

THE BRONX

PENNY PINCHER

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January 25 - 31, 2018
Volume 4
 THROGGS NECK/PELHAM BAY
 AND COUNTRY CLUB



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2 SLICES / \$5

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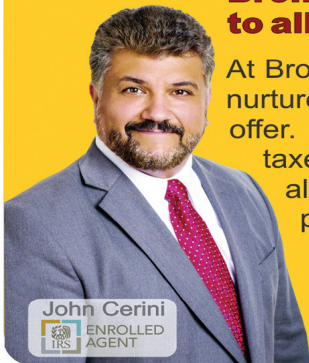

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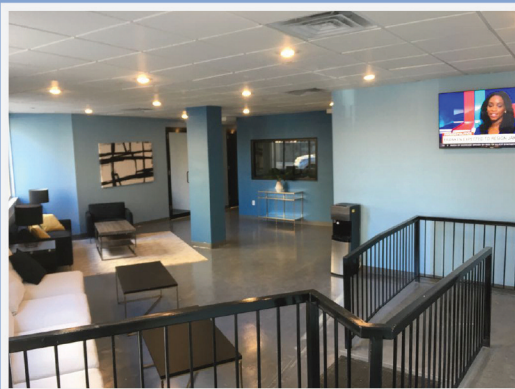
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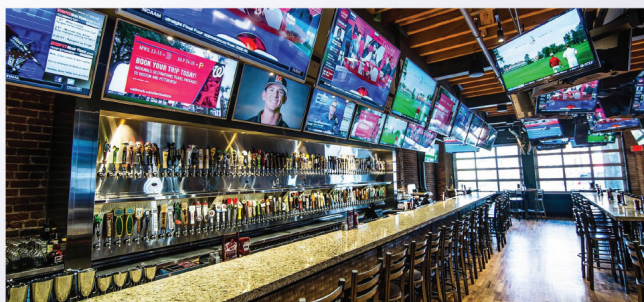
Guide to enjoying this Year's SUPER BOWL!

The Super Bowl is an American Tradition! It is a day of feasting and toasting and celebrating with family and friends. Whether you are planning on going out on the town to watch the game or entertaining at home, The Bronx Penny Pincher carries on our tradition of bringing you the BEST DEALS IN THE BRONX!

GOING OUT?

Don't miss the party at JIMMY'S GRAND CAFÉ in Castle Hill. Jimmy's is offering \$3 Beer Specials and FREE appetizer platters during the game!

A Throgg's Neck tradition is watching the big game at P.J. BRADY'S. Enjoy their world-famous WINGS and be sure to check out the 20th Anniversary Specials and Give-Aways. Everything on their menu is also available for take out & free delivery!



ENTERTAINING AT HOME?

Don't Cook! Call BRONX PIZZERIA in Throgg's Neck for free delivery of their award-winning PIZZA (try the famous "Grandma Pizza". They are offering lots of Super Bowl Specials including 2 LARGE PIES and 40 WINGS for only \$70.

Over at 2937 Westchester Avenue is the great PRUZZO'S Deli & Supermarket featuring over 20 different party platters that feed anywhere from 8 to 50 people! Platters



offer heros, salads, hot food, wings –you name it. Try the Game Day Special that feed 8 people for \$59.99 or check out their other specials.

In Morris Park at the neighborhood tradition is buying the best meat at GIORDANO'S BIG G. Don't miss their Super Bowl COLD CUT FEAST:

1 LB each of Ham, Turkey, Genoa Salami and American or Swiss Cheese for ONLY \$19.99!

Also in Morris Park is the largest Deli and Buffet in the BRONX at MONTE'S GRAB & GO MARKET! Free delivery plus a 10% discount with a Bronx Penny Pincher Coupon!

2937 WESTCHESTER AVE, BRONX, NY, 10461 - TEL: (718) - 863 -5650



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LET US CATER TO:
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SUPERBOWL PARTIES
BUSINESS MEETINGS
ANY OCCASION

ENTERTAINING WITH EASE...



#1 THE GAME DAY SPECIAL

FEEDS 8 PEOPLE

- 1 / 3 FOOT HERO (ITALIAN OR AMERICAN)
 - 3 / 2 LITER SODA BOTTLES
 - 2 / SALAD TRAY (POTATO, COLE SLAW OR MACARONI)
- INCLUDES PICKLES

\$59.99 + TAX

#2 THE TAILGATER

FEEDS 16 PEOPLE

- 2 / 3 FOOT HERO (ITALIAN OR AMERICAN)
- 6 / 2 LITER SODA BOTTLES
- 5 / SALAD TRAYS (POTATO, COLE SLAW OR MACARONI)
- 1 / TRAY OF PICKLES
- 1 / TRAY OF OLIVE SALAD

