



The Friends of Pelham Parkway Christmas tree. Photos courtesy Friends of Pelham Parkway

Pelham Parkway holds tree lighting event

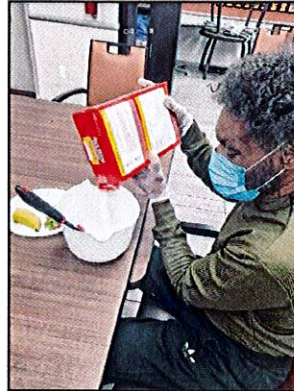
Friends of Pelham Parkway hosted a tree lighting event, Friday, December 17th. Candy canes, lollipops, vegan eggnog, cookies and HOT cocoa, do-

nated by Starbucks, was given to all in attendance. Santa stopped by and read "How Pete the Cat saves Christmas" to the kids.

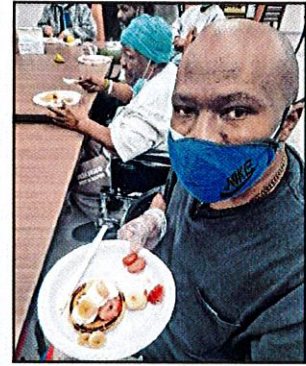


Santa reads to kids at the tree lighting event.

Suspended During Covid, Triboro Center Brings Back "The Cooking Club"



Resident Fred Barnes mixing and cooking his heart out. Photos courtesy Triboro Center



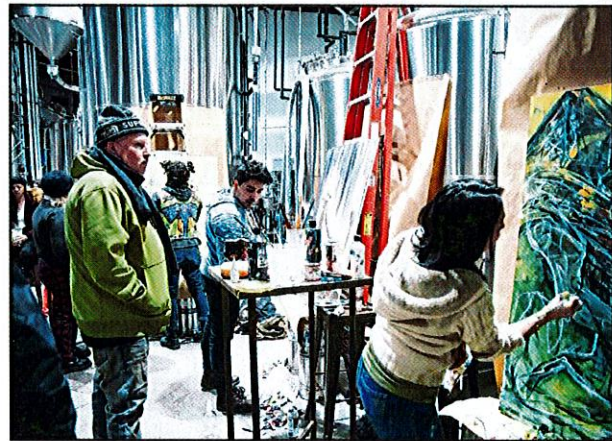
A very proud Santos Garcia has done a bang up job with his pancakes.

Like at most nursing homes and other healthcare institutions around The Bronx, COVID-19 and the Omicron variant suspended a numbers of programs that were once thriving during the summer months, only to be halted for safety concerns due to the highly contagious variants. The Recreation Department at Triboro Center, the 405-bed skilled nursing facility on Teller Avenue and 167th Street, began a program called "The Cooking Club". This is where residents are together in a room cooking tasty fun platters such as pancakes with strawberries and bananas, waffles and French toast. Sadly during COVID, the program was halted for safety rea-

sons and residents expressed their disappointment. "Safety is always our top priority but now it's back!", said Rose Ferreira, Recreation Director. "Yes the program is fun but it is also incredibly very therapeutic. The smells of that food do bring back happy memories when they were young and possibly having a Sunday breakfast with their families. These scents trigger a memory sensory that's very powerful." Additionally, Ferreira also points out that The Cooking Club also works physically by strengthening a person's arms and hands. She says that the residents love The Cooking Club, it's "fun, yummy and therapeutic."

Artists battle at brewery

On Saturday, Jan. 15, artist CES judged a live mural contest at the Bronx Brewery. Anthony Pomles, of Hunts Point, won the competition with his piece TANK YOUR TIME, winning \$250 and a case of Blacktop Imperial Stout. The art will be donated to the Humane Society of Westchester.



From left, artist CES looks on as Anthony Pomles, Josue Ledesma and Gianna Gutierrez work on their pieces on Saturday, Jan. 15. Photo Aracelis Batista Photo Aracelis Batista