







Father's Day

SERVING ALL WEEKEND LONG!

Appetizers

Crab Cakes Baked Stuffed Clams Fresh Mozzarella, Tomato, Roasted Pepper & Basil Drizzled With Our Delicious Balsamic Glaze Stuffed Pepper

Entrees

Entrees Are Served With A Soup Of The Day Or House Salad Twin 7oz Lobster Tails Oreganata w/Mash & Mixed Vegetable Prime Rib Aujus w/ Baked Potato & Vegetable Honey Glazed Salmon Over Vegetable Saffron Rice Stuffed Jumbo Pork Chops w/ Potato & Vegetable Chicken Breast Stuffed w/Broccoli & Cheddar Served With Potato & Vegetable Shrimp, Asparagus, & Sweet Grape Tomatoes Over Linguini In A Delicious Light Sauce!

> Desserts Selection Chocolate Cake, Cheese Cake, Toasted Almond Cake, Carrot Cake, Tartufo, Limoncello Tartufo

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Saint Joseph's Medical Practice, PC is pleased to announce this update about our multi-specialty medical practice at **1620 Crosby Avenue**:



Internal Medicine: *Dr. Ana Romeo* is a compassionate physician and her goal is to provide the best medical care for our community! Dr. Romeo is certified by the American Osteopathic Association and brings her superior clinical care and professionalism to our office and provides patient care related to all aspects of primary care and internal medicine, including diagnosing and treating:

Arthritis
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Cold-Flu

- Diabetes
- Thyroid conditions
- High Blood Pressure

Dr. Romeo also offers annual physicals, Medicare wellness exams, post-COVID care, flu shots, same day sick visit appointments and extended hours, to serve the entire family.

Elevated cholesterol



Cardiology – Be Heart Healthier Richard Feldman, M.D., F.A.C.C., is a

cardiologist who is Board Certified in Internal Medicine, Cardiovascular Diseases, and Nuclear Cardiology, and has strong experience diagnosing and treating heart disease, such as congenital heart defects, coronary artery disease, heart rhythm disorders and heart failure. Dr. Feldman's practice provides patient care related to all aspects of cardiovascular disease, hypertension, diabetes management, and health literacy. Dr. Feldman is currently Co-Chief of Cardiology at Saint Joseph's Medical Center, Yonkers, N.Y.

Call today to schedule your appointment. 718-824-6161 1620 Crosby Ave | Bronx, NY



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TUESDAY \$1.50 WASH



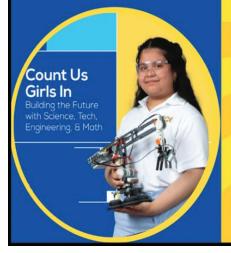
3010 MIDDLETOWN ROAD, BRONX NY 10461 (BETWEEN CROSBY AND HOLLYWOOD AVE.)



St. Catharine Academy

HAP

The Higher Achievement Program



THE ALL

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S (STEL)



ABOUT US:

The Higher Achievement Program (HAP) at SCA is an immersive program targeted at preparing girls entering 6th, 7th, and 8th grades for the Test for Admission into Catholic High Schools (TACHS). Over the course of the program, students will be exposed to the testing format, test-taking strategies, and area-specific content in English Language Arts and Mathematics. Additionally, students will also be introduced to the high school environment, SCA's STEM Lab and Robotics program, and a variety of sports.



HOW TO REGISTER:

All-in-one 3 week program for rising 6th, 7th, & 8th grade girls

Program Dates: July 5th - July 22nd Program Hours: 9:00 am - 2:00 pm Program Cost: \$500.00



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Creamy Dill Cucumber Toasties



Ingredients

1 (8 oz) package cream cheese, softened 1 (.7 ounce) package dry Italian-style salad dressing mix ¹/₂ cup mayonnaise 1 French baguette, cut into 1/2 inch thick circles 1 cucumber, sliced 2 teaspoons dried dill weed

Directions

In a medium bowl, mix together cream cheese, dressing mix and mayonnaise.

Spread a thin layer of the cream cheese mixture on a slice of bread, and top with a slice of cucumber. Sprinkle with dill. Repeat with remaining ingredients.



1790 Eastchester Road, Bronx NY 10461 Phone: (718) 684-2774 • Fax: (718) 684-2777

Full Menu at www.Montegrabandgomarket.com

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c/o Prentiss. Hundreds of new items. Clothes, jewelry, make up, toys, bikes, etc

Carpenters with minimum 7 years experience needed for established construction company. Must Yard Sale 2327 Demeyer Street, Bronx 10469, June 18th have own tools, clean drivers license and be able to work well with others. Skills should include framing, sheetrock, compound, door, casting, tile, etc. nellworth PI

Garage for rent on Crosby Ave. For motorcycle or storage only \$250 a month 914-490-3875

office functions on a computer. Please call Pete Morris Park: Tenbrock Ave and Van Nest Ave. Newly renovated 3 room, 1 bedroom or 4 room 2 bedroom Yard Sale Saturday 6/18 9AM-4PM. 3102 Miles Ave all hardwood floors, all freshly painted, plus large back porch and back yard "really nice" EiK - bkr walk to Jacobi and Einstein \$1,500 or \$2,100. Small pet ok. 718-409-1884

9a.m. - 5p.m. House items, bike, clothing, records, bags Pelham Bay 3BR's 2 baths, huge, all new \$2,400/ Pelham Bay 4BR's 2 baths, balcony, huge, \$2,800 / Email josh@highlinedesign.net call 646-641-9308 Throggs Neck 1BR \$1,800 all utilities includ. / Studio Garage Sale Jun Saturday 18, 9am-3pm 1427 Ken- in Throggs Neck \$1,500, all utilities includ. / Morris Park 1BR \$1,600 all utilities includ. / 233rd 4BR working / section 8. Call Broker 914-229-3889, 917-292-9353 or 914-918-5077



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

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- 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

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	45 Years of Ser	l Big G Steak\$12.99lb. Out Pork Chops\$3.99lb.	Gen	ken Cutlet Special \$25.00 ranks (5 Lb. Pkg)\$29.99		
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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 of the community.