\$119.99 + TAX

#3 THE RECORD BREAKER COMBO

FEED UP TO 50 PEOPLE

- 2 / 4 FOOT HERO (ITALIAN OR AMERICAN)
 - 1/2 / TRAY OF HOT WINGS
 - 1/2 / TRAY OF CHICKEN CUTLETS
 - 1/2 / TRAY OF MEATBALLS OR SAUSAGE & PEPPERS
 - 1/2 / TRAY OF BAKED ZITI OR EGGPLANT PARMIGIANA
 - 6 / TRAYS OF SALAD (POTATO, COLE SLAW OR MACARONI)
 - 2 / CASES OF 2 LITER SODA BOTTLES
- INCLUDES PICKLES, OLIVES, MUSTARD AND MAYO
1 DAY ADVANCED NOTICE PLEASE

\$349.99 + TAX

#4 PARTY PLATTER FOR 10 GUESTS

- 1 / PLATTER OF: ROAST BEEF, BOILED HAM, SALAMI, TURKEY BREAST, AMERICAN AND SWISS CHEESE
 - 1 / TRAY OF POTATO SALAD
 - 1 / TRAY OF COLE SLAW
 - 1 / TRAY OF PICKLES
 - 1 / LOAF OF WHITE OR RYE BREAD
 - 10 / ROLLS
- 1 DAY ADVANCED NOTICE PLEASE

\$69.99 + TAX

#5 PARTY PLATTERS FOR 20 GUESTS

- 1 / PLATTER OF: ROAST BEEF, HAM, SALAMI & AMERICAN CHEESE
- 1 / PLATTER OF: SOPPRESSATA, PEPPERONI, MORTADELLA AND SWISS CHEESE
- 2 / TRAYS OF POTATO SALAD
- 1 / TRAY OF COLE SLAW
- 1 / TRAY OF MACARONI SALAD
- 1 / TRAY OF PICKLES
- 1 / LOAF OF WHITE OR RYE BREAD
- 24 / ROLLS

\$129.99 + TAX

#6 PARTY PLATTERS FOR 35 GUESTS

- 1 / PLATTER OF: HAM, SALAMI, PROSCIUTTO, PROVOLONE CHEESE
- 1 / PLATTER OF: TURKEY, ROAST BEEF, SWISS AND AMERICAN CHEESE
- 1 / PLATTER OF: PEPPERONI, MORTADELLA, SOPPRESSATA, MOZZARELLA CHEESE
- 3 / TRAYS OF POTATO SALAD
- 2 / TRAYS OF COLE SLAW
- 2 / TRAYS OF MACARONI SALAD
- 1 / TRAY OF OLIVES
- 1 / TRAY OF PICKLES
- 1 / TRAY OF ROASTED PEPPER
- 1 / LOAF OF WHITE OR RYE BREAD
- 30 / ROLLS

\$219.99 + TAX

#7 FIELD GOAL

FEEDS 15 PEOPLE

- 1 / 3 FOOT HERO (ITALIAN ALL OR AMERICAN WEDGE)
 - 1/2 / TRAY OF BUFFALO WINGS
 - 3 LBS. POTATO, MACARONI, COLE SLAW SALAD
 - 3 / 2 LITER SODA
 - 2 / LARGE BAG OF CHIPS
- MUSTARD AND MAYO ON THE SIDE

\$114.99 + TAX

#8 THE BLUNT

FEEDS 20 PEOPLE

- 1 / 4 FOOT HERO (ITALIAN OR AMERICAN WEDGE)
 - 1/2 / TRAY OF BAKED ZITI
 - 1/2 / TRAY OF BUFFALO WINGS
 - 3 LBS. POTATO, MACARONI, COLE SLAW SALAD
 - 3 / 2 LITER SODA
 - 2 / LARGE BAG OF CHIPS
- MUSTARD AND MAYO ON THE SIDE

\$179.99 + TAX

#9 TOUCH DOWN

FEEDS 30 PEOPLE

- 1 / FOOT HERO (3 FT. ITALIAN OR 3 FT. AMERICAN WEDGE)
 - 1/2 / TRAY OF BAKED ZITI
 - 1/2 / TRAY SAUSAGE AND PEPPERS
 - 3 LBS. POTATO, MACARONI, COLE SLAW SALAD
 - 3 / 2 LITER SODA
 - 3 / LARGE BAG OF CHIPS
- MUSTARD AND MAYO ON THE SIDE

\$259.99 + TAX

#10 WRAP PLATTER

FEEDS 15 PEOPLE

- 6 / MIX WRAPS
 - 1/2 / TRAY OF FRIED WINGS
 - 1/2 / TRAY OF BAKED ZITI
 - 3 LBS. POTATO, MACARONI, COLE SLAW SALAD
 - 3 / 2 LITER SODA
 - 2 / LARGE BAG OF CHIPS
- MUSTARD AND MAYO ON THE SIDE

\$169.99 + TAX



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ONLINE PLEASE VISIT: WWW.PRUZZOS.COM

SALE STARTS FRIDAY JANUARY 26TH,
THRU SATURDAY FEBRUARY 17TH, 2018!

