



1525 Unionport Rd
Apt. #ME
Bronx, NY 10462

(718) 409-1619

Inside this Issue:

Holiday Brunch	1
Alzheimer's Info	1
Health Lecture	1
Class Schedule	2
EBT Skimming	2
Walking Club	2
PACE Program	2
Men's Group	3
Book Club	3
Medical Alert	3
Resource Page	4

PEP for Seniors is a cooperative effort led by CenterLight Health System, with the Parkchester Preservation Company, Parkchester Preservation Management, Parkchester North and South Condominium Boards, Bronx Jewish Community Council and Jewish Association for Services for the Aged. PEP for Seniors is funded in part by NYC Aging.

PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 255 | December 2025

Si deseas información en español sobre este boletín de noticias, puedes comunicarnos al (718) 409-1619. Hablamos Español!

PEP for Seniors now has a robust email list. We have found that it is the fastest way to deliver time-sensitive information. If you would like to be included in our email list, please call PEP and we will register you.

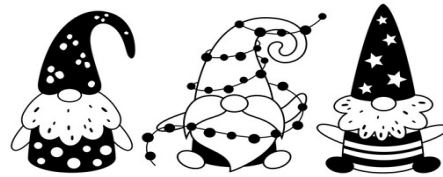


Holiday Brunch at PEP



Join us on Wednesday, December 24th at 10am for a Holiday brunch at PEP, where we will be serving an assortment of tasty treats.

We will have a free holiday raffle and giveaways. Our space is small, and seats are limited. Please RSVP right away.



Alzheimer's Association Lecture

Tuesday, December 9th at 10am

Topic: Understanding Alzheimer's and Dementia

Jamel Thigpen, Program Manager will be here at PEP to lead these discussions. All are welcome; call to register. please. Space is limited.



Join us for Health Lectures with Mark Adelman

Mark Adelman, Clinical Microbiologist, will be at the PEP office (in-person) for this special Health Lecture:

"Understanding & Managing Chronic Pain" on Tuesday, December 9th at 11am

This is a FREE workshop—call PEP to register.



Join us for the following classes:

- **Chair Yoga with Adira**
Tuesdays at PEP, 9-10am
- **Zumba with Leslie**
Wednesdays at PEP, 1-2pm
- **Dominoes**
Thursdays at PEP, 10:30am-12:30pm
- **Walk with Ease (Walking Club w/Nicole)**
Mondays at PEP, 9-10am
- **Chair Exercise with Cheryl**
Mondays at PEP, 10:30-11:30am
- **Book Club with Verna Hodge**
Second Monday of the month at PEP, 3-5pm
- **Knitting & Crochet with Priscilla & Esmie**
Thursdays at PEP, 1-3pm
- **Art with Evelyn**
Fridays on Google Meet, 2:30-4:30pm
- **Men's Group with Marlon** - 1st and 3rd
Wednesdays at PEP, 10am-12pm
- **Jewelry Making with Gregory Sumlin**
Fridays at PEP, 2-4pm
- **Blood Pressure Screenings with Linda, RN**
Tuesdays at PEP, 9:30am-12pm
- **Crafting & Crochet with Cookie (Sandra)**
Mondays at PEP, 1-3pm
- **Crafting with Recycled Materials (Carmen)**
Tuesdays at PEP, 1-3pm

Protect your EBT Card from fraud & skimming theft!

EBT skimming theft is on the rise again. Did you know that you can turn off out of state and internet purchases, making it less likely for scammers to steal money from



your EBT card? You will need to set up an account with EBT Edge. PEP staff can help with this. Call us!

Food Pantry Lists at PEP

Please stop by the PEP office for a current list of local food pantries for our Parkchester area and beyond. This information was sent out via email list this month, but if you are not on the email list, please stop by our office.



Join PEP's Walking Club with Nicole - every Monday morning



Every Monday morning 8:45am at PEP (warm up), then the walk starts at 9am. We will walk along the South Oval track for about 45 minutes, then we will cool down stretches and end by 10am. All skill levels are welcome, and people with medical equipment (cane, rollator) are also welcome. We will stop walking once it hits 35 degrees or below.