EVENTS MUST BE FREE OF CHARGE

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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

COOLING BENEFIT

The City of New York Human Resources Administration (NYCHRA) with the State of New York Office of Temporary and Disability Assistance (OTDA) is offering its annual cooling benefit. Eligible recipients can receive an air conditioner with free installation. Eligibility requirements state that you must not have an air conditioner presently. If you do have one, it must be at least five years old. If you have received an air conditioner through this program, you cannot apply for five years. The annual household monthly income for a family of four cannot exceed \$5,249. If you currently receive SNAP benefits and/or SSI or have received a regular HEAP benefit you are likely eligible for this program. To receive an application, you must call (212) 331-3126

NYC HUMAN RESOURCES ADMINISTRATION AT CB 10!

Every Thursday from 10 A.M. to 3 P.M., our office has a City of New York Human Resources Administration (HRA) liaison that will assist you with applying and/ or recertifying for Supplemental Nutrition Assistance Program benefits (SNAP). To meet with the HRA official, it is by appointment only and you must call us at (718) 892-1161 to schedule. SNAP benefits help put food on the table for needy families. If you are a family of four, your annual gross income cannot exceed \$34, 452 to meet eligibility. For the appointment, you should bring identification and any income documentation from the previous tax year.

SUMMER ADJOURNMENT

The month of June means that Bronx Community Board #10 public meetings conclude for the summer. Our office remains open from 8 A.M. to 4 P.M. to service your concerns and complaints. Please visit our website for minutes: www1.nyc.gov/site/bronxcb10/index.page. Please follow our social media pages for information in real time. Our Facebook is @BronxCommunityBoard10. Our Twitter and Instagram are @BronxCB10.



BRONX COUNCIL ON THE ARTS AND PART-NERING WITH MORRIS PARK BID AND MORRIS PARK COMMUNITY GARDEN. Hanging Garden- a Bronx Community Art Project Do you love crafting, being outdoors? Would you love to help beautify and revitalize the Morris Park Community Garden? Come ioin local artist, crafter and art teacher Ruth Marshall as we make Paracord creations to decorate the fencing of the garden. Saturdays 11AM – 1PM, from May 7-July 30, 2022 at 1000 Sackett Ave, Bronx NY 10462, at the end of Colden Ave in Morris Park. Raindate next day, same time. Bathroom nearby. All materials supplied. All skill levels welcome. No prior crochet experience required. Classes are FREE and on drop-in basis! Volunteers are welcome to participate in various ways. Please contact Edgar at edgaravalos81@yahoo.com or (347) 272-8410.

MORRIS PARK COMMUNITY GARDEN: Did you know that there is a hidden gem of nature in your neighborhood? The garden is located at 1000 Sackett Ave at the end of Colden Ave. Currently there are two different programs going on that would love to welcome you. A FREE, drop-in art project / class run by local artist Ruth Marshall to beautify the outer fencing of the garden using crocheted paracord. No experience required. Sat. 11am-1pm through July 30, Questions? RuthMarshall.com or 2022. info@ruthmarshall.com. The community garden itself is operating year round and would love the help of volunteers to work on various gardening projects. Contact Edgar at edgaravalos81@yahoo.com or (347) 272-8410.

THE BRONX JEWISH CENTER: Located at 1969 Haight Avenue, The Bronx, NY 10461, has asked us to inform residents about their weekly Shabbat services at the center, *starting at 10 a.m. every Saturday.* The services are geared toward everyone and are family-friendly. The group will provide instruction, while also engaging the congregants. Additionally, there will be a 5 star hot kiddush luncheon after the services. All are welcome to join for a warm, friendly, relaxed, sociable atmosphere with the chance to meet new friends. For any questions, the synagogue may be reached at (718) 812 -1701 or by email at office@bronxjewishcenter.org. All are welcome. We look foward to seeing you.

SONS OF ISRAEL SYNAGOGUE: Sons Of Israel Synagogue: 2521 Cruger Avenue, between Allerton Ave and Mace Ave. Bx NY 10467. The Community is invited to attend: Services *Friday Night June 18th Begin at 6:30 PM Sharp* followed by a HUGE 3 course hot sit down delicious Sabbath dinner. All are welcome to join us for a respectful, relaxed, fun, friendly evening. Social distancing is followed and masks are required .If you do not have one we will provide one for you.

BRADY COURT COMMUNITY CENTER: Food Fest on *Friday, June 17th from 5:00 PM to 9:00 PM.* Come join us. It is an opportunity to learn more about our Center and to celebrate community and support local chefs, bakers, baristas and entrepreneurs. It will be a great opportunity to support local small businesses and enjoy delicious food, beverages and baked goods! We will have live performances by local performers. We look forward to welcoming you, sharing information and building community. We are located at 768 Brady Avenue (corner of Holland Avenue and Antin PI) for more information call 718 828 3443.

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