#11 WRAP PLATTER

FEEDS 15 PEOPLE

- 6 / MIXED WRAPS
- 3 LBS. OF POTATO, MACARONI, COLESLAW SALAD
- 2 / LARGE BAGS OF CHIPS
- 2 / PEPSI 2 LITER SODA

MUSTARD AND MAYO ON THE SIDE

\$79.99 + TAX

#12 ITALIAN PACKAGE

FEEDS 20 PEOPLE

- 1/2 / TRAY OF ITALIAN APPETIZER
- 1/2 / TRAY OF CHEESE PLATTER
- 1/2 / TRAY OF CHICKEN CUTLETS
- 1/2 / TRAY EGGPLANT-PALM
- 3 / 2 LITER PEPSI
- 12 / ROLLS OF WHITE BREAD

\$219.99 + TAX

#13 LATINO PACKAGE

FEEDS 15 PEOPLE

- 1 / 3 FOOT HERO (ITALIAN OR AMERICAN WEDGE)
- 1/2 / TRAY OF RICE AND BEANS
- 1/2 / TRAY OF EMPANADAS
- 1/2 / TRAY OF PEPPER STEAK
- 3 / 2 LITER PEPSI
- 3 / LARGE BAG OF CHIPS
- 3 LBS. OF POTATO, MACARONI, COLE SLAW SALAD

MUSTARD AND MAYO ON THE SIDE

\$199.99 + TAX

#14 FRIDAY PACKAGE

FEED 15 PEOPLE

- 1 / 3 FOOT HERO (TURKEY, ROAST BEEF, AMERICAN CHEESE, ROASTED PEPPERS, LETTUCE AND TOMATOES)
- 1/2 / TRAY OF GRILLED CHICKEN
- 1/2 / TRAY OF RICE AND BEANS
- 1/2 / TRAY AT TOSSED SALAD
- 3 / 2 LITER PEPSI
- 3 LBS. OF MACARONI, POTATO, COLE SLAW SALAD

MUSTARD AND MAYO ON THE SIDE

\$179.99 + TAX

#15 ROASTED THE COMBO

FEEDS 15 PEOPLE

- 1 / 3 FOOT ROUND HERO (ROAST BEEF, TURKEY, PASTRAMI, CORN BEEF, SWISS CHEESE, LETTUCE AND TOMATOES)
- 1/2 / TRAY LASAGNA
- 1/2 / TRAY OF FRIED WINGS
- 3 LBS. OF POTATO OR MACARONI SALAD
- 3 / 2 LITER PEPSI

\$159.99 + TAX

#16 DINNER ROLL COMBO

FEEDS 15 PEOPLE

- 35 / DINNER ROLLS (8 TURKEY AND CHEESE, 8 ROAST BEEF AND CHEESE, 8 HAM AND CHEESE, 6 GOLDEN CHICKEN AND CHEESE, 5 BOLLONNA AND CHEESE)
- 1/2 / TRAY OF EGGPLANT PARM
- 1/2 / TRAY OF FRIED WINGS
- 3 / LBS POTATO OR MACARONI SALAD
- 3 / 2 LITER PEPSI
- 3 / LARGE BAG OF CHIPS

MUSTARD AND MAYO ON THE SIDE

\$185.00 + TAX

#17 THE VILLAGE ROUND COMBO

FEEDS 15 PEOPLE

- 3 FOOT ROUND HERO (FRIED EGGPLANT, ROASTED PEPPERS, SUN-DRIED TOMATOES, FRESH MOZZARELLA, LETTUCE AND TOMATOES)
- 1/2 / TRAY HONEY BARBECUE WINGS
- 1/2 / TRAY MACARONI AND CHEESE
- 3 / 2 LITER SODA
- 3 POUND OF POTATOES OR MACARONI SALAD.

\$169.99 + TAX

#18 WING COMBO

FEEDS 40 PEOPLE

- 1/2 / TRAY OF BUFFALO WINGS
- 1/2 / TRAY OF FRIED WINGS
- 1/2 / TRAY OF HOT FRIED WINGS
- 1/2 / TRAY OF CHICKEN TENDERS
- 1/2 / TRAY OF SPICY CHICKEN TENDERS
- 1 / LARGE TRAY OF FRENCH FRIES

BLUE CHEESE & BARBECUE SAUCE

\$319.99 + TAX

#19 ITALIANO COMBO

FEEDS 8 PEOPLE

- 1 / 3 FOOT ROUND HERO (GRILLED CHICKEN, FRESH MOZZARELLA, ROASTED PEPPERS, LETTUCE AND TOMATOES)
- 3 LBS. OF POTATO, COLE SLAW OR MACARONI SALAD
- 3 / 2 LITER SODA

MUSTARD AND MAYO ON THE SIDE

\$65.00 + TAX

YANKEE COMBO #20

FEEDS 8 PEOPLE

- 1 / 3 FOOT ROUND HERO (CHICKEN CUTLET, BACON, FRESH MOZZARELLA, ROASTED PEPPERS, LETTUCE AND TOMATOES)
- 3 LBS. POTATO, COLE SLAW OR MACARONI SALAD
- 3 / 2 LITER SODA

MUSTARD AND MAYO ON THE SIDE

\$69.99 + TAX

ONE DAY ADVANCE NOTICE PLEASE

FOR ALL COMBOS

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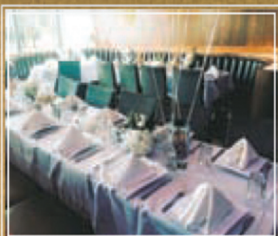


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As Seen On



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\$70

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5 Points Banquet Hall Inc. 3308 White Plains Road Bronx, NY 10467. Has applied for Beer Wine license to the NYS liquor Authority address 3308 White Plains Road Bronx NY 10467 Phone # 347-820-6732.

