



# PEP Talks

Issue 103

April 2010


**Parkchester  
Enhancement Program  
(PEP) for Seniors  
(718) 409-1619**

**Inside this Issue:**

PEP Tag Sale	1
AARP Driving Class	1
Women's Circle	1
Activities / Classes	2
Movie Day	2
Belly Dancing	2
Day of Pampering	2
PEP Art Exhibit	3
TURF Program	3
NYLAG	3
Resource of the Month	4
JPAC	4
Food Pantry	4

PEP for Seniors is a cooperative effort led by Beth Abraham Health Services, with the Parkchester Preservation Company, Parkchester Preservation Management, Bronx Jewish Community Council and Jewish Association for Services for the Aged. PEP for Seniors is funded in part by the NYC Department for the Aging.

Save the Dates for PEP's Annual Tag Sales in Metropolitan Oval!



**Saturday, 5/22 10am-4pm** AND **Saturday, 8/21 10am-3pm**  
**Rain date: Saturday, 6/19 10am-3pm**      **Rain date: Saturday, 8/28 10am-3pm**

If you would like to be a vendor at this money-making event, please call PEP to reserve your spot.

**Vendors:** The fee is \$25. You must bring your own table. You will not be permitted to sell food / drinks. No tents or canopies.

**AARP Driver Safety Course**

**Where:** PEP for Seniors - 1525 Unionport Rd. Apt #ME


**When:** Wednesday 4/28 & 5/5 from 10:00 am - 2:30 pm

**You must attend BOTH classes.**

*Most insurance companies give you a discount for attending this course!*

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time.

**Cost: \$12 for AARP members.  
\$14 for non-members.**




**Women's Circle at PEP!**

**Monday, April 12th at 11 am & the second Monday of every month at 11 am.**

Women of all ages are welcome. This is a space just for you - to talk about health, family, social issues, or whatever is on your mind!

***Light refreshments will be served.***

**Please call Nicole at PEP for more details.**



**CLASSES:**

**Book Club** – Monday, April 5th, 3 — 5 pm  
*The Reliable Wife* — By Robert Goolrick  
**Yoga** — Mon., 10 — 11am  
**Art** — Wed., 2 — 4 pm  
**Computer Instruction** — Mon., 2:00-3:00 pm  
**Knitting Circle** — Tues., 2:30 — 4:30 pm  
**Belly Dancing** — Fri., 3:00– 4:00 pm

**BLOOD PRESSURE & WEIGHT SCREENINGS:**

**At PEP**—Tuesdays, Noon — 1 pm  
**At JASA** — Thursdays, 11 am — Noon  
 (2000 Benedict Ave., 718-892-2682)  
**At Oval Drug** — Thursday, April 29th, 2—3 pm

**SUPPORT GROUP: Breast Cancer Wellness**

**If you or someone you love has been diagnosed with breast cancer and are interested in joining a weekly support group, please contact Beth Britton at 212-647-9700. This support is free of charge and will meet on Thursdays.**

**Movie Day: Michael Jackson - This Is It**

A behind-the-scenes look at the performer as he developed, created and rehearsed for his sold-out concerts that would have taken place beginning this summer in London's O2 Arena. Chronicling the months from April through June 2009, the film is drawn from more than 100 hours of footage, featuring Jackson rehearsing a number of his songs for the show. Audiences will be given a privileged and private look at Jackson as he has never been seen before.



Join us on **Thursday, April 15th at 1:00 pm**  
 Light refreshments will be served.  
 To reserve your seat, please call PEP. Space is limited.

**Belly Dancing Performance!**

**Saturday, 4/24 at 2pm at the Parkchester Library.**  
**Performance by Lynnette Negron.**



**Enjoy a FREE Day of Pampering at PS 106**

**Date:** Saturday, April 17th      **Time:** 11 am - 4:30 pm  
 “Shower Yourself With Love While Valuing Image & Awareness Program” - A day for the Bronx to become aware, be pampered, and receive **FREE** health testing and screenings. **FREE RAFFLES!**



**PEP offers an exciting curriculum of affordable classes!**

**Art, Yoga, & Belly Dancing**

**The cost is \$10 for 5 classes of the same type.**

**Please call PEP to reserve your spot today!**

**The fee for Art class covers the cost of the materials.**

**All other classes will continue to be offered free of charge.**

**No one will be turned away due to inability to pay. If you cannot afford to pay for classes, please call PEP and speak to the Director, Nicole.**



