

PENN SOUTH PROGRAM FOR SENIORS

WINTER/SPRING 2024

TRIMESTER CATALOG



Promoting life-long
creativity, expression,
exploration, learning,
and growth.

Please join us for in-person
registration on:

Monday 2/12, 11:00am - 1:00pm
or
Tuesday 2/13, 1:00pm - 3:00pm



Welcome To Our Community!

Penn South Program for Seniors (PSPS) welcomes all residents who are 60+ and living in Manhattan's Community District 4 to join our varied and exciting programs and activities. The Winter/Spring 2024 Trimester is scheduled to begin the week of February 19th, and end the week of May 6th.

PSPS is delighted to offer an array of classes, workshops, and programs virtually, telephonically, and in-person. Classes generally run for 12-weeks* and registration will be available by phone or email for those unable to sign-up in person. Please contact our office at 212-243-3670 or email seniorprograms@psss.org for assistance.

There is a \$20 per class suggested donation. Cash or checks are accepted. Checks may be made out to Penn South Social Services. (Please list the name of the class you are attending on the memo line).

Your contributions are vital to the continuation of our program. If you are able, please consider donating at <https://psss.org/donatenow> to support the work of PSPS. We are so appreciative of your support and look forward to a fantastic trimester!

*Please check with your instructor for any schedule changes.

*Masks are not required, but strongly recommended!

*Program instructors have the right to refuse admission to participants arriving late.

*Member's safety is our biggest priority! Please consult with your instructor regarding any needed modifications. Instructors may also make recommendations regarding alternate classes better suited to a participant's abilities.



Table of Contents

PAGE 4:

- Winter/Spring 2024 Trimester Class Schedule

Page 5:

- Basic Spanish with Laura Gonzalez (Virtual)
- Beginner's / Advanced Fitness with Ivy Volkowitz (Hybrid)
- Chair Yoga with Susan Genis (Hybrid)

Page 6:

- Chi Kung with Lawrence Galante (In-Person)
- Click & Connect with Joan Ostroff (Virtual)
- Comedy Improv with Linda Gelman (Virtual)
- Computer Fundamentals with Anne Neznanova (In-Person)
- Songbook Tuesdays with Concerts-in-Motion (Virtual)

Page 7:

- Dancing To The Oldies with Linda Gelman (In-Person)
- Easy Crochet with Laurel Weber (In-Person)
- Mah Jongg with Janet Heller (In-Person)

Page 8:

- Meditation with Barbara Chutroo (In-Person)
- Moving Our Stories with Zazel-Chavah O'Garra (In-Person)
- NYU Scene Study with Jessica Nesi & Helen Samoskevich (In-Person)
- Social Bridge for All Levels with Joan Ann Schneider (In-Person)

Page 9:

- Songbook Tuesdays with Concerts in Motion (Virtual)
- Stetch & Balance with Audrey Buchter (Hybrid/Virtual or In-Person)
- Talking Pictures with Arnold Himelstein (In-Person)

Page 10:

- Additional Offerings

Page 11:

- Penn South Program For Seniors Staff

Penn South Program for Seniors Winter/Spring 2024 Trimester Schedule

MONDAYS

- 12:00PM (In-Person) Talking Pictures with Arnold Himelstein Begins 2/26
3:00PM (Hybrid) Chair Yoga with Susan Genis Begins 2/26

TUESDAYS

- 11:00AM (Hybrid) Beginner's Fitness with Ivy Volkowitz Begins 2/20
12:00PM (Virtual) Songbook Concerts In Motion Begins 2/20
12:30PM (In-Person) Chi Kung with Lawrence Galante Begins 2/20
12:30PM (In-Person) Easy Crochet with Laurel Weber Begins 2/20
2:00PM (In-person) Social Bridge For All w/ Joan Ann Schneider Begins 3/5

WEDNESDAYS

- 11:00AM (Hybrid) Dancing to the Oldies with Linda Gelman Begins 2/21
11:30AM (In-Person) Computer Fundamentals w/ Anna N. Begins 2/21
12:30PM (In-Person) Stretch & Balance with Audrey Buchter Begins 2/21

THURSDAYS

- 10:30AM (Virtual) Advanced Fitness with Ivy Volkowitz Begins 2/22
11:30AM (Virtual) Basic Spanish with Laura Rodriguez Begins 2/22
1:00PM (Virtual) Comedy Improv with Linda Gelman Begins 2/22
1:30PM (In-Person) Mah Jongg with Janet Heller Begins 2/29

FRIDAYS

- 11:00AM (Virtual) Click & Connect with Joan Ostroff Begins 2/23
11:15AM (In-Person) Meditation with Barbara Chutroo Begins 2/23
2:00PM (In-Person) NYU Scene Study w/ Jessica N. & Helen S. Begins 2/23
2:00PM (In-Person) Moving Our Stories w/ Zazel-Chavah O. Begins 2/23