Pizzeria for Sale 3969 Bronxwood Ave. Good income, low rent. Three schools within 2 blocks. Great opportunity. Priced to sell. Only serious buyers please. Call John 917-620-1998

Two bedroom with porch apartment for rent, Pelham prkw \$1500. CALL 718-300-3798

Allerton Ave vic two bedroom near library, modern kitchen and bath, walk to shops and transit \$1735 call owner (646) 294-7010

Apartment for rent 2nd floor 3 bedrooms Throggs Neck \$2200. No pets 917-679-3136

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Throggs Neck 4 rooms, must see, 3 big closets, move-in condition, new refrigerator, near express bus. New windows, no pets, no washer, one or two people preferred \$1,500. 718-892-2647

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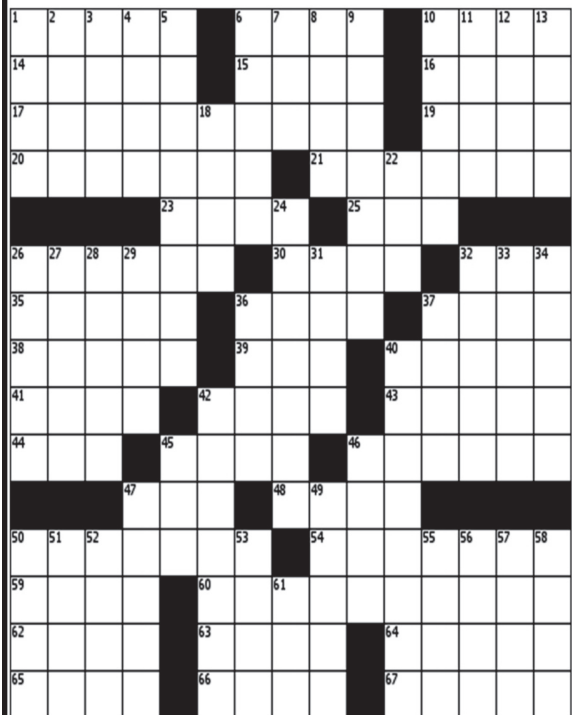
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14. Expiate
15. Sherlock's find
16. Uncommon
17. Equivalent
19. Opera highlight
20. Pittsburgh footballer
21. Coach
23. Sunbathes
25. Building addition
26. Instruction
30. Aloud
32. Golfer's need
35. In a while
36. Rewrite
37. Boring
38. Monsters
39. Battering ____
40. Lettuce dish
41. Twelve months
42. Flask sips
43. Select group
44. Waterless
45. Texas town
46. Hidden gunman
47. Plump
48. Explorer Marco ____
50. Horse rider's foot support
54. Chewy candy
59. Surrender
60. Monotonous
62. Pub beverages
63. On an ocean trip
64. Pitches
65. Humdrum
66. Borrowed money
67. Off kilter

Down

1. Stable morsels
2. Right now!
3. Traffic barrier
4. Opening bet
5. Housing agents
6. Squirrel's treat
7. Winter malady
8. Father's sister
9. Withdraw
10. Forest path
11. Work for
12. Huron's neighbor
13. Advance upon
18. Nasty
22. 100%
24. Soft drink (2 wds.)
26. Frank ____ Wright
27. Zealous
28. Wander off
29. Visionary
31. Borders
32. Dutch bloom
33. Make jubilant
34. Senior
36. Clapton or Idle
37. Artist Salvador ____
40. Spanish girl
42. Not artificial
45. Combat
46. Bed board
47. Not stale
49. Atlantic or Indian
50. Wound covering
51. Narrate
52. Notion
53. Acapulco coin
55. Potent particle
56. Skirt length
57. Nights before holidays
58. Smaller amount
61. Pod inhabitant



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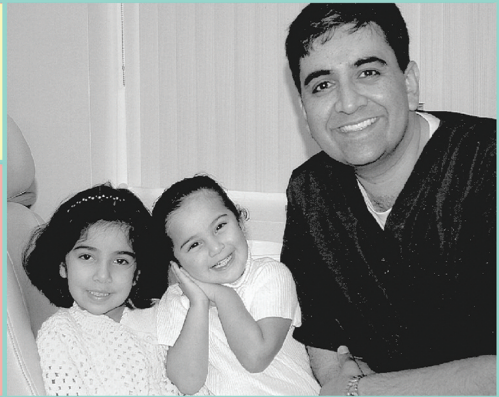
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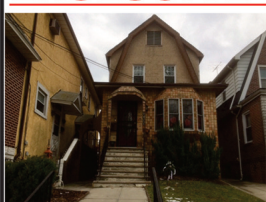
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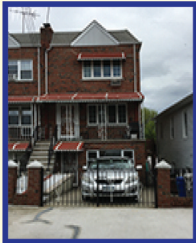
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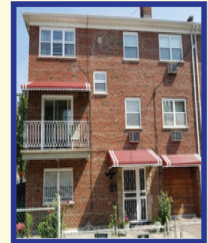
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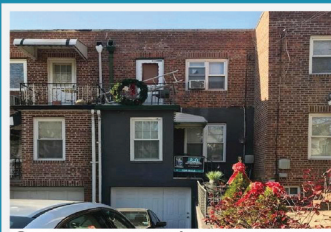