**Around Town**

**PEP for Seniors**  
718-409-1619

**JASA Senior Center @ Temple Emanuel-**  
2000 Benedict Ave. (718) 892-2682  
Bingo- Tuesdays @ 1 pm  
Arts & Crafts- Thursdays @ 1 pm  
Kosher lunch served daily @ 12 pm  
Exercise Class Mon & Wed. @ 10 am, Tue. & Thurs @10:30 am, Art Class @ 1pm

**St. Raymond Community Outreach-**  
Various programs- call for more information  
71 Metropolitan Oval. (718) 824-0353

**Parkchester Baptist Church-**  
2021 Benedict Ave. (718) 823-8124  
Caregivers Support Group- Second & Forth Saturday of the month @ 1pm

**Rain Senior Center-**  
1380 Metropolitan Ave. (718) 597- 9220  
Breakfast & lunch served daily.  
Blood pressure screenings every Tuesday.

**Parkchester Recreation-**  
www.parkchester.org, (718) 320-606  
Aerobics- Tues. & Thurs, 11-12 pm and Sat. 11-12:30 pm, 1594 Metropolitan Ave.  
Computers & Library- Tues. & Sat, 10-12 pm, 63 Metropolitan Oval

**St. Raymond's Church—Father Bill Brogan**  
Fr. Flynn Room (Grammar School building)  
718-792-4044 ext.228  
Sewing & Quilting for Charity  
Wednesdays 12:30-2:30pm & Saturdays 12—2pm.

**Join Turf's Community Supported Agriculture (CSA) Program**  
**Receive fresh, organic vegetables from a local farmer!**

**Members will receive** vegetables (weekly shares) from June—November at St. Paul's Evangelical Lutheran Church (located at 1891 McGraw Avenue, Bronx, NY 10462) from 10am—1pm

**Weekly shares include 7--10 items**  
(vegetables local to New York State).

**If you want to learn more about the cost and benefits of this wonderful program, please join us at PEP on Friday, April 2nd at 1:00 pm for an informational session.**

**Please call PEP to sign up.**



**Check out PEP's Art Exhibit "10462 and Around"**  
**on Tuesday, May 18th from 4 - 6pm**

**Location: NY Public Library—Parkchester Branch**

**This exhibit will showcase our PEP artists, who have created work based on Parkchester and the surrounding community. Please call PEP to register.**



**Tina from NYLAG (New York Legal Assistance Group) will be visiting PEP on Monday, April 19th at 10:30 am**

If you want information about advance directives (**Power of Attorney, Living Will**), Tina can help! Your wishes may not be followed unless you have these documents in place. Please attend and allow us to help you make these important decisions. **Call PEP to sign up.**

Parkchester Enhancement  
Program (PEP) for Seniors  
1525 Unionport Rd. Apt #ME  
Bronx, NY 10462  
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## Resource of the Month: Food Stamps

### *Are you eligible for Food Stamps?*

If you don't know the answer, you should attend our informational session on  
Thursday, April 8th at 2:00 pm



The Food Stamp Program is our nation's first defense against hunger and yet it still remains the most under utilized food assistance program. In New York, only 57% of eligible households receive benefits. Despite its emphasis on nutrition, the program remains stigmatized, keeping many proud but hungry low income families from participating. Eligibility is based on household size, income, assets and other factors.



If you are interested in attending, please contact PEP

### **JPAC (Joint Public Affairs Committee) for Older Adults**

**JPAC educates and empowers seniors to become effective advocates!**

**Through the Institute for Senior Action (IFSA), JPAC gives seniors the information they need to impact the policies that affect their lives.**

**If you have an interest in becoming more aware of how policy affects your life, please attend our lecture at PEP on Friday, April 9th at 1:00pm.**

**Please call PEP to sign up.**

### **We need your help**

During these hard economic times our neighborhood food pantries are in dire need of help. PEP, in conjunction with Parkchester Baptist Church, is asking for pantry donations. PEP will be collecting weekly donations to give to the Parkchester Baptist Church Food Pantry.

Here is a list of suggested items:

- |                   |               |                       |        |
|-------------------|---------------|-----------------------|--------|
| - Pasta           | - Flour       | - Oatmeal             | - Rice |
| - Biscuit mix     | -Grits        | -Corn Bread Mix       |        |
| - All dry cereals | - Pancake mix | - Milk (canned / dry) |        |

Parkchester Baptist Church Food Pantry is open  
**Tuesday and Thursday, 5:30- 7 pm**