**PLEASE JOIN US FOR IN-PERSON
REGISTRATION ON:
MONDAY, 2/12 (11am - 1pm)
TUESDAY, 2/13 (1pm - 3pm)**



Basic Spanish with Laura Rodriguez (Virtual)

Basic Spanish is an introductory course for seniors interested in learning the basics of Spanish that will help them engage in everyday conversation with Spanish speakers. Seniors will focus on the development of communication language skills: listening speaking, reading, and writing, with an emphasis on verbal practice. Utilizing various tools to promote language acquisition, including worksheets, games, and repetition

Laura Rodriguez is a collegiate of Fordham University working toward a Double Major in Psychology and Philosophy. She was one of four students at Fordham nominated for the Truman Scholarship, which allowed her to gain developmental insights through an extensive application of career-oriented pursuits in public service. She has served as Junior Editor-in-Chief at The Archive Magazine, and Developmental Coordinator for the Mentoring Latinas program. She enjoys mentoring, editing, and of course - teaching Spanish!

Beginner's / Advanced Fitness With Ivy Volkowitz (Hybrid)

Strength, Endurance and Flexibility classes are now offered at two different levels for members, with Ivy's own spin on it! Beginner's Fitness is designed for all members, who can choose to take the class virtually, or participate in-person (limited in-person space available). Advanced Fitness is great for extra-active adults, and will also be offered virtually and in-person (limited in-person space available). This class will feature an aerobic focused workout with a scope of exercises that requires advanced balance and will employ a faster pace. Participants should expect a higher level of difficulty.

Ivy Volkowitz, a Penn South resident, is an AFAA certified group fitness instructor and personal trainer. She teaches at 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.

Chair Yoga with Susan Genis (Hybrid)

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.

Susan Genis, began studying Yoga in 1993, while practicing criminal law. Prior to her career in law, she trained and worked professionally in the theater. 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.

Chi Kung with Lawrence Galante (In-Person)

Learn Chi Kung's slow, relaxed movements, which have been shown to improve balance, strengthen legs, tone the body, and regulate blood pressure. Session will be in the David Smith Garden, weather permitting, or Room 1 when weather doesn't cooperate!

Lawrence Galante, has been studying Martial Arts and Tai Chi since 1964, both in the USA and in China. He has taught at four Universities and is the author of "Tai Chi - The Supreme Ultimate", and multiple teaching videos. He has lived in Penn South for over 17 years.

Click & Connect with Joan Ostroff (Virtual)

Looking for good conversation? Join this talkative group! Topics include Penn South matters; the world today; books, music, theatre, galleries; restaurants and food –and more. In the comfort of your own home, enjoy an hour of open discussion. Join us and experience it for yourself. The facilitator keeping it all together is Penn South cooperator, Joan Ostroff. (Space is limited, so act quickly!)

Joan Ostroff, a Penn South cooperator since 2006, enjoys meeting and talking with her neighbors in the community. She's looking forward to connecting with you when you join her on Friday mornings.

Comedy Improv with Linda Gelman! (Virtual)

Improvisors is the technique of making scenes and songs without a script, with only a suggestion of how to start. It relies on participants learning to trust their instincts, listen to one another, and build on each other's contributions. The results are invariably hilarious and surprising – you will be amazed at how funny and ingenious you and your classmates can be! Come join this community of funny, smart, and supportive improvisors. No need for experience, all are warmly welcome!

Linda Gelman has been performing and teaching improvisation for over 30 years with the legendary Chicago City Limits, at colleges, schools, and corporate and private events. She holds an MA in Dance Education from Columbia Teachers College, and is on the faculty of Purchase College, where she teaches improv, acting, and creative expression. With her background in theatre, dance, and education, she encourages students to use all of their physical, emotional, and intellectual capacities in every endeavor, and throughout their lives.

Computer Fundamentals with Anne Neznanova (In-Person)

Bring your Apple Device in to ask questions and explore how to use it properly. If you are new to Apple devices and finding your way around the new lingo & functions or already acquainted with Apple devices & are looking to level up, join us each Wednesday to explore and master the Apple devices you already own.

Anne Neznanova has a unique affinity for all things digital, having worked at Morgan Stanley in AI & Data Science.

Dancing To The Oldies with Linda Gelman (In-Person)

Do you love to dance? Do you love music from the 50's, 60's, and 70's? Then this class is for you! Each week, you will be taught a simple, short dance sequence to an oldies song. It's invigorating, will make you feel young, and even a little sexy!

