



**PENN SOUTH PROGRAM FOR 55+**  
**290 9TH AVENUE NEW YORK, NY 10001 212-243-3670**

**Sponsored by PENN SOUTH SOCIAL SERVICES, INC.**

**Visit us at <http://www.psss.org>**

**Persons 55+ are eligible to participate in activities.**

**All course registration fees and contributions are voluntary.**



## November 2017 CLASSES

Room 1 (Yalowitz Room) - 290 9th Avenue

Room 3 (Building 6B) - 280 9th Avenue

Room 2 (Kurzband Room) - 290 9th Avenue

Kagle Room (Building 6B) - 280 9th Avenue

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

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

### MONDAYS

10:45 - 11:45	Ends 11/27	MAT YOGA	Room 1 (Yalowitz Rm)
12:00 - 1:00	WEEKLY	CHAIR YOGA	Room 1 (Yalowitz Rm)
1:30 - 4:00	Ends 11/27	TALKING PICTURES	Room 1 (Yalowitz Rm)

### TUESDAYS

9:00 - 10:00	WEEKLY	WALKING CLUB	Hudson Guild - W. 26 St.
10:00 - 11:30	WEEKLY	BLOOD PRESSURE	Nurse's Office - Bldg 6A
10:00 - 10:45	Ends 12/5	MEDITATION	Kagle Rm (Bldg 6B)
10:00 - 12:30	Ends 12/5	BEGINNER'S BRIDGE & PLUS	Room 2 (Kurzband Rm)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 2:00	11/21.	THE ROGER AND ALICE DEAKINS' PARKINSONS'S SUPPORT GROUP	Bldg 2B (Community Rm)
1:00 - 2:00	WEEKLY	STRETCH AND TONE with Margreca (all levels)	Room 1 (Yalowitz Rm)
2:00 - 4:00	WEEKLY	PLAYERS 55	Room 2 (Kurzband Rm)
2:15 - 3:15	Monthly 11/28	BOOK CLUB	Room 1 (Yalowitz Rm)
2:15 - 3:15	Ends 12/19	EXERCISE CLASS FOR PEOPLE WITH PARKINSON'S DISEASE AND OTHER MOVEMENT DISORDERS	Bldg 2B (Community Rm)
3:30 - 4:30	Ends 12/12	FITNESS FUN WITH IVY	Room 1 (Yalowitz Rm)

### WEDNESDAYS

10:00 - 11:00	Ends 12/13	CHAIR YOGA with Creative Mindz Yoga	Room 1 (Yalowitz Rm)
11:15 - 12:45	Ends 12/6	DRAWING AND PAINTING	Room 2 (Kurzband Rm)
12:00 - 1:00	Ends 12/13	OPERA - GREAT VOICES	Kagle Rm (Bldg 6B)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 3:00	Ends 12/13	INDOOR GARDENING	Room 2 (Kurzband Rm)
1:15 - 2:45	Ends 12/6	DRAMA (GROUP 1)	Room 1 (Yalowitz Rm)
3:00 - 3:45	Ends 12/13	FITNESS WITH IVY - ADVANCED	Room 1 (Yalowitz Rm)
3:15 - 4:45	Ends 12/6	DRAMA (GROUP 2)	Room 2 (Kurzband Rm)
4:00 - 4:45	Ends 12/13	FITNESS WITH IVY - ALL LEVELS	Room 1 (Yalowitz Rm)
5:30	11/15, 11/29	NEIGHBORLY NIGHTS	Room 1 (Yalowitz Rm)

### THURSDAYS

*Closed 11/23*

11:00 - 11:55	Ends 12/21	TAI CHI (GROUP 1)	Room 1 (Yalowitz Rm)
11:15 - 12:45	Ends 12/21	COMEDY IMPROV	Room 2 (Kurzband Rm)
12:00 - 1:00	Ends 12/21	TAI CHI (GROUP 2)	Room 1 (Yalowitz Rm)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 2:00	Ends 12/21	CURRENT EVENTS AND ETHICS	Room 2 (Kurzband Rm)
2:00 - 4:00	WEEKLY	PLAYERS 55	Room 2 (Kurzband Rm)
2:30	11/9, 11/16, 11/30	THURSDAY SPECIALS	Room 1 (Yalowitz Rm)

### FRIDAYS

9:00 - 10:00	WEEKLY	WALKING CLUB	Hudson Guild - W. 26 St.
10:30 - 11:15	WEEKLY: <i>No Class 12/22</i>	FITNESS WITH IVY - ADVANCED	Room 1 (Yalowitz Rm)
11:30 - 12:15	Ends 12/15	FITNESS WITH IVY - ALL LEVELS	Room 1 (Yalowitz Rm)
12:00 - 2:00	WEEKLY	THEATER COMMITTEE - Ticket Distribution	PSPS Office
1:00 - 2:00	Ends 1/5	MUSIC FOR YOU - STRING QUARTET PART 2	Room 1 (Yalowitz Rm)
1:00 - 4:45	WEEKLY	BRIDGE - without Instruction	Room 2 (Kurzband Rm)
2:00 - 4:00	11/10, 11/24	TECH SOUP - See Back For More Info	Kagle Rm (Bldg 6B)

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 funded by Penn South Social Services, Inc. which receives support from - 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 and other foundations, Richard N. Gottfried, NY State Assemblyman, District 75, Gale Brewer, Manhattan Borough President and Corey Johnson, Councilmember 3rd District, Manhattan as well as private donors and contributions from Penn South Cooperators.