

**THE BRONX**

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**January 4 - 9, 2019**  
**Volume 1**  
 THROGGS NECK/PELHAM BAY  
 AND COUNTRY CLUB



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 BUY ONE GET ONE 50% OFF ON OUR SALADS  
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# Special New Years SALE

**SPECIALS!**  
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**\$4.50**

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 Sports Coats*

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*2 pc. Suits  
 & Dresses*



*"I thought I would never find a Dry Cleaner that I would be happy with until I started using Pure Organic Dry Cleaners. The prices are great and the staff is super friendly. I love that they are Eco friendly and they'll pick up your clothing FREE of charge."*

**\$3.95**

*Dry Clean Pants,  
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Sale Dates

Jan 7
Jan 8
Jan 9
Jan 10

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Free Parking!	STORE HOURS	STORE HOURS	DELIVERY SERVICE AVAILABLE
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	SUNDAY 7 A.M. - 9 P.M.	SUNDAY 8 A.M. - 8 P.M.	

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<b>USDA Choice Beef Top Round London Broil</b> 12.16 Oz Pkg Assorted Sugaralade Bacon <b>\$2.99</b>	<b>USDA Choice Beef Bottom Round Roast</b> 14 Oz Pkg Assorted Sabrett Beef Franks <b>\$2.99</b>	Bone-In... Country Style or Fresh... Family Pack <b>Pork Spareribs</b> 10 Oz Cont Assorted Center Cut Pork Chops <b>\$1.99</b>	Boneless... Family Pack <b>Perdue Chicken Drumsticks or Thighs</b> 12 Oz Pkg Fully Cooked Breaded Cutlets, Boneless, Original Breaded Strips or Slow Cooker, 100% Cheddar or Original <b>99c</b>	21.6 Bag, 14-40 Count Per Lb <b>AquaStar Raw Shrimp Ring</b> \$9.99	10 Oz Cont <b>AquaStar Shrimp Ring</b> \$3.99

**PRODUCE**

<b>Broccoli Crowns</b> Fresh <b>99c</b> lb.	<b>Asparagus</b> Fresh <b>\$2.99</b>	<b>Dry Flat Corn Fresh Blueberries</b> <b>\$2.99</b>	<b>4 Oz Cont Fresh Blackberries</b> <b>\$1.99</b>	<b>Ripe Golden Pineapples</b> <b>\$1.99</b> ea.	<b>Tommy Atkins Mangoes</b> 99c ea.	<b>21.6 Oz New York State SnapDragon Apples</b> <b>\$2.99</b>	<b>8.4-14.4 Oz Bag Select Varieties Chopped or Premium Dole Salad Kits</b> <b>\$2.99</b>
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**DELI WE PROUDLY OFFER BOAR'S HEAD BRANDED PRODUCTS**

<b>Tyson Rotisserie Chickens</b> Raised With No Antibiotics Ever 100% All Natural Traditional or Flavored <b>\$6.99</b> ea.	<b>McCadam Muenster Cheese</b> Made From Pasteurized Cow Milk Pair With Your Favorite Turkey Pecorino Romano <b>\$4.99</b>	<b>Boar's Head Low Sodium Ham</b> 10 Oz Cont Assorted Boar's Head Hummus <b>\$8.99</b>	<b>Kretschmar Low Sodium Turkey Breast</b> 16.24 Oz Pkg Assorted Alvarado Street Organic Bread <b>\$7.99</b>	<b>Alpine Lace Cheese</b> Reduced Fat Swiss, Reduced Sodium Muenster or Yellow or White American <b>\$7.99</b>
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**Playoff Headquarters!**

