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# **APLIQUE HOY**

### FECHA DE LOTERÍA - 5 DE ABRIL DE 2019

For more information: T18 410 8100 Senrollment@flacsnyc.com www.flacsnyc.com



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FLACS II 296 EAST 140TH ST BRONX, NY 10454

FLACS III 370 GERARD AVE BRONX, NY 10451 FLACS MS 316 EAST 165TH ST BRONX, NY 10456



### INGREDIENTS

1 tbsp. extra-virgin olive oil 1 medium onion, chopped 1 lb. ground beef 2 cloves garlic, minced 1/2 c. ketchup 1/3 c. packed brown sugar 2 tbsp. yellow mustard 1 tbsp. chili powder Kosher salt Freshly ground black pepper 4 tbsp. Butter, for bread 8 slices sandwich bread 2 c. shredded cheddar

#### DIRECTIONS

1. In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, about 5 minutes. Add ground beef and cook, stirring and breaking up meat, until no longer pink, 6 to 8 minutes. Drain fat.

2. Return beef mixture to skillet over medium heat and stir in ketchup, garlic, brown sugar, mustard, and chili powder and season with salt and pepper. Simmer until thick, 5 minutes. Transfer mixture to a plate and wipe skillet clean.

3. Assemble sandwiches: Butter one side of each bread slice. Place 1 slice butter-side down in skillet and spoon over sloppy joe mixture. Top with cup of cheddar cheese and one more slice bread, buttered-side up.

4. Cook over medium heat until bread is golden and cheese is melty, about 3 minutes per side. Repeat with remaining ingredients to make 4 sandwiches total.

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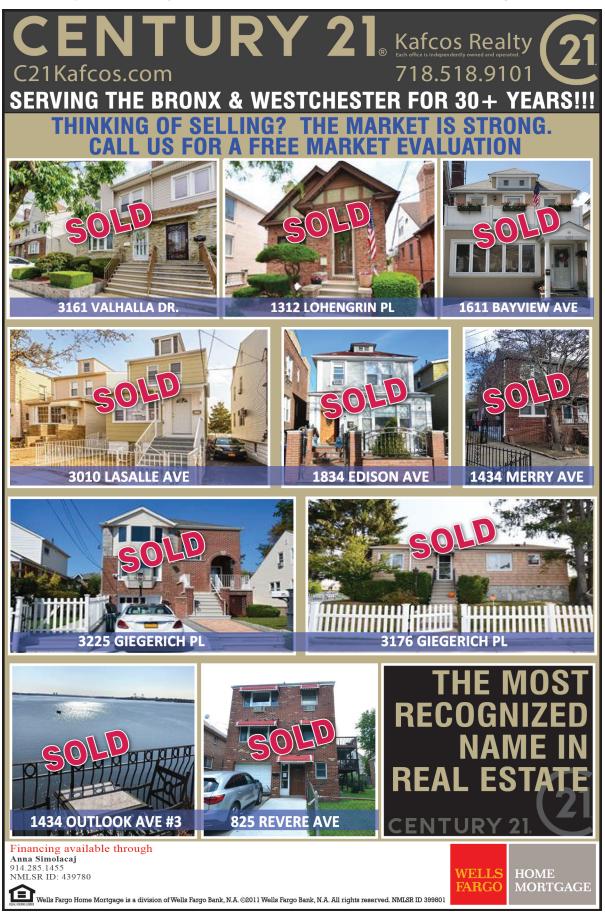
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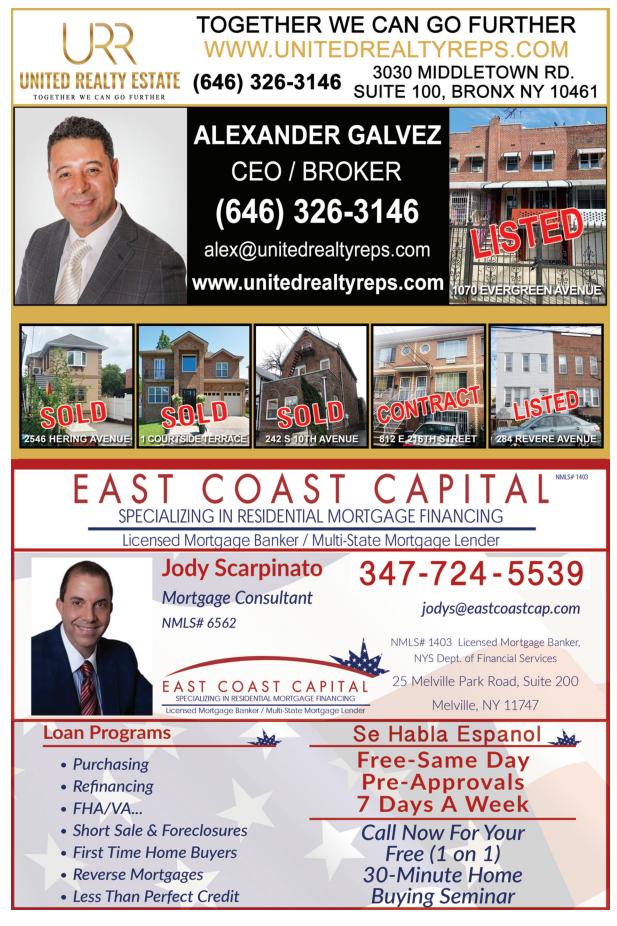


