

## Book Club



Tuesday, October 31<sup>th</sup> at 2:00 pm  
Room 1 (Yalowitz Room)

At this month's meeting we will be discussing the novel "We Have Always Lived in the Castle" by Shirley Jackson.

## Smartphone App Demonstration



Tuesday, October 31<sup>st</sup> at 2:00 pm  
Kagle Room (Bldg 6B)

Do you want to learn more about your smartphone? A tech developer has developed an app that teaches people how to better use their smart phones. He is coming to demo the product for you and get your feedback. Please join us!

## Swedish Massage



Thursday, November 2<sup>nd</sup> 2:30 pm  
Room 1 (Yalowitz Room)

Some of our favorite visitors, students from the Swedish Institute, College of Health Sciences, join us again to provide FREE massages to members of Penn South Program for Seniors. Sign up for your time slot at the Front Desk of the Center or call 212-243-3670. **REGISTRATION IS REQUIRED! Don't forget to bring your own pillow!**

## One on One Meetings with Dr. Joyce Fogel



Thursday, November 2<sup>nd</sup> at 2:30 pm  
Kagle Room (Bldg 6B)

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