



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

“The great thing about getting older is that you don’t lose all the other ages you’ve been.” –
Madeleine L’Engle

* * October 2019 * *

The Center is CLOSED Monday October 14th for Columbus Day.

Stretching Your Food Budget—Tuesday October 1st 11am—Nutrition Workshop, Penny Breiman, R.N.

Brooklyn Art Song Society—Tuesday October 1st 1pm—Soprano Devony Smith and Pianist Danny Zelibor will perform works by Joseph Canteloube. Stay after and meet the performers.

Chorus with Tahira Clayton resumes Wednesdays from 10am-11am starting October 2nd.

Latin Rhythms with Walter Perez returns Fridays from 2pm-3pm starting October 4th—Join us for this dynamic class that incorporates elements of Salsa, Merengue, Tango, and more!

Movement & Dance with Mark Morris Dance Group returns with Uta—Mondays from 10:30-11:30am starting October 7th. (No class Oct. 28th)

Haircuts from Local Roots Salon—Friday October 18th 12:30pm-3pm—Stylists will be on hand to provide haircuts, \$10, no appointments required.

Presentation by the Medicare Rights Center — Wednesday October 23rd 1pm—FAQs and updates you should know during Medicare Open Enrollment.

DFTA Annual Plan Summary Public Hearing—Monday October 28th 10am-12pm—Your opportunity to voice concerns and suggestions on issues that impact older New Yorkers.

Free computer classes presented by OATS
(Older Adults Technology Services)
All classes meet two days a week on Tuesdays and Thursdays

Social Media 10/8-11/7 from 2:15pm-3:30pm

Computer Essentials 10/8-11/7 from 3:30pm-4:45pm

Ready, Set, Bank 11/12-12/12 from 2:15pm-3:30pm

iPad Essentials 11/12-12/12 from 3:30pm-4:45pm

Registration required. See or call Assistant Director Matt Abrams for details.

Hispanic Heritage Month Celebration
Friday October 11th 1pm-3pm
Join us for music, dancing, and cake!

New Advisory Council Representatives
We are pleased to welcome **Yvan Negrao, Susan Slovak, and Mally Toro** to the Advisory Council. Thank you to all outgoing, current, and incoming members for your volunteer service!



OCTOBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Recommended donation is \$1.25 per meal</p> <p>Vegetarian options available with one week notice, see Matt</p>	<p>1 Vegetable Baked Ziti with Whole Wheat Pasta Mixed Green Salad Sauteed String Beans</p>	<p>2 Italian Roasted Pork Tenderloin Baby Carrots with Parsley Baked Red Potato Wedges</p>	<p>3 Vegetable Soup Beef Stroganoff w/ Noodles Steamed Broccoli</p>	<p>4 Baked Breaded Fish Brown Rice with Mushrooms Sauteed Spinach</p>
<p>7 Grilled Chicken Breast Cous Cous Brussel Sprouts and Kale Saute</p>	<p>8 Salisbury Steak with Brown Gravy Mashed Potatoes Sauteed String Beans</p>	<p>9 Baked Turkey Breast Braised Red Cabbage with apples Baked Yams</p>	<p>10 Apricot Glazed Salmon Egg Barley w/ Mushrooms Sauteed Zucchini</p>	<p>11 Black Bean Soup Broccoli Cheese Quesadilla Corn/peppers Green Salad</p>
<p>14 Center Closed for Columbus Day</p>	<p>15 Pork Spare Ribs Mashed Butternut Squash Winter Blend Vegetables</p>	<p>16 Chili con Carne Brown Rice Mixed Green Salad</p>	<p>17 Chicken and Broccoli Stir Fry Chinese Style Spaghetti Bok Choy</p>	<p>18 Baked Fish Fillets Red Bliss Potatoes Sauteed String Beans</p>
<p>21 Beef Brisket with Tomatoes and Onions Orzo Baby Carrots with Parsley</p>	<p>22 Baked Turkey Breast Wild Rice Brussel Sprouts</p>	<p>23 Deluxe Cheeseburger with Onions Home Fries Tossed Salad with Dressing</p>	<p>24 Eggplant Parmesan Pasta Italian Blend Veggies</p>	<p>25 Baked Salmon with Lemon, Tarragon and Thyme Baked Brown Rice Pilaf Sauteed Spinach</p>
<p>28 Beef and Turkey Meatloaf with Mushroom Gravy Mashed Potatoes Green Bean Sautee</p>	<p>29 Pernil (Roasted Pork Shoulder) Rice and Beans Collard Greens</p>	<p>30 Vegetarian Chili Corn Muffin Baked Potatoes Mixed Green Salad</p>	<p>31 Chicken Barley & Veggie Soup Cranberry Chicken Brussel Sprouts</p>	<p>All meals are served with fruit, juice and 1% milk</p>



October Daily Activities



Monday

10:30am-11:30am—Movement and Dance with Mark Morris Dance Group with Uta NEW! (No class Oct 28th)
11:00am-12:00pm—Bingo (Oct 28th Bingo at 1pm)
12:00pm-1:00pm—Lunch
1:00pm-3:00pm—Leisure Scrabble
1:00pm-3:00pm—Spanish Class with Joe (All levels welcome)
2:00pm-3:00pm—Tai Chi for Arthritis with Ann

Thursday

10:00am-11:30am—Knitting & Crocheting Arts with Madeline
10:30am-11:00am—Indoor Walking with Yolanda
11:00am-12:00pm—Tai-Chi with Tzyann
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
2:15pm-3:30pm—Technology Class: Social Media (First class Oct 8th)
3:30pm-4:45pm—Technology Class: Computer Essentials (First class Oct 8th)

Tuesday

10:30am-11:00am—Indoor Walking with Yolanda
11:00am-12:00pm—Chair Yoga with TJ (No class Oct 1st)
12:00pm-1:00pm—Lunch
1:30pm-3:00pm—Language Arts: Creative Writing & Poetry Class with Judi
2:15pm-3:30pm—Technology Class: Social Media (First class Oct 8th)
3:30pm-4:45pm—Technology Class: Computer Essentials (First class Oct 8th)

Friday

10:00am-11:00am—Quechua Initiative
11:00am-12:00pm—Bodies in Motion with Quinn
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
1:00pm-2:00pm—Creative Arts Class with Judi
2:00pm-3:00pm—Latin Rhythms Dance & Exercise with Walter Perez NEW!

Wednesday

10:00-11:00am Chorus with Tahira NEW!
11:00am-12:00pm—Aging Transitions with Matt New Time
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Blood Pressure Screening (October 2nd and 16th)
1:00pm-3:00pm—Leisure Scrabble
2:00pm-3:00pm—Tai Chi for Arthritis with Ann





HAPPIEST BIRTHDAY WISHES TO ALL WITH OCTOBER BIRTHDAYS

Join us on Friday October 25th for cake, ice cream, and dancing from 1:00-2:30 pm



Members are invited to dress up in a festive costume

As an alternative, members are invited to wear orange and black clothing.
Hope to see you there!

NEED TRANSPORTATION ?

- Learn about different ways to utilize FREE transportation in Brooklyn
 - Rides to and from Park Slope Center for Successful Aging
 - F.A.N. trips will depart the Center after lunch
 - Special Trips within NYC

718-449-5000 ext: 1

Join our email list, please contact assistant director Matt Abrams at 718-832-3726 or mabrams@heightsandhills.org

UPCOMING EVENTS

- Thanksgiving Celebration, date TBD
- Center Closed for Veterans Day November 11th
- Center Closed for Thanksgiving Holiday November 28th and 29th

