

Penn South Program for 55+

(212) 243-3670

<http://pennsouthlive.org>

Activity Catalog

Fall 2016

Activities for the Mind, Body & Spirit
Move Outside Your Comfort Zone,
Grow, Explore, Enhance, Connect, Enjoy Life!

Welcome to the wonderful world of Penn South Program for Seniors. We welcome all 55+ NYC residents to join in our varied and exciting programs and activities. Our programs run on a trimester schedule with the upcoming 12 week Fall Program running September 12th through December 30th. Please check with your instructor for any interruption or changes to the schedule.

Our monthly schedule of classes, events and closings is available at the Senior Center prior to the start of each month. There is also a website where the weekly events, monthly schedule and course listings are listed. You may access the site at pennsouthlive.org. If, for any reason, you were unable to join the classes at the beginning of a trimester, there very well might be room to join later on. Check in the Program Office.

We are constantly re-evaluating our program and make every effort to continually provide a varied and interesting program to appeal to our many members. We thank our dedicated Staff and Volunteers and vibrant Membership for making our Center a real “model” program. The Center provides us the opportunity to engage in pursuits utilizing our strengths in new and challenging ways, through involvement in classes, groups, volunteerism and camaraderie.

Voluntary contributions collected for yearly memberships, class registrations and additional fundraising efforts provide us with “the icing on the cake”. However, no one is excluded or should feel uncomfortable for not making monetary contributions. These matters are held in confidence. Please feel free to see the Group Services Coordinator, Kara Rogers, regarding this or any other questions you might have about the program.

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Bridge for Beginners with Ann Callanan

The class offers an introduction to the game of Bridge, concentrating on card value, bidding, basic conventions, and scoring. Bridge is a challenging, fascinating pastime. It is a great way to keep your mind sharp and it offers opportunities to make new acquaintances. No background in Bridge is necessary for this program. Bring cards!

***Ann Callanan** is a retired NYC school teacher of elementary and junior high schools. She has been playing and studying the game of Bridge for over seventeen years and has taught Bridge at the center and has inspired others to follow her passion.*

Bridge – Without Instruction

Open Bridge - time every Friday from 2:00 PM – 5:00 PM.

Chair Yoga with Susan Genis

Yoga is an ancient practice that is eminently relevant today. It is not just exercise, but rather, a time-tested method to quiet the mind, invigorate the body, and enliven the spirit. It can be calming, relaxing, energizing, and fun. Best of all, you can practice yoga regardless of your age or physical condition. If you can breathe, you can do yoga! In this class, we will sit or stand (no getting down on the floor); we'll gently stretch and move our bodies, and learn to deepen the breath, which can improve circulation, digestion, posture, and balance. Yoga has something for everyone. If you've never tried it, take a chance! It could change your life.

*"I felt energized and positive after the class. I must admit I was feeling depressed before I went to the class."
"I have been fidgety my whole life. This is helping me learn to be comfortable doing nothing but breathing and sitting."*

***Susan Genis**, began studying Yoga in 1993, while practicing criminal law. Prior to her career in law, she trained and worked professionally in a theatre. In 2000, she left her job as an Assistant D.A. in NYC and began teaching yoga. Her yoga study has included a number of styles, including Kripalu, Iyengar, and Anusara Yoga. She blends essential aspects from each of these--compassion, open heartedness and good alignment--into a gentle yoga class suitable for all ages and levels.*

Comedy Improvisation with Linda Gelman

Improvisation is a form of theatre that has rapidly gained popularity throughout the country and the world. As entertainment it's appreciated because of its connection to the audience. As a form of training it gives students techniques to help them use all of their experience, emotions, intelligence, creativity and humor to invent scenes or stories. Come learn to be more spontaneous, more comfortable in groups, better able to connect to your own sense of humor and inventiveness. It's fun, it's exciting, and it can make you feel great!

"I do so look forward to this class. It is a wonderful break from everyday life!"

"Improv is a class for enjoyment, laughter and self-expression."

"The quality and brilliance of this class has wonderful carryover for every aspect of life. A total Endorphin surge."

Linda Gelman is an original member of Chicago City Limits, New York's most esteemed Improvisational theatre group. She has been performing and teaching improvisation for over 25 years to groups as diverse as elementary school children to corporate clients all over the country. In addition, she has been an actress, dancer and singer, performing off Broadway, in cabarets and TV. She is currently Producer of CCL, married to executive producer Paul Zuckerman, with whom she has three children. She firmly believes that improvisation is not only a form of theatre, it's a way of life.

Drama Workshop with Franklin Engel

Students will read scenes from many playwrights including Chekhov, Shakespeare, Oscar Wilde, Alice Childress, Tennessee Williams, etc. Emphasis is on scene and character development. Students participate in end of term presentations, reading from the plays worked on in class. Memorization of parts is not a requirement.

