1:15 - 2:45	Ends 12/6	DRAMA (GROUP 1)
3:00 - 3:45	Ends 12/6	FITNESS WITH IVY - ADVANCED
3:15 - 4:45	Ends 12/6	DRAMA (GROUP 2)
4:00 - 4:45	Ends 12/6	FITNESS WITH IVY - ALL LEVELS
5:30	10/18, 10/25	NEIGHBORLY NIGHTS

THURSDAYS		<i>Closed 10/5</i>
11:00 - 11:55	Ends 12/21	TAI CHI (GROUP 1)
11:15 - 12:45	Ends 12/21	COMEDY IMPROV
12:00 - 1:00	Ends 12/21	TAI CHI (GROUP 2)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution
1:00 - 2:00	Ends 12/21	CURRENT EVENTS AND ETHICS
2:00 - 4:00	WEEKLY	PLAYERS 55
2:30	10/12, 10/19, 10/26	THURSDAY SPECIALS
FRIDAYS		<i>Closed 10/13</i>
9:00 - 10:00	WEEKLY	WALKING CLUB
10:30 - 11:15	WEEKLY	FITNESS WITH IVY - ADVANCED
11:30 - 12:15	Ends 12/22	FITNESS WITH IVY - ALL LEVELS
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution
1:00 - 2:00	Ends 1/5	MUSIC FOR YOU - STRING QUARTET PART
1:00 - 4:45	WEEKLY	BRIDGE - without Instruction
2:00 - 4:00	10/6, 10/20	TECH SOUP - See Back For More Info

Penn South Program for Seniors (PSPS), sponsored by Penn South Social Services, is open to all residents 60 years of age and older without regard to race, religion, color, creed, gender, or ethnicity. PSPS provides social work services including advocacy, information and referral, home care, meal services, and transportation planning to Penn South residents 60 years of age and older. Confidential. PSPS is held on the 1st, 3rd, and 5th Friday and 2 evenings per month. PSPS is funded by Penn South Social Services, the NYC Dept. of Mutual Redevelopment Houses, the NYC Dept. for the Aging, the NYS Office of Aging, the City of New York, the 21st Century ILGWU Heritage Fund and other foundations, Richard and Barbara M. District 75, Gale Brewer, Manhattan Borough President and Corey Johnson, as well as private donors and contributions from Penn South Cooperators.