Linda Gelman has been performing and teaching improvisation for over 30 years with the legendary Chicago City Limits, at colleges, schools, and corporate and private events. She holds an MA in Dance Education from Columbia Teachers College, and is on the faculty of Purchase College, where she teaches improv, acting, and creative expression. With her background in theatre, dance, and education, she encourages students to use all of their physical, emotional, and intellectual capacities in every endeavor, and throughout their lives.

Easy Crochet with Laurel Weber (In-Person)

Have you always wanted to learn how to crochet but thought it was too difficult? Then this is the class for you! Laurel will teach you the basics of crocheting, and will then work with you to create projects. These projects will include scarves, blankets, hats, baskets and purses or tote bags. The class is "easy" because we will use big hooks and thicker yarn.

Laurel Weber is a seasoned instructor who has worked with both children and adults to successfully learn many topics including various crafts in a fun way. Laurel has been as Arts and Crafts educator for UFT retirees (Sy Beagle program), Goddard Riverside Beacon program, NORC St. Martins tower & the NORC RNA houses.

Life Story Club with Esther de Rothschild (Virtual)

Join your PSPS neighbors for this club that draws on the wisdom of life experience. Each week, instructor Esther de Rothschild will guide you through sharing stories of moments that taught us life lessons, the easy or hard way!

Esther de Rothschild is an educator and filmmaker who was raised with all four of her grandparents. She loves all kinds of stories, especially the truer-than-true ones. Esther has a BA in Immigration Studies from Brown University and a Master's in Education from Northwestern.

Mah Jongg with Janet Heller (In-Person)

Everyone has heard of Mah Jongg, it is a tile-based game, developed in China in the 19th century - now's your chance to learn how to play! Join Janet Heller for this hands on class to learn the basics, get acquainted with the game or brush up on your skills. Suggested Fee of \$20, registration required.

Janet Heller was an educator and administrator with the Department of Education for 40 years. She enjoys teaching and learning which she brings to Mah Jongg classes. She has played for over 15 years.

Meditation with Barbara Chutroo (In-Person)

Guided Meditation is the process through which we begin to still the thoughts and judgments that keep us distracted from the simple beauty and joy that we are capable of feeling.

Barbara Chutroo is a long-time meditation facilitator for Penn South Program for seniors with years of experience guiding groups.

Moving Our Stories with Zazel-Chavah O'Garra (In-Person)

Join Zazel-Chavah O'Garra, Founder/Artistic Director, of the ZCO/Dance Project as she guides you through the many ways to use movement as a way to express yourself, connect with others and build confidence. Zazel doesn't believe in limitations - all levels/abilities are welcome!

A native New Yorker, Zazel attended the University of Michigan and Empire State College where she received a Bachelor of Arts in dance performance. A Presidential Arts Scholar, she performed with Mark Dendy Dance Company and Alvin Ailey Wksp II, as well as performing Off-Broadway and in numerous musical theatre stage productions in the U.S. and abroad. She has also served as movement coach for "As the World Turns".

NYU Scene Study with Jessica Nesi & Helen Samoskevich (In-Person)

Participants will have the opportunity to play a new role every week, analyze and discuss the scenes, and put the scene "on its feet"! A great opportunity to explore different facets of your own personality through character work, share your experiences as you take on different roles and, best of all, exchange ideas with your fellow PSPS Members.

Join Jessica Nesi & Helen Clare Samoskevich, from NYU's Drama Therapy Masters Program, each week as we read excerpts from different plays in a group setting. Participants will have the opportunity to play a new role every week, analyze and discuss the scenes, and put the scene "on its feet"! A great opportunity to explore different facets of your own personality through character work, share your experiences as you take on different roles and, best of all, exchange ideas with your fellow PSPS Members.

Social Bridge For All Levels with Joan Ann Schneider (In-Person)

Looking for an opportunity to find new people to play this fascinating game with? These sessions are for you! Each week, Joan Ann Schneider will include a lesson to increase your knowledge and skills of bridge.

Joan Ann Schneider is a retired social worker who has been playing bridge for over 30 years. She is a member of the American Contract Bridge League and has been a Life Master for 15 years. Most importantly she believes playing bridge should be fun!

Songbook Tuesdays with Concerts In Motion (Virtual)

Participate in weekly, interactive concerts where you will be able listen to vocalists and musicians play live music via Zoom! Log in on Tuesdays to join Concerts in Motion for hits to sing along to.

Concerts in Motion's mission is to provide the service of live concerts to socially isolated individuals throughout New York City. It prioritizes quality of music performance and listener engagement.

Stretch & Balance with Audrey Buchter (In-Person)

Come join us as we build a solid foundation through low impact exercises and gentle stretching. We'll work on balance, flexibility and strength building with exercises tailored to individual abilities and limitations. Stretching goes a long way toward preventing pulled muscles and mitigating pain; balance exercises help prevent falls.