"The instructor has an encyclopedic knowledge of theater and its background and presents it in a most entertaining way. I learned so much about theater and acting and enjoyed every moment of it."

Franklin Engel, A painter, sculptor and mixed media artist, as well as Executive Director and co-founder of New Media Repertory company, founded in 1975. Franklin started out his formal art training in 1955 at The Art Students League. He has won numerous awards for his artwork, including the Character Wisdom Award and The Carnegie Art Award, and is a Lifetime Member of the Art Students League. He has had many solo and group shows of his paintings and drawings in New York City and East Hampton. His works are on permanent exhibit in the New Media Gallery, and are in the possession of many collectors. His production design credits off-Broadway include the Manhattan Theatre Club, The Mercer Arts Center, and New Media Rep, where he produced J.M. Synge's "Riders to the Sea"; "A Seagull Crossed My Mind", and "Paper Doll," by Miranda McDermott; "Who Is Alice Daphne" by Maryse Elot; "The Seagull" by Anton Chekov; and multi-media presentations of his own work, including "Street Games", "Bench and Bench 94", and "Spreading the News" by Lady Gregory. His recent work includes an exhibit at Art House Engel in Sag Harbor, New York.

Drawing and Painting Instruction with Franklin Engel

Through creative expression the course will introduce fundamental painting and drawing skills while considering individual needs and levels of experience in the visual arts. A variety of media will be used.

"This is a very congenial group... Frank has a warehouse of knowledge and he presents it with a wonderful sense of humor."

"Creativity is part of each person's legacy. Getting in touch with your creativity gives the spark that life needs in order to live a fuller life."

Franklin Engel See Bio on previous page.

Fitness with Ivy Volkowitz – All Levels or Advanced

Strength, Endurance and Flexibility class with Ivy's own spin on it!

Two levels are offered at different times. One class is designed for all members, and the advanced is great for extra-active adults.

"Ivy is great, knowledgeable, helpful and she smiles too! When I leave her class I'm smiling and energized!"

"Ivy monitors each person's activity and keeps the class fun and interesting, while giving us a thorough workout."

Ivy Volkowitz, a Penn South resident is an AFAA certified group fitness instructor and personal trainer. She teaches at The Hudson Guild, the E. 14 St Y, NY Sports Club and private facilities. In addition to her many certifications including Silver Sneakers and The Arthritis Foundation she is also a Wellness Coach, who encourages her clients to lead a healthy lifestyle through weight management, exercise and proper nutrition.

Indoor Gardening with Henrietta Stern

Calling all green and not-so-green thumbs!

Learn the secrets of the pros—how to save your garden dollars and share your favorite plants with others! Longing for the great outdoors? Invite the outdoors in. Let's have a houseplant party! The plant doctor is in, so bring your ailing plants or puzzling plant questions.

"Gardening is good for the soul - less calories than chicken soup"

"...the camaraderie is wonderful. We flourish with each other like our plants."

Henrietta Stern, a New York Botanical Garden certified Horticultural Therapist and fellow Penn South Cooperator brings her special gift to our Center.

Mat Yoga with Susan Genis

For this gentle yoga class, we will start with warm ups sitting and lying on a mat on the floor. You will be guided into numerous yoga postures both on the floor and standing. No prior knowledge is necessary. But, you will need to bring your own mat and be able to get up from and down to the floor. It's also recommended that you bring a firm blanket or extra-large towel to use as a prop, both to sit on and as extra cushioning for kneeling poses. Yoga is not just exercise, but rather, a time-tested method to quiet the mind, invigorate the body, and enliven the spirit. It can be calming, relaxing, energizing, and fun!

***Susan Genis**, began studying Yoga in 1993, while practicing criminal law. Prior to her career in law, she trained and worked professionally in a theatre. In 2000, she left her job as an Assistant D.A. in NYC and began teaching yoga. Her yoga study has included a number of styles, including Kripalu, Iyengar, and Anusara Yoga. She blends essential aspects from each of these--compassion, open heartedness and good alignment--into a gentle yoga class suitable for all ages and levels.*

Meditation with Beth

Guided Meditation is the process through which we begin to still the thoughts and judgements that keep us distracted from the simple beauty and joy that we are capable of feeling. As we flow through some restorative movements we begin to heal our bodies and our minds...giving space to our muscles and joints and giving space to our reactions and thoughts. We will do some stretching and breathing exercises that will allow us to move into a place where we can let go and find a state of relaxation and openness.