<b>Store Prepared Chicken Wings or Assorted Breaded Chicken Tenders</b> <b>\$6.99</b>	<b>12 Oz Cont Pesto De Gallo or Calalzo Fresh Authentic Guacamole</b> <b>\$5.99</b>	<b>12.16 Oz Pkg Assorted Snack Factory Pretzel Crisps</b> <b>2/\$5</b>	<b>6.25-11.5 Oz Bag Assorted Doritos Tortilla Chips</b> <b>2/\$5</b>	<b>4.16-8.16 Oz Bag Assorted Domino Sugar</b> <b>\$1.99</b>	<b>8.16-16.32 Oz Bottle Assorted Wish-Bone Dressing</b> <b>5/\$5</b>	<b>20 Lb Bag Parboiled Urban Meadow Rice</b> <b>\$8.99</b>
<b>8.4 Fl Oz (24) Assorted Drinks or Snapple Iced Tea</b> <b>3/\$5</b>	<b>48 Fl Oz (12) Assorted TUR, AW, Country Time, Sunny D, Ecolife Tonic, Sweet, Citrus, Pennsylvania Dutch, Dr. Brown's or Canada Dry 2 Liter</b> <b>4/\$4</b>	<b>6.25-11.5 Oz Bag Assorted Rold Gold Pretzels</b> <b>2/\$5</b>	<b>14.4 Oz Pkg, 12 Oz Assorted Lipton, M&amp;M, Crush, Wet Tots, Mountain Dew, Hummel Pouch</b> <b>3/\$12</b>	<b>5.5 Oz (12) Assorted Barilla Pasta</b> <b>5/\$5</b>	<b>16.32 Oz (4) Assorted Tuttorosso Tomatoes</b> <b>3/\$5</b>	<b>16.32 Oz (4) Assorted Prego Pasta Sauce</b> <b>3/\$5</b>
<b>40.5 Fl Oz Pkg Nestle Pure Life Water 24 Pack</b> <b>\$3.10</b>	<b>180 Fl Oz Pkg, 12 Oz Beer All Day, Cerebral IPA or Pilsener Founders 15 Pack</b> <b>\$17.99</b>	<b>22 Fl Oz Pkg Corona or Heinekens 6 Pack</b> <b>\$9.99</b>	<b>16.32 Oz (4) Assorted Chicken Of The Sea Solid White Tuna</b> <b>5/\$5</b>	<b>5.0 Oz (4) Assorted Bumble Bee Pink Salmon</b> <b>\$2.99</b>	<b>12.5 Oz (4) Assorted Goya Beans</b> <b>6/\$2</b>	<b>16.32 Oz (4) Assorted Goya Tomato Sauce</b> <b>6/\$2</b>
<b>14 Fl Oz (4) Assorted Non-Dairy Desserts, Gelato, Sorbet, Frozen Yogurt, Trinos or Haagen-Dazs Ice Cream</b> <b>3/\$10</b>	<b>6.25-11.5 Oz Pkg Assorted Entenmann's Full Line Sale!</b> <b>2/\$7</b>	<b>14.3 Oz (3) Original Oreo Cookies</b> <b>2/\$5</b>	<b>15-16.3 Oz Jar Creamy Crunchy or Creamy Honey Roasted or Simply Ground Original or Honey Roasted Peter Pan Peanut Butter</b> <b>2/\$4</b>	<b>18.5-19 Oz Cont Assorted Progresso Rich &amp; Hearty Soup</b> <b>3/\$4</b>	<b>14.3 Oz (4) Assorted Quaker Instant Oatmeal</b> <b>2/\$5</b>	<b>18.5-19 Oz Cont Assorted Quaker Instant Oatmeal</b> <b>2/\$5</b>
<b>9-10 Oz (3) Assorted Urban Meadow Vegetables</b> <b>5/\$5</b>	<b>12-32 Oz Pkg Assorted Tater Tots, Sweet, Baked A Crispy or Regular Ore-Ida Potatoes</b> <b>2/\$6</b>	<b>4.5-14 Oz Pkg Assorted Amy's Full Line Sale!</b> <b>2/\$5</b>	<b>BUY MORE SAVE MORE! BUY 2 GET EACH FOR "6.99!"</b> 12 Double Roll Pack... White or 18 Double Roll Pack... Comfort Plus Scott Bath Tissue or 6 Big Roll Pack Regular or Choose A Size Variable Paper Towels <b>\$6.99</b>	<b>122.5-150 Fl Oz Cont Assorted Arm &amp; Hammer Laundry Detergent</b> <b>\$5.99</b>	<b>15 Oz Cont... Quick or Old Fashioned (Excludes Gluten Free) Quaker Oats</b> <b>2/\$4</b>	<b>15 Oz Cont... Quick or Old Fashioned (Excludes Gluten Free) Quaker Oats</b> <b>2/\$4</b>

**KEY TO SAVINGS**

Time to redeem YOUR EARNED **10% OR 20% discount!**

REDEMPTION PERIOD: 01/04/19 - 01/17/19

DISCOUNT MAY ONLY BE APPLIED TO ONE (1) FUTURE SHOPPING ORDER OF YOUR CHOICE EXCLUDES ITEMS PROHIBITED BY LAW SUCH AS MILK, BEER, TOBACCO, AND GIFT CARDS. YOUR DISCOUNT MUST BE RECEIVED BY JANUARY 17, 2019 FOR PARTICIPATION INFORMATION CONTACT YOUR LOCAL STORE.

