

November 2017

PSPS Trips in November

No trips in November due to weather. The trips will resume in March.



PSPS is closed Thanksgiving Day, Thursday November 23rd.
Regular schedule will resume on Friday November 24th.

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

11/15 - Movie + Pizza (\$3): "The Circle" - A woman lands a dream job at a powerful tech company called the Circle, only to uncover an agenda that will affect the lives of all of humanity. Starring Emma Watson, Tom Hanks, and John Boyega.

11/29 - JASA's Young Leaders Council - Bring a favorite holiday recipe card or memory to share with JASA Young Leaders volunteers. We will discuss our favorite holiday traditions and create a Penn South holiday memory book, complete with illustrations. You will get your own copy of the book to keep. Dinner will be included! Sign-up at the Front Desk or Call 212-243-3670.

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

11/9 - A Focus on Memory: Question and Answers - Come meet with Dr. Joyce Fogel and Dr. Greg Hinrichsen for an open group Q&A session on memory and related issues. Sign-up at the Front Desk or Call 212-243-3670.

11/16 - One on One Meetings with Dr. Greg Hinrichsen - Through a UJA funded grant, a Mount Sinai Geriatric psychologist will be working with PSPS on issues related to memory and aging. Come meet with Dr. Hinrichsen for a 10-15 minute appointment by scheduling at 212-243-3670 or sign-up at the front desk.

11/30 - How to increase your activity and decrease depression? - Learn about new ways to impact how you live. Leave feeling motivated about how you can combat feelings of loneliness. Lead by PEARLS of Henry Street Settlement. Sign-up at the Front Desk or Call 212-243-3670.



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.

Swedish Massage

Thursday, November 2nd at 2:30pm

Room 1 (Yalowitz Rm)



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!



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

(NOTE CHANGE) Tuesday November 21st 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.

Thanksgiving Party

Friday, November 17th at 12:30pm

Room 1 (Yalowitz Room)

Doors open at 12:15pm in Room 1 (Yalowitz Room)

Seats are limited - Register early at the Center's Front Desk or Call 212-243-3670.

\$20 (Scholarships available) includes a delicious meal prepared by Mendy's Kosher Deli PLUS musical entertainment by our own Nathan Kaplan on piano. A great opportunity to enjoy a meal with friends and neighbors at this annual PSPS tradition. **ALL CLASSES AND ACTIVITIES ARE CANCELED TO ACCOMMODATE THIS SPECIAL EVENT.**



Meet with Nurse Ilene

Fridays by Appointment

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

Available for Medication Reviews and Mini Mental Exams when you schedule an appointment by calling (212)-243-3670.

Knowing Your Body Series (Tuesdays at 2:15 in Room 1, Yalowitz Rm)

Starting November 7th

Led by Marie Claire Roberts Ph.D., MS, RN from Pace University.

November 7th - What Should We Eat and Why?

November 14th - Understanding Food Label Content

November 21st - Body Maintenance - What is Normal?

November 28th - Body Systems - When To Seek Medical Attention?

December 5th - Let's Talk About Sex!



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, November 28th at 2:15pm

Kagle Room (Bldg 6B)

At this month's meeting we will be discussing the novel "Imagine Me Gone" by Adam Haslett.



PSPS Holiday Flea Market

Tuesday, December 12th at 11:00am to 4:00pm

Room 1 (Yalowitz Rm)

NO EARLY BIRDS. PLEASE! Shop and socialize at our holiday flea market! Any questions please call PSPS at 212-243-3670. All proceeds from the flea market will go toward sustaining and enhancing the services and programs at PSPS. To learn about ways to donate to the flea market please call PSPS at number listed above.

One on One Meetings with Dr. Joyce Fogel

Thursday, November 2nd at 2:30pm

Kagle Room (Bldg 6B)

Through a UJA funded grant, a Mount Sinai Geriatrician 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, November 10th & 24th 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!**