



# Park Slope Center for Successful Aging

sponsored by Heights and Hills

Open Monday– Friday

463A 7th Street Brooklyn, NY 11215

9:00am-5:00pm

718-832-3726

**\* \* April 2019\* \***

“The other day a man asked me what I thought was the best time of life. ‘Why,’ I answered without a thought, ‘now.’ – David Grayson

## RENOVATIONS



**Kitchen renovations will continue in April. Announcements during lunch and flyers will be posted with further updates for possible closures or program changes.**



## EVENTS & PRESENTATIONS

**Live On NY Benefits Clinic— Thursday April 4 10:00-2:00pm. Are you getting all your benefits? Help with eligibility and applications. Bilingual specialist (English & Español)**

**Thursday April 4th 1pm -Tenant Rights Workshop to answer your questions about your rights, SCRIE, eviction prevention, and more**

**Latin Rhythms with Walter Perez—Fridays at 2pm Dynamic exercise & dancing class that incorporates elements of Salsa, Merengue, Tango, and more! In English & Español**

**West African Dance and Drumming with Sade-Tuesdays 3:00pm-4:00pm-Exciting new class with cultural education about the history of dances and drumming and their country of origin**

**National Healthcare Decisions Day date and time TBA—Presentation by the NY State Bar on the importance of advance care planning so that all your wishes are respected**

**JCC of Coney Island Thursday April 18th 1pm—Julie Lauer will be here to go over transportation services available for eligible seniors and give one on one help with applications and Q+A**

**Intermediate Yoga/Pilates with Diane—Wednesdays at 3:30pm—Exercise class based on essentrics, a yoga/pilates based workout which targets small muscle groups and is great for seniors**

## **April is Volunteer Appreciation Month**

**Join us in April in celebrating our AMAZING center volunteers**

**Volunteer Recognition—Friday April 26th at 1pm**





# APRIL LUNCH MENU



MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY
<b>1</b> <b>Vegetable Baked Ziti</b> <b>Garlic Bread</b> <b>Sauteed Spinach</b>	<b>2</b> <b>Meatloaf with Beef &amp; Pork</b> <b>Green Beans</b> <b>Mashed Potatoes</b>	<b>3</b> <b>Honey Mustard Chicken Breast</b> <b>Orzo w/ vegetables</b> <b>Salad</b>	<b>4</b> <b>Spinach and Basil Pesto Turkey Meatballs</b> <b>Whole Wheat Spaghetti</b> <b>Carrots</b>	<b>5</b> <b>Citrus Sesame Salmon</b> <b>Wild Rice</b> <b>Broccoli + Red Peppers</b> <b>Tossed Salad</b>
<b>8</b> <b>Chicken and Broccoli Stir Fry</b> <b>Brown Rice</b> <b>Oriental Blend Vegetables</b>	<b>9</b> <b>BBQ Pulled Pork</b> <b>Cole Slaw</b> <b>Sweet and Tangy Sauteed Collard Greens</b>	<b>10</b> <b>Stuffed Peppers w/Turkey</b> <b>Broccoli w/ Toasted Garlic</b> <b>Corn &amp; Red Peppers</b>	<b>11</b> <b>Beef Stroganoff w/ Noodles</b> <b>California Blend Veggies</b>	<b>12</b> <b>Baked Flounder</b> <b>Brown Rice Pilaf</b> <b>Kale, Romaine, Apple, Red Cabbage Salad</b>
<b>15</b> <b>Chicken Parmesan</b> <b>Fettucini w/ Sauce</b> <b>Sauteed Spinach</b>	<b>16</b> <b>Coconut Curried Cod</b> <b>Red Potato Wedges</b> <b>Veggies</b>	<b>17</b> <b>Turkey Salad</b> <b>Carrot Apple Raisin Salad</b> <b>Herb Potato Salad</b>	<b>18</b> <b>Beef and Broccoli</b> <b>White Rice</b> <b>Chinese Style Bok Choy</b>	<b>19</b> <b>Stuffed Shells w/ Cheese</b> <b>Garden Salad</b>
<b>22</b> <b>Turkey Burger w/Cheese</b> <b>Arugula Salad</b> <b>Baked Sweet Potato</b>	<b>23</b> <b>Broccoli Cheese Quesadilla</b> <b>Mexican Confetti Rice</b> <b>Tossed Salad</b>	<b>24</b> <b>BBQ Chicken Leg Quarters</b> <b>Macaroni and Cheese</b> <b>Kale w/ Tomato</b>	<b>25</b> <b>Italian Roast Pork Tenderloin</b> <b>Baked Potatoes</b> <b>Green Beans</b>	<b>26</b> <b>Minestrone Soup</b> <b>Pork Spare Ribs</b> <b>Baked Potato</b> <b>Roasted Brussel Sprouts</b>
<b>29</b> <b>Beef Meatloaf w/ Mushroom Gravy</b> <b>Baby Carrots</b> <b>Mashed Potatoes</b>	<b>30</b> <b>Vegetable Lasagna</b> <b>Garlic Bread</b> <b>Spinach Salad</b>	<b>All meals are served with Fruit Juice and 1% Milk</b>	<b>Vegetarian option available w/ one week notice, see Matt to order</b>	<b>Recommended donation is \$1.25 per meal</b>