Audrey Buchter, has performed professionally as a ballet & jazz dancer & currently teaches at Hudson Guild Senior Center & throughout NYC.

Talking Pictures with Arnold Himelstein (In-Person)

Join Arnie & your fellow PSPS film lovers for a film viewing, followed by a discussion of the film. This fall the films we'll be viewing feature great director/actor collaborations.

Arnie Himelstein has been running a Monday Night Film Club for over six years. Arnie is a retired New York City public school teacher, film history being one of the many subjects he has taught at various levels.

ADDITIONAL OFFERINGS

Whitney Art Series: Art Works Inspiration in our Daily Lives with María del Carmen González (In-Person) Mondays, 4/1 - 5/6 (1:30-3:30pm)

During this 6-week course, participants will practice drawing, painting and other artmaking skills while investigating works of art from the Whitney Museum's Permanent Collection, and the Whitney Biennial 2024: Even Better Than the Real Thing (Mar 20, 2024). Explore how artists, in different circumstances and moments, are inspired by their daily lives and social contexts. All materials will be provided and no previous experience is necessary. (Space is Limited!)

María del Carmen González currently teaches and conducts workshops for educators, students and the general public at the Whitney Museum of American Art, the Solomon R. Guggenheim Museum, and Frick Madison, New York. She is also co-director of the Arte como Educación (Art as Education) collective, which provides art and museum education consultation throughout Latin America, and the author of essays for museum catalogs, educational publications and materials.

Single Stop's Tax Preparation Tuesdays, Feb. 6 - April 9 (10am - 1pm)

Get tax filing help from IRS-certified VITA/TCE volunteer preparers. Services are completely free to the tax filer and are offered to individuals with a gross income of less than \$66,000 per year. **APPOINTMENTS REQUIRED!**

Special events, presentations, one-time workshops, and limited series classes are offered on an ongoing basis throughout the year. For the most up-to-date information on programs, services, and classes, visit our online calendar at psss.org/pmps or contact us at (212) 243-3670/seniorprograms@psss.org to sign up for our newsletter.

ONGOING OPPORTUNITIES

Book Club - Join your fellow book lovers on the third Thursday of each month to chat about books. Facilitated by Maureen Melle, with book selections made by the participants.

Club Connect - A social adult dementia day program, Club Connect offers a small group of participants in the middle stage of cognitive decline opportunities to engage in recreational activities and remain active in their community. Located in Community Room 2B at Penn South, Club Connect's activities occur on Mondays, Wednesdays, and Fridays from 10AM to 1PM, and include art therapy, dance and movement therapy, music therapy, and more! If you would like to refer someone who may benefit from this program, please contact Club Connect Program Director, Randi Bragg, at rbragg@jasa.org or (212) 243 - 3670, option 2.

Lending Library - Members may borrow books, free of charge and return them when convenient. Book categories include: Mysteries, Other Fiction and Non-Fiction, Classics, Biographies, Plays & Poetry. There is also a section of Large Print books. Included are books on tapes.

Volunteer Opportunities - PSPS volunteers play a vital role in meeting the basic needs of our older adult community members and improving their quality of life. Through our Friendly Visitor and Telephone Reassurance programs, volunteers help prevent social isolation, loneliness and their many associated health risks. Volunteer Escorts ensure seniors get to and from medical appointments safely, and help with chores and errands, such as grocery shopping. In addition, individuals eager to share their knowledge and skills with a community of willing learners are invited to offer workshops or classes. Consider giving the gift of your time! For more information, contact Christine Mazza at cmazza@jasa.org or 212-243-3670.

Penn South Program for Seniors Staff

ADMINISTRATION

Ann Marie Thomas

Sherrie Coleman, MS

Victoria Lopez, MSW

Clerical Assistant

Administrative Assistant

Program Director

SOCIAL SERVICES

Ahuva Levi, MSW

Bintou Dao Konate, BS

Chris Diaz, LCSW

Lonnie Rubin, MSW

Social Worker

Case Manager

Social Work Supervisor

Social Worker

GROUP SERVICES

Christine Mazza, MSW

May-Ling Agosto

Group Services & Volunteers Supervisor

Group Services & Volunteers Coordinator

CLUB CONNECT

Randi Bragg, LMSW

Amy Zaager, BS

Club Connect Program Director

Club Connect Case Manager

NURSES

Dana Evans, RN

Lisa Rubin, RN MA

Caroline Donahue, RN

NORC Nurse

NORC Nurse

NORC Nurse

For questions regarding classes, please email seniorprograms@psss.org or call (212) 243-3670