**Breakfast Savings!**

**Tree Ripe Orange Juice**  
**2/\$5**

**Assorted Light & Fit Greek or Greek Yogurt or Fit or Fit on the Border, Oikos Greek Yogurt or Fit on the Border Light & Fit or Oikos Yogurt Drinks**  
**10/\$10**

**EGG LAD'S BEST Large Brown Organic Eggs**  
**\$3.99**

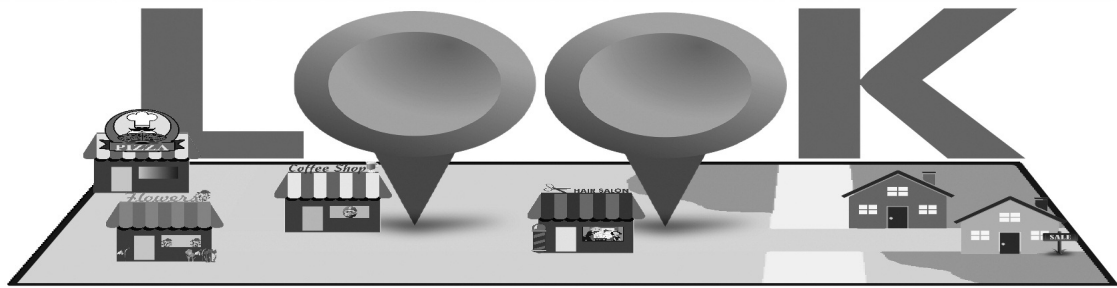
**64 Fl Oz (2) Assorted Almond, Cashew, Coconut or Silk Soy Milk or 48 Fl Oz (2) Assorted Soy Milk or 48 Fl Oz (2) Assorted Soy Milk or 48 Fl Oz (2) Assorted Soy Milk**  
**2/\$6**

**11.5 Oz Healthy Cream Honey Nut Cheesecake, 11.5 Oz Apple Cheesecake, 11.5 Oz Raspberry Cheesecake, 11.5 Oz Blueberry Cheesecake, 11.5 Oz Vanilla Cheesecake, 11.5 Oz Strawberry Cheesecake, 11.5 Oz Peach Cheesecake, 11.5 Oz Orange Cheesecake, 11.5 Oz Lemon Cheesecake, 11.5 Oz Lime Cheesecake**  
**General Mills Cereal**  
**2/\$5**

**14.3 Oz (4) Assorted Quaker Instant Oatmeal**  
**4/\$8**

**8.5-15.1 Oz Pkg Assorted Quaker Instant Oatmeal**  
**2/\$5**

We reserve the right to limit quantities to one per customer on sale items. Items offered for sale are not available in case lots. Alcoholic beverages may not be available in all locations. We are not responsible for typographical errors. Some Items Not Available in All Locations.



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**Crosstown Diner**  
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**Barino's Market**  
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**Bronx Pizzeria**  
 3579 E. Tremont Ave.

**Giordano's "Big G"**  
 1554 Paulding Ave.

**Key Food**  
 3151 Westchester Ave.

**Key Food**  
 2722 E. Tremont Ave.

**Pruzzo's Supermarket**  
 2937 Westchester Ave.

**Monte Grab&Go Market**  
 1790 Eastchester Rd.

**Ruane's Deli**  
 2 Centre Edgewater Pk. Dr.

**S&W Supermarket**  
 4028 E. Tremont Ave.

**Silver Beach Office**  
 1 Plaza Place

**Sweeney's Deli**  
 3136 Miles Avenue

**TJ Lizzy's Deli**  
 3009 Harding Ave.



Estate Sale, Antique Victrolas, Radio, Cameras, Electronics, Tools, Tall Craftsmen Toolbox, Furniture. All contents of Apartment for Sale. Saturday January 5, 10-4, Sunday January 6, 10-1. 1110 Stadium Avenue apt 3E, (347) 797-9620. CASH ONLY NO EARLY BIRDS!