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SUNDAY 1/28 1-4PM
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MULTI FAMILY
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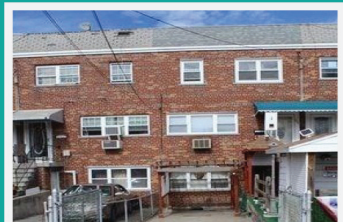


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THE BRAHMA KUMARIS IN THE BRONX invites you to join in a special workshop – 'A New Awareness: A New Beginning.' We will explore what is necessary for one to change the self, and will discover that the first thing is to change ones awareness or perception of himself. We will also explore how to give birth to this new awareness and thus the new version of myself. You are special – You deserve the best of yourself – to live your life without limits. When: Saturday, January 27, 2018; 5:00pm – 7:00pm Location: 2705 Williamsbridge Road, Bronx, NY 10469. The event is offered free of charge as a community service. To RSVP and for further information, please contact: Carmen – email: bkbronx2.ny@gmail.com or phone: 718-994-0765.

BRONX JEWISH CENTER Please join us for our next community Shabbat dinner at the Bronx Jewish Center, 1969 Haight Avenue, Bx NY 10461 to be held on Friday, February 2nd, starting at 7:00 PM. The special theme for that evening will be Shabbat in Mexico.. Yes, That's right Mexico.! All of your favorite Mexican 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, 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. "No, it isn't all about the food," said Rabbi Pewzner of the Bronx Jewish Center. "What is important is that the ENTIRE community joins together and welcomes the start of the Shabbat . It will be a beautiful time for everyone. Please join us. We look forward to welcoming you. Free of charge and all are welcome to join! www.BronxJewishCenter.org office@bronxjewishcenter.org 718-812-1701

YOUNG ISRAEL OF PELHAM PARKWAY JEWISH CENTER: The Young Israel Of Pelham Parkway is pleased to announce we are STARTING a New class Monday thru Friday at 10:00am on Daf Yomi which is the Daily Study Of Talmud with Rabbi Ginsburg. Bring your thinking caps and get ready to learn! The Young Israel is located at 900 Pelham Parkway South (corner of Muliner Ave.) Everyone welcome to come. Learning has no boundaries! Thank You.

BRONX HOUSE EARLY CHILDHOOD EDUCATION PROGRAMS Exploring with My Grown-Up (Ages 18 months to 3 yrs.)—Great Drop-In Themed Classes for Your Little One & You Step-Up Program for Children ages 2.9 and older—Two half-day sessions available. 9:00am-12:00pm and 1:00pm-4:00pm. All Classes Begin on or after January 5, 2018. PRE-K for All for Students born in 2014 Bronx House is happy to announce its series of Open House Information Sessions and Tours for the Pre-K for All application process for school year 2018-2019. Information sessions are scheduled for Tuesday, January 30 at 9:00am; Wednesday, February 7 at 6pm; and Friday, March 16 at 9:00am. Tours begin February 1, 2018. Call now to book your tour appointment. For more information call Serene Stevens 718-792-1800 ext. 249.990 Pelham Parkway South Bronx, NY 10461 Tel: (718) 792-1800 x. 249 Fax: (718) 792-6802 dawnn@bronxhouse.org

EVENTS & CLASSES JANUARY 2018 MORRIS PARK LIBRARY: Family Story Time January 8, 22, & 29 3:30 PM A librarian will share favorite picture books, providing children with the wonder of books and the joy of reading. Arts & Crafts January 8, 22, & 29 4 PM Hands-on projects using a variety of skills. Toddler Story Time January 3, 10, 17, 24 & 31 10:30 AM Toddlers from 18 months to 3 years and their parents/caregivers can enjoy interactive stories, action songs, finger plays, and crafts and spend time with other toddlers in the neighborhood. Be Creative With Legos January 3, 10, 17, 24 & 31 4 PM Come get creative with legos! Bouncing Babies Story Time January 18 10:30 AM Babies from birth to 18 months old and their parents/caregivers can enjoy great books, lively songs, and rhymes, and meet other babies in the neighborhood. Toddler Play Time January 25 10:30 AM Toddlers with their parents or caregivers can play with age appropriate toys and socialize with other toddlers in the neighborhood. Book Discussion for Kids January 3 3 PM Tales of a Fourth Grade Nothing Stem: Makey, Makey January 26 3:30pm Registration Required Morris Park Library 985 Morris Park Avenue Bronx, NY 10462 718-931-0636

