



# Monthly Calendar



January 27, 2022

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## Programs, Events, & Classes During February 2022

Welcome to the Monthly Calendar from Penn South Program for Seniors (PSPS). We are grateful to Mutual Redevelopment Houses, Inc. for their support of our Naturally Occurring Retirement Community Supportive Service Program (NORC-SSP), which operates under the auspices of Penn South Social Services (PSSS) in collaboration with the Jewish Association Serving the Aging (JASA). This monthly communication will serve to keep the Penn South community of all ages informed of the varied programs and services we offer. Penn South residents 60+ are eligible to participate and residents of all ages are invited to volunteer your time and talents. See what we have to offer and tell a neighbor!

For questions or more information, call us at 212-243-3670.

[Click here and scroll down to view the complete calendar of Penn South Program for Seniors events for the current month.](#)

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## Upcoming Events

### PSPS Mini Oscars Film Festival

#### Wednesdays in February @ 2:00pm via Zoom

Join us each Wednesday in February as we screen several of the contenders for the 2022 Oscars. After each screening, participants can engage in a discussion of the film, hosted by PSPS Member & Volunteer, Carmen Matias. The schedule for each film is as follows:

**February 2 @ 2PM: *The Lost Daughter***

**February 9 @ 2PM: *The Hand of God***

**February 16 @ 2PM: *Passing***

**February 23 @ 2PM: *The Power of the Dog***

To register for any of these screenings, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call (212) 243 - 3670, option 0.

### Coping With Health Problems

#### Thursday, February 10 from 3:00pm - 4:00pm via Zoom

The likelihood of health complications increase as people age, which can become difficult to both manage and cope with. Join Mount Sinai Geropsychologist, Dr. Greg Hinrichsen, who will share his perspective as a health professional on contending with later-in-life health issues, as well as Arnold, who will share his personal account on how he copes with his own chronic health issues as an older adult. Participants will be able to pose questions to both speakers during the scheduled Q&A. To register, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

### The Lenape People & The Lenapehoking

#### Thursday, February 17 from 2:30pm - 3:30pm via Zoom

Join a representative of the Lenape Center for this virtual presentation on the history and culture of the Lenape, the people indigenous to the island of Manhattan. The Lenape Center has the

mission of continuing the Lenapehoking, the name for the Lenape homeland, through community, culture, and the arts. Since 2009, Lenape Center, led by Lenape elders, has created programs, exhibitions, workshops, performances, symposia, land acknowledgment, and ceremonies to continue the Lenape presence and push back against its erasure. In addition to learning about the historical context of our community's location, and paying homage to the land's original inhabitants, participants will be able to ask questions during a scheduled Q&A. To register, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

### **PSPS Antiracism Committee Meeting**

**Tuesday, February 22 from 10:00am - 11:30am via Zoom**

**With regular meetings held the 4th Tuesday of every Month**

Join our Antiracism Committee and work with fellow cooperators to address social injustice, race, racism and privilege at Penn South. Participants are engaging in actions aimed at creating a more equitable, educated, diverse, and safe space for all members of our community. To register, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

### **Diversity, Equity, & Inclusion in Daily Life**

**Thursday, February 24 from 3:00pm - 4:00pm via Zoom**

During this virtual presentation, Stephanie Chow, M.D., will review the progression of Diversity, Equity, and Inclusion (DEI) in the United States of America, and its important foothold in mainstream America. Dr. Chow will discuss the changes we have seen and celebrate the ways in which leading a diverse and inclusive life may enrich one's health and well-being. Participants will explore the opportunities we have for impacting change and passing forward our collective wisdom to younger generations. To register, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

### **Black History Month Pearls Of Wisdom Storytelling Event**

**Friday, February 25, 2022 from 2:30pm - 3:30pm via Zoom**

In honor of Black History Month, African American communities, and the African Diaspora, join us for our storytelling event with the Pearls of Wisdom! The Pearls of Wisdom is a touring ensemble of multicultural storytellers who bring history alive by using the wisdom of the elders. To register, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

### **February Ask the Doc Appointments Now Available!**

Made possible through funding by the UJA Federation, register now for a free telephone consultation with a Mount Sinai doctor. Options include:

**A 15 minute one-on-one call with Geropsychologist, Dr. Greg Hinrichsen**

**Wednesday, February 9**

**3:00PM - 4:00PM**

**A 15-minute, one-on-one phone call with Geriatrician, Dr. Joyce Fogel**

**Tuesday, February 22**

**3:00PM - 4:00PM**

To register for an appointment, email [magosto@jasa.org](mailto:magosto@jasa.org) or call (212) 243 - 3670, option 0.