One bedroom, 1 bath Section 8 apartment for rent. Vicinity of Williamsbridge Rd. Good credit and proof of income required. Call Michael 347-303-7138

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**5/\$20 CORONA BEER BUCKETS**

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THURSDAY NIGHTS  
**SURF & TURF NIGHT**  
LOBSTER TAIL & SHELL STEAK

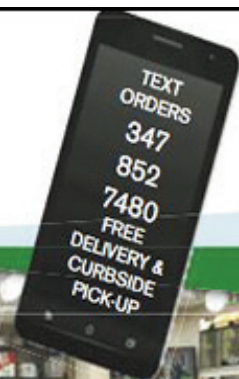
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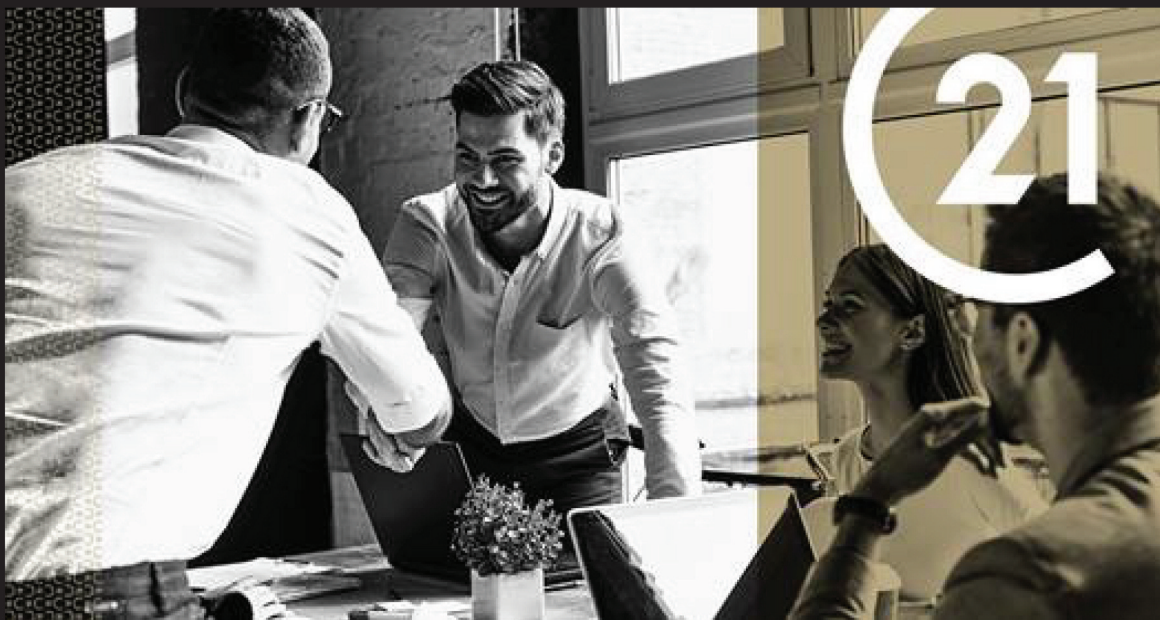
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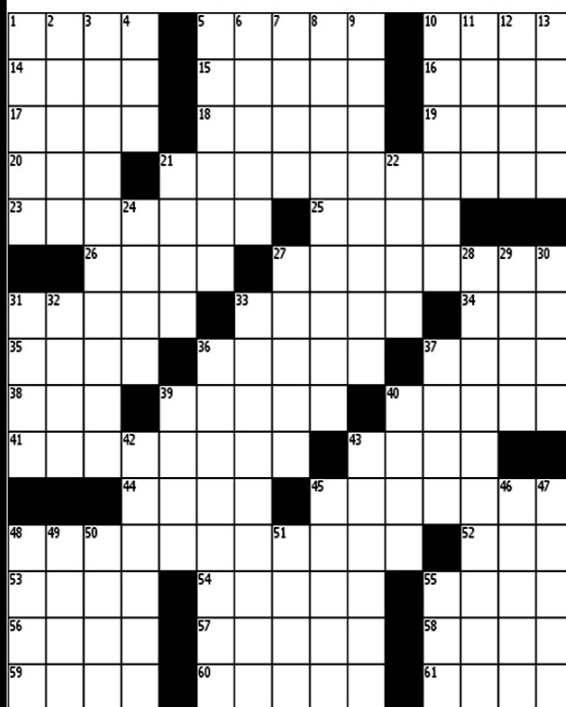
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# CROSSWORD