BRONX HOUSE EARLY CHILDHOOD EDUCATION PROGRAMS Exploring with My Grown-Up (Ages 18 months to 3 yrs.)—Great Drop-In Themed Classes for Your Little One & You Full Day Pre-K for 2017-2018 for Children born in 2013—Please call if you wish to obtain a spot on the waitlist. Weekly Tours are available. For more information call Serene Stevens 718-792-1800 ext. 249

THE NEW YORK PUBLIC LIBRARY MORRIS PARK BRANCH JANUARY 2018: Weds 1/24 Intermediate Microsoft Word 2010 Fri 1/27 Affordable Housing 2:30PM Tues 1/30 Everything You Need to Know About Your Smartphone/Tablet 10 AM – 12 PM Weds 1/31 Intermediate Microsoft Word 2010 2:30PM – 4PM

PELHAM PARKWAY NEIGHBORHOOD ASSOCIATION? EYE GLASS DRIVE The PPNA recently announcements eyeglass donation initiative in conjunction with Lions Club international on Facebook. We have various boxes in the neighborhood for you to deposit your old glassware in. The eye glasses will be collected, cleaned and their prescription determined. They will then be sent to children and adults in third world countries whose families do not have the means to purchase eye wear. Currently you can find these boxes in these current stores in the neighborhood - Bronx House 990 Pelham Parkway South, Apple Bank - 626 Pelham Parkway South, Pelham Parkway Vision - 735 Lydig Ave, Eye Care Unlimited - 1086 Morris Park Avenue, Sterling Optical - 2168 White Plains Rd, Designer Optical of Pelham - 2196 NY Eye Surgery Center - 1101 Pelham Parkway North

CRUGER AVENUE SYNAGOGUE PRESENTS 'YOUNG AT HEART' HOBBY HOUR Please join us for our new, weekly fun time adventure for seniors. An inspiring time awaits as you participate in games, songs, jokes, lectures in Jewish Studies and socializing with your peers! You'll enjoy activities to stir your blood as well as your soul! Refreshments will be served and it's free for all! The good times roll every Thursday from 2-3:30 pm at the Cruger Avenue Synagogue, 2222 Cruger Avenue, Bronx, NY 10467.

SUNY- NORTH BRONX CAREER COUNSELING & OUT-REACH CENTER ATTAIN INTERACTIVE COMPUTER LAB Get work ready, or Upgrade Skills. Register our Day or Evening Microsoft office computer skills course. Become more employable by learning to use Microsoft Office 2013. In our Computer Literacy class you will receive instruction in Word, PowerPoint, and Excel 2013. This class usually cost upwards of 3000 dollars and is being offered at NO COST (if qualified.) Stop by to inquire about our High School Equivalency Preparation and computer based Pre- certifications: Home Health Aide, CNA, Security, Building Maintenance, QuickBooks and Customer Service. All our services are free for those who qualify and they are offered during the day and evening. 2901 White Plains Road Bronx, NY 10467. (718) 547-1001 FAX: (718) 547-1973

MOSHOLU MONTEFIORE COMMUNITY CENTER (MMCC)'S WEEKEND WARRIORS EDUCATES FAMILIES MMCC's newest program, Weekend Warriors, welcomes individuals and families to join us on a variety of exciting Sunday trips focused on arts, culture, and science. Participants can choose to go on all of the trips, or just one, and can expect the same high quality programming that MMCC is proud to present in all of its programs. Some of our upcoming Weekend Warrior trips are: Art OMI: an outdoor sculpture park in upstate New York that specializes in large scale sculpture. The Franklin Institute: an interactive science museum perfect for children and adults in Philadelphia, PA. DIA Beacon: contemporary art space housed in former warehouses in Beacon, NY.

LITTLE SISTERS OF THE POOR MISSION TO OUR ELDERLY POOR. Please consider donating NEW /gently used 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 toys. Other items include jewelry, gift sets, electronic items specialty items, new tagged clothing, accessories and collectibles. We are unable to take VHS, partial dish sets, loose glassware. If you have a question about a donation contact Joanne at the Home at 347-329-1800. Drop off week days if possible. Please make sure all packages are securely wrapped /attention gift shop/Joanne. Thanking you so very much for your continued generosity.

"Neighborhood Updates"



Matthew Cruz

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

NYC HUMAN RESOURCE ADMINISTRATION (HRA) REPRESENTATIVE AT CB #10

Every first Thursday of the month, a NYC HRA/ Department of Social Services representative is available to take your questions and help you with social service benefit applications at our office at 3165 East Tremont Avenue, Bronx, NY 10461 from 10 A.M. to 3 P.M. While walk-ins are accepted, please call us at (718) 892-1161 to reserve your meeting with the NYC HRA representative. The NYC HRA/ Department of Social Services is the largest social services agency in the country serving nearly 3 million New Yorkers. Through the NYC HRA, eligible New Yorkers receive help from the Supplemental Nutrition Assistance Program (SNAP) and through the Temporary Aid to Needy Families (TANF) or cash assistance program. In addition to these programs, eligible New Yorkers can apply for a "One Shot Deal" and other related programs that help during unforeseen circumstances. For immediate help, please contact (718) 557-1399.