CenterLight PACE

A Medicare and Medicaid Program for Adults 55+

CenterLight PACE offers an all-inclusive, customized plan carried out by an Interdisciplinary Team (IDT) that includes, but is not limited to, a provider, nurse, nutritionist, social workers, rehab therapists, and recreation specialists. Together, the IDT will work with you and your family to help you continue to enjoy living safely in your own home and community. For more information, please call: **1-833-252-2737 (TTY 711)**, 8AM-8PM, Monday-Friday. Web: **www.centerlighthealthcare.org**.

Parkchester Baptist Church Food Pantry

2021 Benedict Ave. | 718-823-8124

Call for information on their food pantry; bring ID! dates/times may change.

St. Helena's Church Food Pantry

1315 Olmstead Ave. | 718-892-3232

Wednesdays, 1-3pm while supplies last.

*Accepting donations of clothing and shoes only

NY Public Library - Parkchester

1985 Westchester Ave. | 718-829-7830

RAIN Parkchester Older Adult Center

1380 Metropolitan Ave. | 718-597-9220

Breakfast & lunch served daily, as well as ongoing programming and case assistance.

St. Paul's Evangelical Lutheran Church Food Pantry

1891 McGraw Ave. | 718-822-4535

Every Friday, 8-10am. (You are only eligible to come on certain Fridays, based on last name).

St. Paul's is NOT accepting donations of food, clothing or household items at this time.



MTA OmnyCard Van in Parkchester

2nd Wednesday of each month, 10am—2pm

The MTA Van will be parked near Macy's in Parkchester to help you apply for a reduced fare OmnyCard or to refill your card!



PEP Book Club with Verna Hodge

Verna's Book Club will be meeting Monday, December 8th at 3pm. All are welcome! At this meeting, the group will be discussing "Strength to Love" by Martin Luther King, Jr.

Strength to Love was published in 1963 as a collection of Dr. King's sermons, primarily on the topic of racial segregation in the United States and with a heavy emphasis on permanent religious values. All are welcome to participate in the Book Club.

Men's Group with Marlon from NY Connect

Meets on Wednesday, December 3rd at 10am & Wednesday, Dec. 17th at 10am. All men welcome!



MOVIE: Home Alone

1990/Comedy/Rated PG/1hr 45 minutes

Wednesday, December 10th at 2:30pm at PEP



When 8-year-old Kevin McCallister (Macaulay Culkin) acts out the night before a family trip to Paris, his mother (Catherine O'Hara) makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish to have no family has come true. But his excitement sours when he realizes that two con men (Joe Pesci, Daniel Stern) plan to rob the home.

LifeAid Medical Alert

offers state of the art options at affordable prices, **starting at \$19.95 per month** (no taxes, installation fee, or cancellation fee). If you order through PEP, you can take advantage of a special discounted rate for Parkchester residents. **Call PEP at 718-409-1619** and ask to speak with Nicole for more details.

LifeAid

MEDICAL ALERT PRODUCTS



WIRELESS

No landline? No problem! Our wireless system connects to our monitoring center for seamless coverage in and around your home.



ON THE GO

Anywhere you go, help is just a button press away with our mobile medical alert button with GPS.

**1525 Unionport Rd. Apt #ME
Bronx, NY 10462
(718) 409-1619**

Resource of the Month:

Grab Bars for Bathroom

The most dangerous room in your apartment is the bathroom.

Falls in the bathroom can result in serious injury, even death.

Grab bars can help prevent falls.

Did you know that Parkchester renters are entitled to 3 FREE grab bars in the bathroom? All you need to do is schedule the installation appointment by calling 718-518-1000.

PEP can help with this; just reach out to us.



If you are a condo owner, you can call Williams Hardware: 718-822-2899 or visit them at 1581 Unionport Road. They sell grab bars for \$38.99 and up (depending on size) and will charge a one time fee of \$55 to install.

FREE and confidential financial counseling for everyone (age 18+)

Get your CREDIT SCORE and CREDIT REPORT and learn about improving your score.

Manage your debt, manage your bank account, build and strengthen your savings.

Learn to protect yourself from fraud & scams!

***To schedule an appointment, call PEP for Seniors and ask for Nicole:
718-409-1619. Our ARIVA Financial Counselor (Jose Souffront) is bilingual
(English/Spanish) and is available every Wednesday by appointment only.***

Reflexology with Rhonda at PEP

Fridays, December 5th from 9:30am—1:30pm. PEP will be booking appointments with Rhonda. Reflexology is hand and foot massage. Please call PEP to schedule your appointment. All are welcome! Fee is \$1 per minute, with a minimum of 20 minutes.