## Across

1. "Amores" poet
5. "\_\_\_ of robins in her hair"
10. Bring on board
14. French flick
15. TV title on a license plate
16. Cheese from Holland
17. Word with ghost or Our
18. "We \_\_\_ please!"
19. First name in jeans
20. King preceder
21. Bill that's delivered orally?
23. Wyoming city
25. Surrealist painter Magritte
26. Advanced bus. degrees
27. They end a century
31. White House designer James
33. Religious factions
34. South Vietnam's \_\_\_ Dinh Diem
35. What little things mean
36. Hindu deities
37. Partly open, as a door
38. Sprinted
39. Chairman's mallet
40. Plum puckered out?
41. Bachelor's supper, maybe
43. Person bringing a case
44. Put on pounds
45. Tyler Moore's co-star
48. Write a policy on a certainty?
52. Margery of nursery rhymedom
53. Soft drink selection
54. Buy alternative
55. Guitar forerunner
56. One of "The Waltons" girls
57. Pre-Easter periods
58. Mix the batter
59. Arp's style
60. Conclude by
61. Hair salon stock

## Down

1. In base eight
2. Cello relative
3. Reclusive star of TV's "Wagon Train"?
4. Lion's place
5. Singer Morisette
6. Wet behind the ears
7. Sailor's saint
8. Exposing human folly to ridicule
9. Worth of some opinions?
10. Protection for a cyclist
11. "What's the big \_\_\_?"
12. Musician Shankar
13. Olympic track champion Zatopek
21. "\_\_\_ Old Cowhand"
22. Some compass pts.
24. Blind as \_\_\_
27. Not even once
28. What a court panel hearing an accident case has?
29. "Magnet and Steel" singer Walter
30. Needing liniment
31. Male red deer
32. Norwegian royal name (Var.)
33. Stalag number in a classic film
36. Steel the writer
37. "Not worth \_\_\_ cent"
39. Growl
40. Low, one-horse box sleigh
42. Lizard in a Tennessee Williams title
43. Most mentally sound
45. "Hasta la \_\_\_!"
46. Couric of "Today"
47. Big-mouthed pitchers
48. Kind of tea
49. Dunn or Ephron
50. Tried to beat the tag
51. Round of applause
55. Tripper's turn-on



**Rosemarie Uvaro**  
Real Estate  
Sales Person

# BERKSHIRE HATHAWAY

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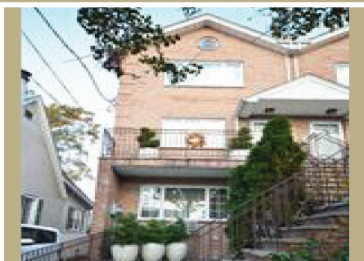
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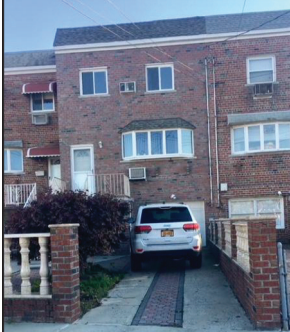
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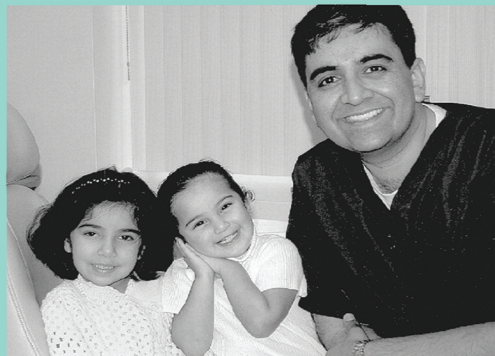


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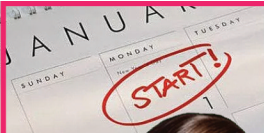
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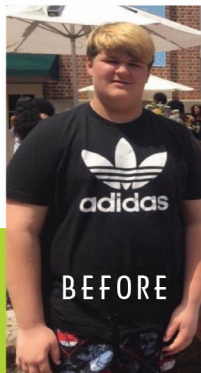
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# Grilled Steak with Greek Corn Salad



## Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh oregano and/or mint
- 1 teaspoon honey
- Kosher salt and freshly ground pepper
- 1 English cucumber, peeled and chopped
- 1 pint grape or cherry tomatoes, halved
- 1 small red onion, diced
- 1/2 cup crumbled feta cheese (about 4 ounces)
- 1/3 cup pitted green olives, sliced
- 2 ears of corn, shucked
- 1 1/4 pounds cube steaks

## Directions

1. Preheat a grill to high. Whisk the olive oil, vinegar, herbs, honey, 3/4 teaspoon salt and a few grinds of pepper in a medium bowl. Remove 2 tablespoons of the vinaigrette to a large bowl; set aside. Add the cucumber, tomatoes, red onion, feta and olives to the bowl with the remaining vinaigrette; toss to coat.
2. Grill the corn, turning occasionally, until charred in spots, about 8 minutes; remove to a cutting board. Meanwhile, season the steaks with salt and pepper. Working in batches if necessary, grill the steaks until the edges start browning, about 2 minutes. Flip and cook until browned on the other side, about 30 seconds. Transfer to the bowl with the reserved vinaigrette; toss to coat.
3. Cut off the corn kernels and add to the salad. Serve the steak with the corn salad.