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### "Neighborhood Updates"



#### NYC DEPARTMENT OF FINANCE COMES TO THROGGS NECK!

Bronx Community Board #10 is partnering with the City's Department of Finance to help offer assistance to our homeowners and tenants with property tax exemption applications and rent applications for senior citizens and the disabled who qualify for SCRIE or DRIE. Please join us on Tuesday, March 26 from noon to 2 P.M at Fort Schuyler House. Fort Schuyler House is located at 3077 Cross Bronx Expressway in Throggs Neck. To reserve your spot, please call myself or Patrick at my office at (718) 892-1161. You are more than welcomed to e-mail us at bx10@cb.nyc.gov. Please share with all neighbors and friends. This event is not just limited to CB #10 residents.

#### <u>CB #10 SHRED-IT EVENT AND NYC DEP RAIN</u> <u>BARREL GIVEAWAY</u>

On Saturday March 30, Bronx Community Board #10 is sponsoring a "Shred-it Event and Rain Barrel Giveaway." It will be held at the Greek American Institute at 3573 Bruckner Blvd. from 10 A.M. to 2 P.M. At this event, you may shred up to 3 thirteen gallon bags of paper. It must only be paper. Please remove any and all binders or clips. Additionally, if you are a homeowner and would like a rain barrel, please RSVP with us as soon as possible by calling (718) 892-1161. Rain barrels capture storm water and can be used for things such as washing your vehicle and watering plants. Rain barrels are limited. Please be sure to reserve one by calling us. You do not have to shred any documentation in order to receive a rain barrel. For more information, please contact my office.

#### "SPRING INTO HEALTH FAIR" AT I.S. 192

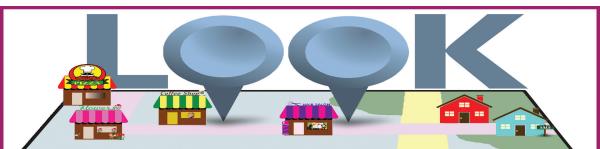
Phipps Neighborhoods, in conjunction with Bronx Community Board #10 and the Throggs Neck Community Action Partnership, is holding its Spring Health Fair on Saturday, April 13th from 10 A.M. to 4:30 P.M. at I.S. 192 which is located at 650 Hollywood Avenue in Throggs Neck. The event is family friendly and is open to all ages. Activities will focus on topics such as awareness, education and lifestyle information. For more information, please contact Patrick at my office at (718) 892-1161. Please RSVP by contacting Mr. Edwin Scott at (718) 319-2440 or via e-mail at escott@phippsny.org. 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 TELE-PHONE 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.

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PSS CITY ISLAND CENTER Upcoming Special Events: Thursday, March 28 @ 1:30 PM, "Through the Years Concert" by Singing Group; Friday, March 29 @ 1:15 PM, Fall Prevention, College of Mount St. Vincent; Monday, April 1 @ 1 PM, new weekly Swing Dance. 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 for our monthly calendar.

WILLIAMSBŔIDGE OVAL RECREATION CENTER STUDIO ART Wednesday, March 27, 2019 4:00PM – 6:00PM. Picasso, Frida Kahlo, Marc Chagall, and many more artist are the inspiration for these classes. Instructor Amy, an artist herself, will teach about an artist and then let the youth create their own form of art. Children may paint, draw, sculpt and there is a new form each week. This program is geared toward youth ages 6 to 13 years old. This class is free. We do ask you to sign up for a free membership at the front desk when you come. Williamsbridge Oval Recreation Center, 3225 Reservoir Oval East, NYC Parks: Bronx Recreation. Contact Number 718.543.8672, sarah.bishow@parks.nyc.gov **ATTENTION DOG OWNERS** Poor Animals of St. Francis, Inc. is offering FREE Purina Pro Plan Chicken & Rice Formula dry DOG food to people on low income, and donated to us by PURINA. The bags are all sealed 18 lb bags. If you want the help with the dog food, call 718-822-0043 and leave message for Rose. We will return your call.

**FOCAL POINT GALLERY ANNUAL STUDENT ART SHOW** featuring Community Health Academy of the Heights, Saturday April 13th at 1:00PM. 321 City Island Avenue, Bronx, N.Y.10464, 718.885.1403.