***Beth Edelson** has been teaching therapeutic movement, yoga and meditation to people of all ages for 20+ years. She also happens to be a former Martha Graham dancer. She teaches because she is able to see that this combination of movement and meditation can bring healing. The place where we find peace, and peace finds us. A joy emerges just because we took the time to be with ourselves in a positive, joyful way...Namaste.*

Music for You with Nathan Kaplan – Modern Jazz Divas

Entertaining and introductory journey across musical cultures; exploring parallels between music of different genres; listening for greater enjoyment, and more. A survey of great American female jazz vocalists from the 1940's to the present. Each semester Nathan covers a new genre.

***Nathan Kaplan:** In addition to having taught music in the NYC public schools for over 25 years, Nathan Kaplan has performed as both a classical accompanist and as a jazz pianist at venues and clubs throughout the metropolitan area. For over 7 years he has been the house pianist for the Puerto Rican Parade Committee, and has performed at their annual concerts in Merkin Concert Hall. Nathan, who resides in Penn South, is also a staunch advocate of world peace through communication and dialogue. He believes that cultural events such as this one can play a small but essential role in the pursuit of that important goal.*

The Magnificent Human Voice: Opera with Lawrence Galante

Relax, listen, learn and enjoy some of the greatest voices of the last century in excerpts from Opera, Operetta, and Musical Classics. We will concentrate on the skill of the classically trained singing voices. Know the difference between a Contralto and a Coloratura? Come, you'll find out.

***Lawrence Galante**, PhD, has been teaching at FIT for 30 years and lives in Penn South. When he was about 7 years old his mother bought a 45 RPM record player along with 5 Enrico Caruso records and 5 Mario Lanza records, and he was hooked on great voices ever since. Later on, his father introduced him to Beniamino Gigli, and Mario Del Monaco, and he has been collecting records, videos, and CDs of great singers ever since.*

Stretch and Tone –All Levels with Margrecia

Safe, rhythmic fitness and dance movements designed to build strength, coordination, endurance, flexibility and balance. Fun can be expected. Resistance bands and/or weights are optional for added intensity. Rubber-soled shoes or sneakers are recommended. All levels welcome.

"This class is excellent and perfectly suited toward seniors."

"I always feel more invigorated at the end of class!"

***Margrecia Mindell** is a certified fitness trainer and Department of Education certified dance instructor in the city's adult education program. Margrecia has been a pioneer in the field of physical fitness, having taught popular classes and workshops in Penn South Program for Seniors since its inception. Currently, she teaches at many centers, including Goddard Riverside, Southbridge Towers, Caring Community, Atria and Greenwich House. She has more than 20 years of extensive experience teaching, performing, choreographing and producing shows in Stuyvesant, Murray Bergtraum, Forest Hills and Columbus Adult Centers. Above all, Margrecia is satisfied most when she sees her smiling students and class participants having fun.*

Tai Chi with Kevin Sullivan

Learn a series of fundamental Tai-Chi and Qi Gong postures to help harmonize breath, mind, and movement and build up the body's natural strength, energy and immunity. Tai Chi Chung contains movements that span over one thousand years and have been taught over the centuries since the Master Bagwa. These ancient forms are deeply centering, relaxing and help clear away stress.

"I feel better on leaving than entering."

"Kevin is a wonderful instructor. He explains what poses and movements we'll do and helps us achieve them. The emphasis on balance is very important, as this is an issue for many, including me."

Kevin Sullivan is an instructor with a 3rd degree black belt in Chung Moo Doe Asian Martial Arts. He enjoys teaching internal martial arts such as Qi Gong and Tai Chi and external martial arts such as Tae Kwon Do and Judo to children and adults. His dedication to promoting health has prompted him to study Qi Gong in Beijing, China and to obtain a Certificate of Completion in Chinese herbal studies at the Swedish Institute in New York. He produces the award winning cable television program "Tai Chi Made Easy" (which airs in Queens and Manhattan) to share his knowledge with a wide audience.

Talking Pictures with Bruce Kingsley & Arnie Himmelstein – "Winners and Losers"

View a film and discuss the different aspects of the content and the making of the film. One student stated:

"I recommend this class for its variety of programming and emphasis on particular elements that the casual moviegoer may not focus on. The enjoyment of class members is obvious."

"The choice of film selections were especially good!"

Arnie Himmelstein and Bruce Kingsley have jointly been running a Monday Night Film Club for over six years. Arnie is a retired New York City public schoolteacher, film history being one of the many subjects he has taught at various levels. Bruce, a retired management and computer systems consultant, is on the Board of Directors of the Boston-based Chlotrudis Society for Independent Film and writes film reviews for their website. **See the bulletin board for a list of films for this semester.**

Theater Tickets

Volunteers work diligently to bring to you tickets for theater, concerts, dance recitals and more. A small contribution of \$2 per ticket is requested and a limit on the number of tickets given to each member is determined by availability.