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## "Neighborhood Updates"



**Matthew Cruz**

District Manager  
Bronx Community Board #10  
3165 East Tremont Avenue  
Bronx, NY 10461  
(718) 892-1161  
Bx10@cb.nyc.gov

### CHRISTMAS "TREE-CYCLING"

On behalf of Bronx Community Board #10 and our staff, I wish everyone a happy and healthy 2018! As part of your curbside collection, the NYC Department of Sanitation (DSNY) will be collecting Christmas trees from your curb starting on Wednesday, January 2 through Saturday, January 12, 2019 as weather permits. Please be sure to remove all stands, tinsel, lights and ornaments before putting the trees out for collection. Those that are looking to dispose of plastic and metal Christmas trees should remove all ornaments and put it out next to your recycling on regular recycling days.

### MULCHFEST

In addition to the DSNY's efforts, the NYC Parks Department is holding its annual "MulchFest" on January 12 and January 13 from 10 A.M. to 2 P.M. at the Metropolitan Oval at Metropolitan Avenue and Unionport Road in Parkchester. Those interested in recycling their Christmas tree at this location will receive your own bag of mulch. If you wish to only drop-off your Christmas tree for recycling, you are encouraged to bring it to the Pelham Bay Park parking lot at Middletown Road and Stadium Avenue also from now until January 13 from 10 A.M. to 2P.M.

### SENIORS CITIZENS HOMEOWNERS' EXEMPTION (SCHE)

Because of recently changed city and state law, senior citizens that are at least 65 years of age making a combined annual income of \$58,399 or less are eligible for the Senior Citizens Homeowners' Exemption (SCHE). The NYC Department of Finance must receive your application by March 15, 2019. If you applied for and were denied the exemption because your income was too high in 2017, but is now less than the new limit of \$58,399, you should have automatically received the benefit on your January 2018 property tax bill with a retroactive credit to July 1, 2017. Please contact myself or my staff member, Patrick Caruso, at (718) 892-1161 for more information.

**PLEASE TAKE NOTE:** Once your ad has been placed, there will be **NO REFUNDS**. PLEASE: Read your ad the first day it appears. If any error was made by The Bronx Penny Pincher on a TELEPHONE NUMBER OR ADDRESS the publisher will be happy to correct it **FREE OF CHARGE**. The Publisher is not responsible for typographical errors. However, the Publisher must be notified within 48 hours of THAT publication or the publisher will not assume responsibility. Please include your phone number and/or address in ad copy or the Publisher will not be responsible if either of the above is left out. **PLEASE WRITE LEGIBLY**. We will not be responsible for illegible handwriting.

The Bronx Penny Pincher will not be liable for any direct, indirect or consequential damages arising out of the use of companies printed in this edition or on the website nor is The Bronx Penny Pincher responsible for the work ethic or business practices of said companies.

# COMMUNITY NEWS

**TO ALL NON-PROFIT ORGANIZATIONS**

Do you have a Special Event that is of interest to the neighborhood?  
**PRINT IT IN THE BRONX PENNY PINCHER FREE OF CHARGE!**

**The Bronx Penny Pincher will print your Community Events! (NON-PROFIT ORGANIZATIONS ONLY)**

**SEND YOUR COMMUNITY EVENTS TO: COMMUNITY NEWS EDITOR**

**c/o Bronx Penny Pincher  
3797 E. Tremont Avenue  
Bronx, NY 10465**

**FAX: 718.828.7974**

### **EVENTS MUST BE FREE OF CHARGE!**

**All Copy Must Be Received By Monday, 2 Weeks Prior to Your Event, For That Thursday's Publication. The Bronx Penny Pincher Reserves the Right to Refuse Any Copy That is Not in The Best Interest to The Community Only.**

The Bronx Penny Pincher will not be responsible for any four color discrepancies that may occur when electronic materials are printed. The Bronx Penny Pincher cannot be held accountable for any change that may occur in color quality or match.