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## **Weekly Schedule of Trimester Classes - February 2022**

**In light of the recent surge of COVID-19 cases,  
in-person programs will be on hiatus until further notice.**

**In-person classes and events scheduled in the future may also be subject to  
change in response to COVID-19.**

Below, please find our schedule of weekly classes that we will continue to offer throughout the Winter/ Spring 2022 Trimester. A course catalog detailing our class offerings can be

found [HERE](#).

The official start of the trimester is scheduled for Monday, February 7, 2022.

**To register for any of the following classes, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call (212) 243 - 3670, option 0.**

## Mondays

- **Zoom - Opera Appreciation with Lawrence Galante** - 12pm to 1pm - 2/7 - 2/28
- **Zoom - Talking Pictures with Arnie Himmelstein** - 1pm to 2pm - Begins 2/7
- **Zoom - Music for You with Nathan Kaplan** - 2pm to 3pm - Begins 2/7
- **Zoom - Chair Yoga with Susan Genis** - 3pm to 4pm - ongoing

## Tuesdays

- **Hybrid In-Person/ Zoom - Beginner's Fitness with Ivy Volkowitz** - 11am to 12pm - ongoing
- **Zoom - Live Jazz Concerts with Concerts in Motion** - 12pm to 1pm - ongoing
- **In-Person - Indoor Gardening with Henrietta Stern** - 1pm to 2pm - Begins 2/8
- **Zoom - Current Events with Meryl Sacks** - 2pm to 3pm - Begins 2/8
- **Zoom - Senior Fitness with Teresa Cuevas** - 3pm to 4pm - ongoing

## Wednesdays

- **In-Person - Chi Kung with Lawrence Galante** - 11am to 12pm - Begins 2/9
- **Zoom - Tai Chi for Arthritis with Benita Shobe** - 12pm to 1pm - Begins 2/16
- **Zoom - Applied Improv to Become Social Again with Dahlia Ramsay** - 4pm to 4pm - 2/9 - 3/16

## Thursdays

- **Hybrid In-Person/ Zoom - Advanced Fitness with Ivy Volkowitz** - 11am to 12pm - ongoing
- **In-Person - Ecotherapy with Joan Kane** - 12:30pm to 1:30pm - Begins 2/10
- **Zoom - Improv with Linda Gelman** - 1:30pm to 2:30pm - Begins 2/10
- **Zoom - Balance Bootcamp with Teresa Cuevas** - 4:00pm to 5:00pm - Begins 2/10

## Fridays

- **Zoom - Meditation with Barbara Chutroo** - 10:30am to 11:30am - ongoing
- **Zoom - Click & Connect with Joan Ostroff** - 11:00am to 12:00pm - Begins 2/11
- **Zoom - Live Spanish Concerts with Concerts in Motion** - 12pm to 1pm - ongoing
- **Zoom - Tai Chi for Arthritis with Benita Shobe** - 12pm to 1pm - Begins 2/16
- **Zoom - Chair Yoga with Susan Genis** - 1pm to 2pm - ongoing

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## NORC Social Work & Nursing Services Still Available!

As a reminder, our dedicated team of social workers and nurses are available to assist you with a variety of services:

**PSPS Social Workers** - Our social work team is working both in-person and remotely to assist you with coordinating homecare, reviewing and applying for entitlements and benefits, and navigating other resources to support healthy aging in place. To speak with a social worker, or to schedule an appointment with one, please call 212-243-3670, option 0.

**PSPS NORC Nurses** – Lisa Rubin on Mondays & Wednesdays, and Dana Evans on Tuesdays, Thursdays, & Fridays are available to provide clinical guidance and support for any acute or chronic conditions you may be experiencing, either over the phone or in your apartment. To speak with a nurse, please call 212-243-3670, option 0.

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**Penn South Program for Seniors**  
**290A Ninth Avenue, Ground Floor**  
**New York, NY 10001**  
**212-243-3670**  
**[www.psss.org/pssp](http://www.psss.org/pssp)**



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Penn South Program for Seniors (PSPS), sponsored by Penn South Social Services, Inc. (PSSS) and administered in partnership with JASA, is for Penn South residents and residents of Community District 4 who are 60 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, Gale Brewer, Manhattan Borough President and Corey Johnson, NYC Council Speaker, Manhattan Council District 3, as well as private donors and contributions from Penn South Cooperators.

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