NOTIFY NYC

While Community Boards certainly do its part in disseminating information from the City, it is up to us as residents to register ourselves and our loved ones for instant notifications from our City during an emergency. Notify NYC, administered by NYC Emergency Management, is the City of New York's official source for information about City services and resources during emergencies. Notify NYC alerts you to public transit delays, vehicular collisions on highways and impending weather-related events that may affect school closures, City services or daily travel. If you wish to register, please call 3-1-1. If you wish to register online, please visit www.nyc.gov/notifynyc. You can also download the free "Notify NYC" mobile application on your smart phone and/or tablet.

"HELP ME QUIT"

According to the NYC Department of Health & Mental Hygiene, nearly 867,000 adults and 15,000 young people use tobacco products. The use of tobacco products can cause vascular disease, diabetes and heart and lung diseases in addition to many forms of cancer. With this in mind, the NYC DOHMH launched the "Help Me Quit" mobile application on January 18. It is available for free download on your smart phone and/or tablet. The "Help Me Quit" application provides tips on how to stop cravings, a map of nearby support clinics and help track the progress on your journey toward quitting. Interested persons may call 3-1-1 to find a local quit smoking program or can visit www.nysmokefree.com. As always, you are welcomed to contact my office at (718) 892-1161 with questions.

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.

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COMMUNITY F.Y.I. ABOUT OUR NEIGHBORHOOD! NEWS

TO ALL NON-PROFIT ORGANIZATIONS

Do you have a Special Event that is of interest to the neighborhood?
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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.

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PESTO PASTA CAPRESE



INGREDIENTS:

- 1 1/2 CUPS ROTINI PASTA
- 3 TABLESPOONS PESTO, OR TO TASTE
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1/4 TEASPOON SALT, OR TO TASTE
- 1/4 TEASPOON GRANULATED GARLIC
- 1/8 TEASPOON GROUND BLACK PEPPER
- 1/2 CUP HALVED GRAPE TOMATOES
- 1/2 CUP SMALL (PEARLINI) FRESH MOZZARELLA BALLS
- 2 LEAVES FRESH BASIL LEAVES, FINELY SHREDDED

DIRECTIONS:

BRING A LARGE POT OF LIGHTLY SALTED WATER TO A BOIL; COOK THE ROTINI AT A BOIL UNTIL TENDER YET FIRM TO THE BITE, ABOUT 8 MINUTES; DRAIN.

MIX PESTO, OLIVE OIL, SALT, GRANULATED GARLIC, AND BLACK PEPPER IN A BOWL; ADD ROTINI. TOSS TO COAT. FOLD IN TOMATOES, MOZZARELLA, AND FRESH BASIL.



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	1	2	3	4	5	6

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Extra Large Eggs

\$1.99

59 Fl Oz Cont. Assorted Tropicana Juice or Pure Premium: Grapefruit or Orange Juice

\$2.99

5.3 Oz Cont Assorted Chobani Flip Yogurt
 5.3 Oz Cont Assorted Chobani Greek Yogurt
10/\$10

8.8 Oz Cont Assorted Kellogg's Cereal
88¢

MEAT FRESH MEAT CUT DAILY ON PREMISES • ALL OUR BEEF IS USDA CHOICE OR BETTER!

USDA Choice Beef Bone-In Rib Steaks **\$6.99** lb. Family Pack \$13.99 or More

USDA Choice Beef Boneless Bottom Round Roast **\$2.99** lb.

USDA Choice Beef Boneless Eye Round Roast **\$3.99** lb.

Bone-In Center Cut Pork Chops **\$1.99** lb. Family Pack

Grade A Fresh Perdue Chicken Quarters Legs **79¢** lb.

12-18 Oz Pkg Assorted Oscar Mayer Bacon **\$3.99**

14 Oz Pkg Assorted Sabrett Beef Franks **\$2.99**

Farm Raised Fresh Atlantic Salmon Fillet **\$9.99** lb.

2 Lb Bag - 31-40 Ct Per Lb AquaStar Raw White Shrimp **\$12.99**

PRODUCE

Red, Green or Black Seedless Grapes **\$1.99** lb.

11 Ounces Pkg Fresh Blueberries **\$2.99**

Del Monte Mag Melons **\$1.99** ea.

Yellow Peaches or Nectarines or Black Plums **\$1.99**

Dry Pint Cont Grape Tomatoes **3/\$5**

By The Head Snow White Cauliflower **\$1.99**

Red LeRouge Peppers **\$1.99** lb.

8 Oz Pkg Whole or Sliced Baby Bell Peppers **3/\$5**

8-12 Oz Bag 50/50 Blend, American, Anjou, Baby Gem, Butter Bell, Field Green, Hearts of Romanne, Italian, Persian, Roma, Spring Mix or Very Veggie **2/\$5**

House Foods Organic or Omega-3 Tofu **\$1.99**

DELI WE PROUDLY OFFER BOAR'S HEAD BRANDED PRODUCTS

Golden Classic, Maple Glazed or Boar's Head Ichiban Teriyaki Chicken Breast **\$7.99** lb. Sliced To Order

10% Water Added Boar's Head Deli Ham or Yellow or White Key Food American **\$3.99** lb. Sliced To Order

Perdue Turkey Breast **\$5.99** lb. Sliced To Order

Genoa or Hard • Magnifico Salami Slicing • Hormel Pepperoni Slicing • Stella Provolone **\$4.99** lb. Sliced To Order

Best's Top Round Pastrami or Corned Beef **\$6.99** lb. Sliced To Order

BIG GAME SAVINGS!