**REACH THOUSANDS OF READERS WITHOUT EVER LEAVING YOUR HOME. FAX YOUR CLASSIFIED ADS TO THE BRONX PENNY PINCHER AT 718-828-7974. VISA, MASTER CARD, AMERICAN EXPRESS AND DISCOVER ACCEPTED. PLEASE INCLUDE YOUR NAME AND PHONE NUMBER. DEADLINE IS WEDNESDAY AT 12 NOON.**

# COMMUNITY NEWS

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS!

Do you have an event that is of interest to your neighborhood?  
Excluding Yard & Garage Sales. We will print your event **free of charge**

— ALL NON- PROFIT ORGANIZATIONS WELCOME! —

## BRONX JEWISH CENTER HOSTS COMMUNITY DINNER

Please join us for our next community Shabbat dinner at the Bronx Jewish Center, 1969 Haight Avenue, Bronx NY 10461 to be held on Friday, January 4th, starting at 7:00 PM. The special theme for that evening will be Shabbat in Morocco. Yes, That's right Morocco. All of your favorite Moroccan style dishes will take center stage! We look forward to seeing you! Enjoy a delicious 4 course dinner with your fellow neighbors. Turn your Friday night Shabbat into an evening of spiritual awakening, inspiration, Jewish songs and culinary delight. Please RSVP @ 718.812.1701 to let us know you are coming. Shabbat dinners are held the first Friday of every month. Free of charge and all are welcome to join! [BronxJewishCenter.org](http://BronxJewishCenter.org) | [office@bronxjewishcenter.org](mailto:office@bronxjewishcenter.org)

## MARITIME COLLEGE COMMUNITY PROGRAMS

WINTER 2019 SWIM AND EXERCISE CLASSES ARE NOW OPEN! Aquatic classes for 5 months-4 years and 5-14 years old. Zumba, Adult Lap Swim, Water Aerobics, Yoga, Bootcamp, Pilates and Family Fun Swim Nights available for teens and adults. Registration Deadline: Thursday, January 3, 2019 for exercise classes and Wednesday, January 16, 2019 for swim classes. Private and semi-private lessons are coming soon! Detailed course description and registration form can be found here <https://communityprograms.coursestorm.com>. We can only accept online registrations with credit card payments. Mail-in and Drop-offs are no longer accepted. If you have any questions or concerns, please don't hesitate to contact us by e-mail at [cprograms@sunymaritime.edu](mailto:cprograms@sunymaritime.edu).

## PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION

The next community meeting will be held on Tuesday, January 8th 2019 at Bronx House 990 Pelham Parkway South, Bronx NY 10461 starting at 7:15 pm. Our special guests will be our very own New York City Councilman Ritchie Torres. Please bring your questions, issues, concerns and problems to our featured guest speaker. Community involvement is vital to having a safe, clean and graffiti free neighborhood. All items get followed up on and action taken. The PNA works around the clock and year round to improve the quality of life in Pelham Parkway. Please join us. Get involved in your community. It's time.

**AMVET LADIES AUXILIARY** The Amvets Ladies Auxiliary #38 is pleased to announce that their twice-monthly Bingo games will resume now that heat has been restored at their Post. The games for the month of January will be on Monday, January 7th and Monday, January 21st. As always, proceeds go to benefit Veteran's organizations and other worthwhile charities.

**THE BRAHMA KUMARIS** in the Bronx invites you to join us for a very special workshop and conversation, December 29, 4:00 – 6:00pm at 2705 Williamsbridge Road, Bronx, New York 10469. The theme is, "Nurturing the Sacred Space Within." Please join us in this warm and enlightening sharing, as we explore the depth, enjoy the beauty, and experiment with practices that nurture our inner sacred space. It is what we need at this time to refresh ourselves as we prepare to enter the new year with freshness, lightness, joy and enthusiasm. We hope you can join us in this very enriching and refreshing experience and we look forward to seeing you. Feel free to share this invitation with your contacts. To RSVP and for further information, please contact Carmen: [bkbronx2.ny@gmail.com](mailto:bkbronx2.ny@gmail.com) or 718-994-0765.