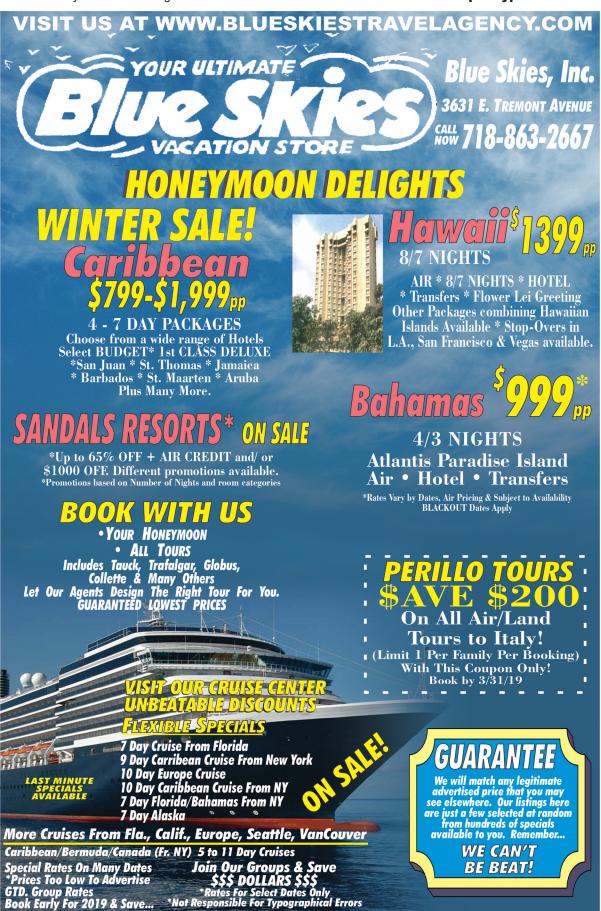
**JEANNE JUGAN RESIDENCE** Please consider donating NEW gift items to Jeanne Jugan Residence located at 2999 Schurz Ave Bronx, New York 10465. These items can be sold annually in our gift shop and Christmas Bazaar. We have a special need for brand new toys. Other items include costume jewelry, gift sets, electronic items specialty items, NEW tagged clothing, accessories and collectibles. We are unable to take VHS, used dish sets, loose glassware/vases, books or used bedding of any kind. If you have a question concerning a donation contact Joanne at the Home at 347-329-1800. Drop off week days if possible. PLEASE make sure donations are securely packaged and labeled GIFT SHOP/JOANNE. Thank you in advance for your continued efforts.

**TEMPLE HATIKVA SPECIAL SERVICE:** Please join us on Friday, March 22 at 7:30PM at Bronx House 990 Pelham Parkway South for our special celebration of the Holiday of Purim. Please note that we are once again requesting that you bring a box of Kosher pasta to shake as a grogger during the Megillah, and also additional non-perishable food donations for the Bronx Jewish Community Council's Food Pantry which provides assistance to needy families in our community. This is one way we can show our appreciation to the BJCC for generously providing hamantaschen for our Purim Shabbat service. And do consider coming to the service in costume. Hope to see you at our March 22 service, our March 24 Adult Ed breakfast at 10:00AM, and our April 7th "Popcorn & Video" morning (free for members). Any questions please call us at 917.819.2456 or by email at templehatikva@aol.com.

**SNAP (Supplemental Nutrition Assistance program)** Friday, March 29, 2019, 10AM-4PM. Throgs Neck Library. Are you eligible to receive Food Stamp benefits? A Food Stamp Outreach Specialist will be available to assist you with eligibility prescreening and to answer your questions. No registration required. Sponsored by NYC's Human Resources Administration: Department of Social Services. Throg's Neck Library, 3025 Cross Bronx Expressway Extension, Bronx, NY, 10465 718.792.2612.

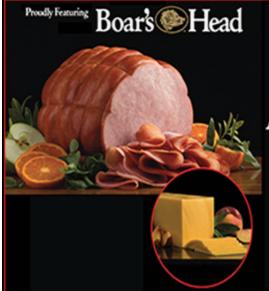
NYRR OPEN RUN: PELHAM BAY PARK Thursday, March 28, 2019 7:00pm–8:00pm. Open Run is a communitybased, volunteer-led running initiative bringing free weekly runs and walks to local neighborhood parks, across all five boroughs of NYC. All runs are directed by volunteers and are free to all participants. The finish line is open until the last person is done. The courses vary based on the park, but the courses are between 2.5 and 3 miles long. Participants are encouraged to arrive 15 minutes before the start of the run and to leave their valuables at home – bag check is not provided. No need to do anything before the run, just show up. Open to all ages, experience levels, walkers, strollers, dogs: All are welcome! Meet at Sweetgum Playground. Event Organizer: New York Road Runners, 212.360.3300 jules.webster@parks.nvc.gov

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Bay Dark Center For Nursing & Rehabilitation 801 Co-Op City Boulevard Bronx, NY 10475 PHONE: 718.239.6555 FAX: 718.239.6555 FAX: 718.239.6553 Bay Park Center provides high quality, skilled nursing care in a nurturing environment. Our long standing records of excellence and ongoing initiatives to expand and improve our facilities and services have earned us an

outstanding reputation in the community. Today, we have grown to become one of the most comprehensive, full service facilities of our kind in the area.

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

# 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