



# PEP Talks

Parkchester Enhancement Program (PEP) for Seniors

Issue 261 | June 2026

1525 Unionport Rd  
Apt. #ME  
Bronx, NY 10462

**(718) 409-1619**

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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.

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.





**PEP for Seniors TAG SALES**

**Saturday, June 6th 2026 (10am-5pm)**  
(Rain date, Sunday 6/7/26)

**Saturday, Sept. 12th 2026 (10am-5pm)**  
(Rain date, Sunday 9/13/26)

Tag Sales held at Metropolitan Oval in Parkchester.  
The fee is **\$40** for vendors. Anyone can be a vendor. You must bring your own table. Vendors can sell anything (new or used), except food or drink. Please call the PEP office to sign up. Come to our tag sale and do some shopping. There are great bargains to be found!

**Alzheimer's Association Lecture**

Tuesday, June 23rd at 10:30am

**Building Brain Healthy Habits**

Jamel Thigpen, Program Manager will be here at PEP to lead this discussion. All are welcome; call to register.



**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:

***"Stress, Anxiety and Aging"* on**  
**Tuesday, June 9th at 11am**

This is a FREE workshop—call PEP to register.



## Join us for the following classes:

- **Exercise with Darrell**  
Tuesdays at PEP, 9-10am
- **Zumba with Leslie**  
Wednesdays at PEP, 1-2pm
- **Dominoes**  
Thursdays at PEP, 10:30am-12:30pm
- **Chair Exercise with Cheryl**  
Mondays at PEP, 10:30-11:30am
- **Book Club with Verna Hodge**  
Second Monday of the month at PEP, 3-4:30pm
- **Crafting with Recycled Materials (Carmen)**  
(Class is on break for summer months)
- **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
- **Walking Group with Nicole**  
Mondays at 9am (meet at 8:45am at PEP)
- **All About Crochet with Cookie (Sandra)**  
Mondays at PEP, 1-3pm

## Join us on Monday, June 15th at 11:45am for a Juneteenth Celebration

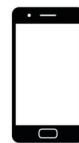
We will be watching an educational video from the National Museum of African American History & Culture with Oral Historian Kelly Navies, and we will be serving refreshments.

Please register; space is limited.



## Do you live alone?

Do you want a daily check-in to ensure that you're ok?



Snug is a free app that checks in every day to confirm you're okay. The app is easy, affordable, and used by thousands of Americans who live alone and want peace of mind that if something happens to them, their loved ones will be notified quickly so they can receive help quickly (and their pets will be taken care of, too). Learn more at:

[www.snugsafe.com](http://www.snugsafe.com) or call PEP for assistance.

You will need a smart phone (iphone or android).

## *Reflexology with Rhonda at PEP*

Friday, June 12th 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. Fee is \$1 per minute (minimum of 20 minutes). All are welcome!



## **CENTERLIGHT** Healthcare **PACE**

## **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](http://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.

## 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. Heavy rain will cancel the walking club for the day.

## PEP Book Club with Verna Hodge



Verna's Book Club will be meeting Monday, June 8th at 3pm. All are welcome! At this meeting, the group will be discussing "Curvy Girl Summer" by Danielle Allen.

Curvy Girl Summer synopsis: Aaliyah James is on a quest to find the perfect boyfriend before her 30th birthday, but her family's pressure and her own dating mishaps make the journey more complicated than she expected. All are welcome!

## Men's Group with Marlon from NY Connect

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



## Father's Day Luncheon

Monday, June 17th 11:30am at PEP

Please join us in honoring the men who provide their families and community with strong, healthy role models! PEP will be providing lunch and dessert. Men only, please.

Please call to RSVP today!



## 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.

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**Resource of the Month:**  
**Senior Employment**

**NYC Silver Corps**

Re-skilling / Credentialing / Employment

Are you an older adult interested in serving NYC communities?

Interested in acquiring technical training and credentials?

Ready to engaging the “silver” workforce?

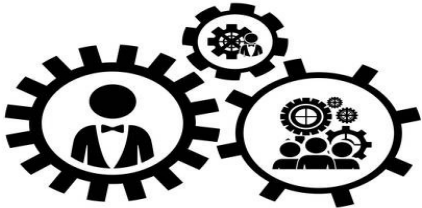
Program offerings:

Community Service Impact \* Credentialing/Training \* Job Readiness Prep  
\* Financial Knowledge \* Increase Digital Literacy Skills \* Support in Securing  
Employment \* Modest Allowance

For more information, contact NYC Aging

Phone: 212-244-6469

Or email: [silvercorps@aging.nyc.gov](mailto:silvercorps@aging.nyc.gov)



**Dinner Social in Parkchester**

Every Friday in June, 7:00 pm – 9:00 pm

*Neerob Restaurant, 2096 Starling Ave, Bronx, NY, 10462*

Join your Bronx neighbors for a Bangladeshi dinner at Neerob Restaurant in Parkchester, offered every Friday evening in June. After a brief introduction and presentation, we'll enjoy a delicious meal made of whole plant foods to support your well-being and prevent and reverse chronic disease. All are welcome! \$20 fixed price includes meal and gratuity. Meals at Neerob hosted by PPMNY are fully plant-based, oil-free, and low in added salt and sugar.

**Plant Powered Cooking Class in Parkchester**

Saturday, June 20, 3:00 pm – 7:00 pm ET

St. Helena's Church, School Cafeteria, 1315 Olmstead Ave, Bronx, NY 10462

Join us for a fun, hands-on afternoon of plant-based cooking where you'll team up with others to prepare, cook and enjoy a wholesome meal together—building community, learning new skills, and celebrating good food. \$25 is requested for grocery money, due by **12:00 PM on Wednesday, June 17.**

**Register: [www.plantpoweredmetrony.org/events](http://www.plantpoweredmetrony.org/events)**