Walking Club with Ivy Volkowitz

The walking club meets twice a week. Meet at Hudson Guild Elliot Chelsea at 441 West 26th St. for a walk with your neighbors. Generally if the temperature drops below 45 degrees the group meets inside for exercise. Following the ½ hour walk, Ivy instructs the group indoors in an upper body strengthening workout with dynabands and a full body stretch.

Women's Discussion Group with Meryl Sacks

This group has been meeting for many years. It's a place where women come together to share thoughts and opinions on a wide variety of topics—from world-encompassing events like religion and politics, to more personal ones like personal histories and feelings. Whenever possible, topics are chosen ahead to give people time for reflection, and reading materials, brought in by the members or leader, are sometimes used as a stimulus to discussion.

"It's amazing to learn how women, now well advanced in age, interpret their own backgrounds and experiences."

"The class is important to me because it brings me to get to know other people and we all get to share our opinion."

Meryl Sacks received degrees from the Juilliard School in clarinet performance. A retired music educator who spent 33 happy years with the NYC Dept of Education, she is currently spending her time performing in various musical organizations in the NY area. She is the founding member of Chalumeaux, a clarinet ensemble and volunteers her time at Penn South Program for Seniors.

Additional Programs

Lending Library - Members may borrow books, free of charge and return them whenever. Contributions are always welcome. Book categories include: Mysteries, Other Fiction and Non-Fiction, Classics, Biographies, Plays & Poetry. A recent addition to the library are audio books. There is also a section of Large Print books. Volunteer librarian Carol Turner is in the library on Mondays 9:30-11:00 and Fridays from 9:00-10:30 to assist. Please check class schedules to determine when the room is free to check out books and be sure to check the bulletin board outside the library, for new additions.

Neighborly Nights - We are open 2 Wednesday evenings each month, to accommodate those who are still working during the day, and to have another opportunity to hang together. Light nibbles, or pizza on movie nights, gives us another opportunity to chat with neighbors and always a fun program guaranteed. Most programs will be announced beforehand on the monthly flyer, others will be a surprise!

Thursday Specials - Every Thursday 2:30-4:30ish features guest speakers, live entertainment and films. We program speakers who can inform and/or entertain our members on various issues of concern to the community.

Volunteer Program - *“Be the change you want to see”*. We have many opportunities to share your good will and talents. Do you have experience teaching a subject close to your heart? How about sharing your passion with a community of willing learners? Inquire at The Center.

PSPS Advisory Council – The Advisory Council is a group of 9 members that meet on the second Tuesday of each month to provide fresh ideas and support for the Senior Program. There are 4 vacancies for Penn South Program for Seniors members who would be interested in contributing or have ideas to improve The Program. If you are interested, applications will be available towards the front desk in September.

Trips – will always be announced in advance in the monthly bulletin and in This Week at the Center on display on the bulletin board in all buildings. We welcome our Volunteer Trip Director Joan O’Kray and thank her for this amazing service she is providing. She can be reached at the Center on Tuesdays from 10:00-3:00.

Look for a copy of the monthly bulletin distributed at your door. Please know that it is always available at the center the last week of the preceding month. We don’t want you to miss out on anything! And NOW we have a website that will help to keep you informed. Just go to pennsouthlive.org and keep up with the latest news and “[This Week at the Center.](#)”

Call for more information (212) 243-3670

Staff at Penn South Program for Seniors

Administration

| | |
|------------------------|---------------------------------|
| Nancy Spannbauer, LMSW | <i>Program Director</i> |
| Nina Rosario | <i>Administrative Assistant</i> |

Social Services

| | |
|----------------------|-------------------------------|
| Chris Diaz, LCSW | <i>Social Work Supervisor</i> |
| Allison Wicker, LMSW | <i>Social Worker</i> |
| Julie Slevin, LMSW | <i>Social Worker</i> |
| Ola Junaid, BA | <i>Social Worker</i> |

Group Services

| | |
|-------------------|---|
| Kara Rogers, MSW | <i>Group Services & Volunteer Coordinator</i> |
| Justin Greene, BS | <i>Group Services Associate</i> |

Health Services

| | |
|----------------------|-------------------------------|
| Shelley Lepage RNBSN | <i>NORC Nurse</i> |
| Ilene Nunez, RN | <i>NORC Nurse</i> |
| Lisa Rubin, RN | <i>Falls Prevention Nurse</i> |

Maintenance

| | |
|-------------------|---------------|
| Rajnauth Ramnauth | <i>Porter</i> |
|-------------------|---------------|

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 partially funded by 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, Manhattan, Richard N. Gottfried, NY State Assemblyman, District 75, Gale Brewer, Manhattan Borough President, and Corey Johnson, Councilmember 3rd District.