

PENN SOUTH PROGRAM FOR SENIORS SUMMER 2023 TRIMESTER CATALOG



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

To register for any of these
classes, please email
magosto@jasa.org or call
(212) 243 - 3670.



WELCOME TO OUR COMMUNITY



Welcome to the wonderful world of Penn South Program for Seniors (PSPS). We welcome all residents who are 60+ and living in Manhattan's Community District 4 to join our varied and exciting programs and activities. Our programs run on a trimester schedule with the upcoming 12-week Summer Program running June 12th through August 25th. Please check with your instructor for any interruption or changes to the schedule.

PSPS is delighted to offer an array of classes, workshops, and programs virtually, telephonically, and, in-person. There is a \$20 per class suggested donation, cash or check accepted, checks should be made out to Penn South Social Services and the memo should say PSPS/Name of the class. We will continue to offer registration by phone and email & please remember that your contributions are vital to the continuation of our program. If you are able, please consider donating at <https://psss.org/donate> to support the work of PSPS. We are so appreciative of your support, and look forward to a fantastic trimester of classes! **PSPS is not requiring masks while at our facility, but recommends their use**



Table of Contents

PAGE 4:

- Summer 2023 Trimester Class Schedule

Page 5:

- Beginner & Advanced Fitness with Ivy Volkowitz (Hybrid/Virtual & In-Person)
- Chair Yoga with Susan Genis (Hybrid/Virtual & In-Person)
- Click & Connect with Joan Ostroff (Zoom)

Page 6:

- Computer Fundamentals with Anne Neznanova (In-Person)
- Games! (In-Person)
- Live Jazz Concerts in Motion (Virtual)
- Living A Better Life With The Help Of Your Apple Device with Joseph Miranda (In-Person)

Page 7:

- Meditation with Barbara Chutroo (In-Person)
- Music For You with Nathan Kaplan (Virtual)
- Stretch & Balance with Audrey Buchter (In-Person)
- Social Bridge Class for Beginners & Intermediate Players (In-Person)

Page 8:

Talking Pictures with Arnold Himelstein (Hybrid/Virtual & In-Person)

Page 9:

- Additional Offerings

Page 10:

- Penn South Program For Seniors Staff

Penn South Program for Seniors Summer 2023 Trimester Schedule

[Click Here
to View
Catalog](#)

MONDAYS

- 12:00PM (Virtual & In-Person) Talking Pictures with Arnold Himelstein Begins 6/12
- 2:00PM (Virtual) Music For You with Nathan Kaplan Begins 6/12
- 2:00PM (In-Person) Living a Better Life With The Help Of Your Apple Device with Joseph Miranda Begins 6/5
- 3:00PM (Virtual) Chair Yoga with Susan Genis Begins 6/12

TUESDAYS

- 11:00AM (Virtual & In-Person) Beginner's Fitness with Ivy Volkowitz Begins 6/13
- 12:00PM Virtual Jazz Concerts in Motion Series Begins 6/13
- 2:00PM (In-person) Social Bridge Class For Beginners & Intermediate Players Begins 6/13

WEDNESDAYS

- 11:30AM (In-Person) Computer Fundamentals with Anne Neznanova Begins 6/14
- 12:30PM (In-Person) Stretch & Balance with Audrey Buchter Begins 6/14

THURSDAYS

- 10:30AM (Virtual & In-Person) Advanced Fitness with Ivy Volkowitz Begins 6/15
- 1:00PM (In-Person) Games! (Every 2nd & 4th Thursday) Begins 6/15

FRIDAYS

- 11:00AM (Virtual) Click & Connect with Joan Ostroff Begins 6/16
- 11:15AM (In-Person) Meditation with Barbara Chutroo Begins 6/16
- 2:00PM (In-Person) Tech Soup 101 (Every 1st & 3rd Friday) Begins 6/16

Beginner's & Advanced Fitness With Ivy Volkowitz (Hybrid/Virtual & In-Person)

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/Virtual & In-Person)

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.

Click & Connect with Joan Ostroff (Virtual)

From the comfort of your own home, enjoy an hour of open discussion with a group that loves to talk – on a wide variety of topics: Penn South; our personal histories; today's world; books, films and theatre, great and otherwise. In other words, just about anything and everything! Join us and experience it for yourself, space is limited so act quickly!

Joan Ostroff, a Penn South cooperater 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.

Computer Fundamentals with Anne Neznanova (In-Person)

Explore various way to use your computer for research, entertainment, stay connected with friends & family, learn, plan & so much more! If you are just beginning to learn your way around social media platforms & email or are already comfortable with that & interested in learning more about your camera, computer & the internet, join us each Wednesday in our brand new computer lab.

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

Games! (In-Person)

Spend an afternoon playing board games, picking up a card game & chatting with friends new & old!

Live Jazz Concerts 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 enjoy Jazz music and interact with fellow music aficionados.

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.

Living A Better Life With The Help Of Your Apple Device with Joseph Miranda (In-Person)

Learn what Apple's most practical and exciting features are & how to use them! Explore Apple technical terms and enhance your skill set so that you can navigate your iPhone or iPad efficiently. Facilitator, Joseph Miranda will cover:

- How to organize your home screen
- Dictation
- Making phone calls
- Texting with emojis!

This class is appropriate for iPhone/iPad users.

Joseph Miranda, is currently a Social Work Student at Hunter College and recently completed an internship here at PSPS. Joseph has over four years of experience teaching Computer Literacy to Older Adults at the Ridgewood Older Adult Center and is experienced in teaching Older Adults how to better use: Desktop Computers, Laptop, Computers, Smartphones and Tablets.

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.