48.6 Fl Oz Pkg Half Liter Bottles Poland Spring Water 24 Pack **3/\$10**

12-17 Fl Oz 8.8 Assorted Sparkling Ice Drinks **5/\$5**

144 Fl Oz Pkg - 12 Oz Assorted Bar's® Dr. Pepper, Fresca, Fanta, Sprite, 7-Up, Diet 7-Up, Minute Maid, Fuzi **3/\$12**

4.4 Oz Pkg Assorted Skinny Pop Popcorn **\$2.99**

15 Fl Oz 8.8 Assorted Wish-Bone Dressing **3/\$5**

14-14 Oz Cont Assorted Bruschetta or Assorted Sabra Salsa **2/\$6**

10 Oz Cont Assorted Boar's Head Hummus **2/\$6**

12 Oz Cont Assorted Calavo Fresh Authentic Guacamole **\$3.99**

14.4 Fl Oz Pkg Assorted Bar's® Dr. Pepper, Fresca, Fanta, Sprite, 7-Up, Diet 7-Up, Minute Maid, Fuzi **3/\$12**

18.7-31.5 Oz Box Assorted Breyers Ice Cream **2/\$6**

18.7-31.5 Oz Box Assorted DiGiorno 12 Inch Pizza **2/\$10**

38 Oz 8.8 Regular Heinz Tomato Ketchup **2/\$5**

29-32 Oz Pkg Assorted French Fry Bites or Assorted Samuel Adams or Angry Orchard 6 Pack **\$7.99**

144 Fl Oz Pkg 12 Oz Assorted Beer Budweiser, Bud Light, Coors or Miller 18 Pack **\$9.99**

144 Fl Oz Pkg 12 Oz Assorted Beer Corona or Heineken 12 Pack **\$14.99**

8.8-26 Oz Pkg Assorted Fullmann's Evaporated Milk **3/\$9.99**

18 Oz Box - Thin Spaghetti, Spaghetti, Elbow, Penne, Rigatoni, Penne Rigate, Rotini, Rigatoni or Medium Shells Ronzoni Pasta **5/\$5**

18-19 Oz Can Assorted Progresso Vegetable Classics Soup **3/\$3**

14.5-15.5 Oz Can Assorted Libby's Vegetables **5/\$4**

20 Oz Pkg - 4 Pack Bumble Bee Solid White Tuna **\$4.99**

30 Fl Oz Jar Assorted Hellmann's Mayonnaise **\$2.99**

9 Oz Box Assorted Lean or Hot Pockets Sandwiches **5/\$10**

28-32 Oz Cont. Whole Milk, Classic, Whole Milk or Part Skim Galbani Ricotta Cheese **\$2.99**

30 Oz Cont. - White Bounty Basic or Key Food Paper Towels **2/\$10**

29-32 Oz Pkg Assorted Bounty Basic or Key Food Paper Towels **3/\$5**

17-21 Oz Pkg - Bio-Enzyme, Fresh Scent With Oil or Triple Chamber Persil Laundry Detergent **\$4.99**

40 Fl Oz 32 Loads Concentrated Charmin Ultra Bath Tissue **\$7.99**

Prepared: 20 Roll Pack or 24 Double Roll Pack Marcal Bath Tissue **\$8.99**

59 Fl Oz Cont. Assorted Tropicana Juice or Pure Premium: Grapefruit or Orange Juice **\$2.99**

5.3 Oz Cont Assorted Chobani Flip Yogurt
 5.3 Oz Cont Assorted Chobani Greek Yogurt
10/\$10

8.8 Oz Cont Assorted Kellogg's Cereal **88¢**

9-12 Oz Box - Assorted General Mills Cheerios **2/\$5**

60 Fl Oz 8.8 Assorted Ocean Spray 100% Cranberry Juice **2/\$4**

10.5-11.5 Oz Can Assorted Maxwell House One Cup Coffee **\$6.99**

11-12 Oz Bag Assorted Nestle Hot Cocoa Mix **99¢**

10 Count Box Assorted K-Cup Coffee **\$7.99**

We reserve the right to limit quantities to one per package on sale items. Items reserved 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. DIVA_KF_PG18H-1-26-18

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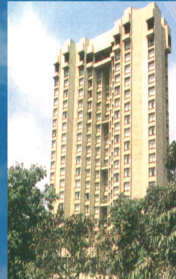
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Bay Park Center provides high quality, skilled nursing care in a nurturing environment. Our long standing records of excellence and ongoing initiatives to expand and improve our facilities and services have earned us an outstanding reputation in the 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:

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- IV Fluids
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- 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