**NYPL PELHAM BAY BRANCH** LinkedIn For Job Seekers on Thursday, January 10, 2019, 10:30am - 12:30 pm. Learn strategies and tips on how to utilize your LinkedIn account in your job search, including customizing your LinkedIn profile, strategies for determining LinkedIn groups to join, performing basic and advanced job search using LinkedIn, and more. Pre-registration is required. Register In-person, in advance - Please call 718-792-6744, or come in to register. Visit us at 3060 Middletown Road, Bronx NY 10461, 718.792.6744

## THE BARTOW-PELL MANSION WINTER HIKE

Sunday, January 13, 2019 12:30 p.m.-2:00 p.m. The Bartow-Pell Mansion Museum is the only remaining estate of the many estates that made up what is now the city's largest park, Pelham Bay Park. Join the Rangers on a winter hike of the Mansion's grounds and surrounding nature trails. Attendees are welcome to take a guided or self-guided tour of the mansion museum after the hike. Please note: Participants are selected by lottery. To register, please visit the Urban Park Rangers' registration page: <https://www.nycgovparks.org/reg/rangers>

## PSS CITY ISLAND CENTER

Upcoming Special Events: Wednesday, January 9, Elder Abuse Presentation, 12:30 PM; Thursday, January 10, Singing Group resumes Thursdays, 1:15 PM. Stop by picturesque City Island and enjoy the exciting programs offered at our center which is located at 116 City Island Ave. Monday through Friday from 9 am to 3 pm. Experience our exercise classes from gentle yoga stretch, balance class, arthritis workshop and tai chi as well as our vigorous fit for life and cardio fit. We also offer acrylic painting, calligraphy, canasta, health presentations, singing group, and parties! Lunch is served from 12-1, suggested donation \$2.00. We go on shopping trips every day; i.e. Shop Rite, Dollar Tree, Target, Kmart as well as theatre excursions, boat trips, special luncheons and more. It's free to become a member but you must be 60 years or above. For more information contact Patty @ 718.885.0727 or email [pattis@pssusa.org](mailto:pattis@pssusa.org) for our monthly calendar.

## SEAL EXPLORATION FREE EVENT

Sunday, January 13, 2019, 10:00 am –11:30 am. New York City is home to an amazing abundance of wildlife. Our Urban Park Rangers will guide you to the best wildlife viewing spots in the urban jungle. We offer programs throughout the year which focus on unique wildlife viewing opportunities during particular seasons. To enhance your experience we encourage you to bring binoculars and field guides, or ask a Ranger to borrow a pair. Orchard Beach Nature Center, Section 2 in Pelham Bay Park. Urban Park Rangers, Contact Number: 718.319.7258.

## MULCHFEST - JANUARY 4-13, 2019

Say fir-well to your holiday tree at NYC Parks! Wrap up your holiday season and say goodbye to your tree at Mulchfest. Join NYC Parks and the New York City Department of Sanitation in the NYC holiday tradition of recycling your Christmas tree! Put on your boots and haul your tree to a Mulchfest location — we'll chip your tree into wood chips that we'll use to nourish trees and make NYC even greener. More than 25,000 trees were recycled last year. Help us top this number! Join us on January 12-13, from 10:00am – 2:00pm, for Chipping Weekend to take home a tree-ment! We'll chip your tree and give you your very own bag of mulch to use in your backyard or to make a winter bed for a street tree. To participate, just look for a chipping site on the map at think link: [www.nycgovparks.org/highlights/festivals/mulchfest](http://www.nycgovparks.org/highlights/festivals/mulchfest)

# Bay Park



Center For Nursing & Rehabilitation



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**Bronx, NY 10475**

**PHONE: 718.239.6555**

**FAX: 718.239.6553**

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**Our admissions office will be more than happy to answer any questions and help you decide if Bay Park Center is right for you or your loved one. Please feel free to contact us at 718-239-6555 to have any questions answered or schedule a tour. You can also find us on our website at [www.bayparkcenterfornursing.com](http://www.bayparkcenterfornursing.com)**

## **Programs and Treatments offered at Bay Park:**

### **Special Services**

- IV Fluids
- IV Antibiotics
- Diabetes Management
- Hospice/Palliative Care
- Respite Care

### **Respiratory Treatments**

- Oxygen Therapy
- Tracheostomy Care
- Bi-Pap/C-PAP
- Suctioning

### **Skin/Ulcer Treatments**

- Negative Pressure Therapy (Wound Vac)
- Pressure Reducing Devices
- Nutrition and Hydration Interventions
- Ulcer Care
- Surgical Wound Care

### **Special Programs**

- Alzheimer's/Dementia Program
- Restorative Nursing Program
- Medical Model Adult Day Care
- Behavioral Health Unit

### **Rehabilitation Services**

- Intensive PT, OT & ST 6 days a week
- Short Wave Diathermy
- Therapeutic Ultrasound
- Electrical Stimulation
- Specialized Orthopedic & Neurological Interventions
- Cognitive Therapy
- Vestibular Rehabilitation