Music For You with Nathan Kaplan (Virtual)

Nineteenth-Century Chamber Works for Piano and Strings:A refreshing look at some of the great works in the chamber-music repertoire. Works by Beethoven, Brahms, Schumann and others. Classes consist of guided discussion and listening to recordings. No musical knowledge is necessary, just an interest in getting to know more about classical music. Excellent introduction for live or virtual concert-going! Background notes are emailed weekly for added enjoyment!

Nathan Kaplan has performed as both a classical accompanist and as a jazz pianist at venues and clubs throughout the NYC area in addition to having taught music in NYC public schools for over 25 years. 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 programs such as this one can play a small but essential role in the pursuit of that important goal.

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.

Social Bridge Class for Beginners & Intermediate Players (In-Person)

Calling all Bridge Players! Those who have a basic knowledge of the game & are interested in leveling up or for those looking for an opportunity to find new people to play this fascinating game with, these sessions are for you. Seasoned Bridge players, Ann Callanan & George Boras will facilitate the sessions & answer questions.

Talking Pictures with Arnold Himmelstein (Hybrid/Virtual & In-Person)

Join Arnie & your fellow PSPS film lovers for a film viewing, followed by a discussion of the film. This summer we'll be viewing the Films of Marlene Dietrich and Josef Von Sternberg, one of the most extraordinary collaborations between an actor and director in film history. The movies that Dietrich and Von Sternberg made together during the nineteen thirties are among the most visually stunning and emotionally rich movies ever made. We will watch six movies that they made together, as well as three silent films that Von Sternberg made before they teamed up, and two of the best movies that Dietrich made after their partnership ended.

Arnie Himmelstein 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

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.

Health Coaching for Hypertension Control. - Wednesdays from 3-4 PM starting July 5th to August 30th administered by JASA's Laura Brea, Project Director Chronic Disease Management Program and Joanna Moniuszko, Program Director of Penn South Program for Seniors.

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.

Neighborly Nights - PSPS hosts bimonthly evening programs to accommodate the schedules of those who are still working during the day. Specific details on each Neighborly Night program will be announced in advance to give everyone an opportunity to pre-register.

Special Topics Workshops, Limited Specialty Series, Thursday Specials, and More! PSPS programs speakers inform and/or entertain our members on various issues of concern to the community. Presentations and special one-time workshops and limited series are also offered throughout the year! Please be sure to read our frequent flyers that detail upcoming offerings.

TechSoup - Tech Soup is back! Get assistance with your tech related issues from the skilled TechSoup volunteers on the 1st & 3rd Friday of each month. The volunteers will meet with you one-on-one to assist with:

- Apple and PC operating systems
- IOS iPhone and iPad systems
- Android phones and tablets

You must register & reserve an appointment by emailing magosto@jasa.org or calling 212-243-3670

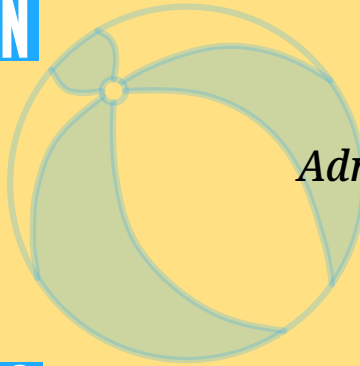
Volunteer Opportunities - "Be the change you want to see." - Mahatma Gandhi. PSPS has many opportunities to share your good will and talents. Do you have experience teaching a subject close to your heart? How about sharing your passion with a community of willing learners? During the pandemic, our volunteers have been essential by helping our members combat social isolation through telephone reassurance, and ensure their needs are met by assisting with grocery shopping. To volunteer, please contact Justin Greene at jgreene@jasa.org.

For the most up-to-date information on programs, services, and classes, visit our website and calendar at psss.org/psps. Feel free to call our office and provide your email address to also receive our weekly newsletter and flyers on upcoming news and programs!
Call (212) 243-3670 for more information.

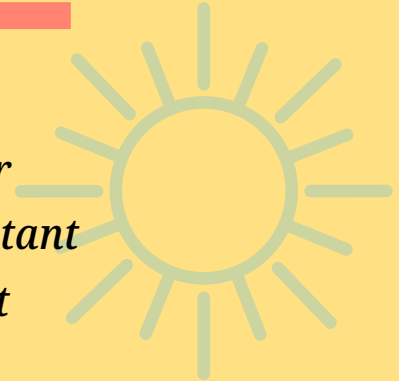
Penn South Program for Seniors Summer 2023 Trimester Schedule

ADMINISTRATION

Joanna Moniuszko
May-Ling Agosto
Ann Marie Thomas
David Strachan



Program Director
Administrative Assistant
Clerical Assistant
Porter



SOCIAL SERVICES

Chris Diaz, LCSW
Emma Neusner, LMSW
Bintou Dao Konate, BS



Social Worker Supervisor
Social Worker
Case Manager

GROUP SERVICES

Marie Orraca, BFA
Justin Greene, BA



Group Services and Volunteer Supervisor
Group Services & Volunteer Coordinator



CLUB CONNECT

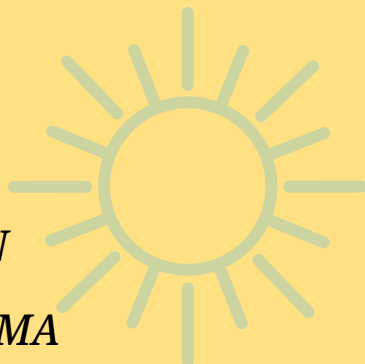
Randi Bragg, LMSW

Program Director



NURSES

Dana Evans, RN
Lisa Rubin, RN MA



NORC Nurse
NORC Nurse