# April Daily Activities

## Monday

**10:30am-11:30am**—Movement and Dance with Uta of Mark Morris Dance Group  
**12:00pm-1:00pm**— Lunch  
**1:00pm-2:00pm**— Bingo  
**1:00pm-3:00pm**— Leisure Scrabble  
**2:00pm-3:00pm**— Spanish Class with Joe (All levels welcome)  
**2:00pm-4:00pm**—**A Matter of Balance with Matt and Jenny**

## Thursday

**10:00am-11:30am**— Knitting & Crochet Arts with Madeline  
**10:30am-11:00am**— Indoor Walking with Yolanda  
**11:00am-12:00pm**— Tai Chi with Tzyann  
**12:00-1:00pm**— Lunch  
**1:00pm-2:00pm**— Bingo  
**2:00-3:00**— Diversity Awareness & Education  
**3:00-4:00** **Aging Transitions with Andy (until April 15)**

## Tuesday

**10:30am-11:00am**— Indoor Walking with Yolanda  
**11:00am-12:00pm**— Chair Yoga with TJ  
**12:00-1:00pm**— Lunch  
**1:30pm-3:00pm**—Digital Photography with Ian  
**2:00pm-3:30pm**— Language Arts: Creative Writing & Poetry Class with Judi  
**3:00pm-4:30pm**— **West African Dance and Drumming**

## Friday

**10:00am-11:00am**— Quechua Initiative with Elva  
**11:00am-12:00pm**— Bodies in Motion with Quinn  
**12:00pm-1:00pm**— Lunch  
**1:00pm-2:00pm**— Creative Arts Class with Judi  
**2:00pm-3:00pm**— **Latin Dance with Walter Perez**  
**3:30pm-4:00pm**— Meditation with Jenny

## Wednesday

**10:00am-11:30am**— **Movement Speaks**  
**12:00-1:00pm**— Lunch  
**1:00pm-2:00pm**— **Chorus with Tahira**  
**1:00pm-2:00pm**— Blood Pressure Screening (April 3rd and 17th)  
**1:00pm-3:00pm**— Leisure Scrabble  
**2:00pm-3:00pm**— Qi Gong with Ann  
**3:00pm-3:30pm**—**Meditation with Jenny**  
**NEW TIME**  
**3:30pm-4:30pm**—**NEW CLASS**  
**Intermediate Yoga & Pilates (No Class on 4/10)**



**April & March Birthday Celebration!**  
**April 19, come for cake**  
**and dancing from 1:00-2:15 pm**



**?? NEED TRANSPORTATION ??**

- **Learn about different ways to utilize FREE transportation in Brooklyn**
  - **Rides to and from Park Slope Center for Successful Aging**
  - **Special Trips within NYC**

**To Register Call JCC of Coney Island at 718-449-5000 ext: 1**

**Presentation at Center 4/18 1pm to answer questions about program and help with applications**

**F.A.N Food—Thursday April 25th See Assistant Director Matt Abrams  
To sign up or to enroll in F.A.N program**

**BINGO schedule—Mondays and Thursdays 1pm (No Bingo: 4/4, 4/18)**

**UPCOMING EVENTS**

- **May 8th Senior Advocacy Day**
- **May 13th Mother's Day Celebration**
- **Jenny Campbell's Last Day**
- **May 27th Center Closed for Memorial Day**

**Funded by the NYC Department for the Aging**