



# 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

“You are never too old to set a goal another or dream a new dream.” –C.S. Lewis

**\* \* December 2019 \* \***

**Classical Music concert—Brooklyn Art Song Society—Tuesday December 3rd at 1pm**—Join us for a concert with Brooklyn Art Song musicians.

**Are you getting all your benefits? Live on NY—Thursday December 5th from 10am-2pm**—Receive assistance with eligibility and applications. Bilingual specialist

**Thursday December 5th from 12:30pm-1:30pm**—Transportation smartphone app  
Presentation by NYU Engineering students

**Travelling Tap Dance Museum—Tuesday December 10th 1-2pm**—Join Jane Goldberg and her interactive history of tap dance.

**Holiday Chorus Concert—Wednesday December 18th from 1pm-2pm**—The PSCSA Chorus will perform their annual holiday concert!.

**Nutrition Workshop with Penny Breiman, R.N.—Wednesday December 18th at 11am,**  
Topic: How to Keep Your Gut Happy = Eat Yourself Healthy.

**December Birthday and New Year’s Celebration—Tuesday December 31st 1pm**  
—See back page.

**Reminder: Center will be closed on:**  
**December 25th—Christmas Day**  
**January 1st—New Years Day**  
**January 20th—MLK Day**

**Winter Holiday Luncheon!**  
**Join Center staff and members**  
**for a holiday meal & live music!**

**December 20th, 12pm**



**Advance Sign-Up is**  
**Required by Dec. 11th**  
**at the front desk**

**Life Storytelling with Lily**  
**returns in January!**

**Our experiences and memories tell a story and no two are alike. Explore life story questions and share your own experiences. Join Lily for a Reintroduction to the program.**

**Thursday, December 19th at 12:30pm**



# DECEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Beef Brisket with Tomatoes and Onions</b> <b>Orzo</b> <b>Baby Carrots with Parsley</b>	<b>3</b> <b>Baked Turkey Breast</b> <b>Wild Rice</b> <b>Brussel Sprouts</b>	<b>4</b> <b>Deluxe Cheeseburger with Onions</b> <b>Home Fries</b> <b>Tossed Salad with Dressing</b>	<b>5</b> <b>Eggplant Parmesan</b> <b>Pasta</b> <b>Italian Blend</b> <b>Vegetables</b>	<b>6</b> <b>Baked Salmon with Lemon</b> <b>Baked Brown Rice Pilaf</b> <b>Sauteed Spinach</b>
<b>9</b> <b>Beef and Turkey Meatloaf with Mushroom Gravy</b> <b>Green Bean Sautee</b> <b>Mashed Potatoes</b>	<b>10</b> <b>Roasted Pork Shoulder</b> <b>Rice and Beans</b> <b>Collard Greens</b>	<b>11</b> <b>Vegetarian Chili</b> <b>Corn Muffin</b> <b>Baked Potatoes</b> <b>Mixed Green Salad</b>	<b>12</b> <b>Cranberry Chicken</b> <b>Roasted Brussel Sprouts</b> <b>Butternut Squash</b>	<b>13</b> <b>Baked Fish Fillets</b> <b>Cous Cous</b> <b>Steamed Broccoli</b>
<b>16</b> <b>Beef and Broccoli</b> <b>Chinese Style Spaghetti</b> <b>Oriental Blend Vegetables</b>	<b>17</b> <b>Black Bean and Sweet Potato Chili</b> <b>Sauteed Onions and Peppers</b> <b>Brown Rice</b> <b>Mixed Green Salad</b>	<b>18</b> <b>Turkey Burger with Cheese</b> <b>Cabbage</b> <b>Carrot Slaw</b> <b>Homemade Mashed Potatoes</b>	<b>19</b> <b>Beef Meatballs in Tomato Sauce</b> <b>Spaghetti</b> <b>Sauteed Spinach</b>	<b>20</b>  <p style="text-align: center;"><b>Holiday Luncheon</b></p>
<b>23</b> <b>Baked Chicken Quarters</b> <b>Baked Sweet Potato</b> <b>Roasted Zucchini</b>	<b>24</b> <b>Vegetable Baked Ziti with Whole Wheat Pasta</b> <b>Mixed Green Salad</b> <b>Sauteed String Beans</b>	<b>25</b>  <p style="text-align: center;"><b>CENTER CLOSED</b></p>	<b>26</b> <b>Beef Stroganoff with Noodles</b> <b>Steamed Broccoli</b>	<b>27</b> <b>Baked Breaded Fish</b> <b>Brown Rice with Mushrooms</b> <b>Sauteed Spinach</b>
<b>30</b> <b>Grilled Chicken Breast</b> <b>Cous Cous</b> <b>Brussel Sprouts and Kale Saute</b>	<b>31</b> <b>Salisbury Steak</b> <b>Brown Gravy</b> <b>Homemade Mashed Potatoes</b> <b>Sauteed String Beans</b>	<b>Vegetarian options available with one week notice. See Matt.</b>	<b>All meals are served with fruit, juice and 1% milk</b>	<b>Recommended donation is \$1.25 per meal</b>

# December Daily Activities

## Monday

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

## 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 (No class Dec ?th)  
**12:00pm-1:00pm**—Lunch  
**1:00pm-2:00pm**—Bingo  
**2:15pm-3:30pm**—Technology Class: Ready, Set, Bank (**Last Class and Graduation Party Dec. 12th**)  
**3:30pm-4:45pm**—Technology Class: iPad Essentials (**Last Class and Graduation Party Dec. 12th**)  
**3:30pm-4:00pm**—Meditation with Jill

## Tuesday

**10:30am-11:00am**—Indoor Walking with Yolanda  
**11:00am-12:00pm**—Chair Yoga with TJ  
**12:00pm-1:00pm**—Lunch  
**1:30pm-3:00pm**—Language Arts: Creative Writing & Poetry Class  
**2:15pm-3:30pm**—Technology Class: Ready, Set, Bank (**Last Class and Graduation Party Dec. 12th**)  
**3:30pm-4:45pm** Technology Class: iPad Essentials (**Last Class and Graduation Party Dec. 12th**)

## 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 Evans  
**2:00pm-3:00pm**—Latin Rhythms Dance & Exercise with Walter Perez

## Wednesday

**10:00am-11:00am**—Chorus with Tahira (**Last Session and Holiday Concert Dec. 18th**)  
**11:00am-12:00pm**—Aging Transitions with Matt  
**12:00pm-1:00pm**—Lunch  
**1:00pm-2:00pm**—Blood Pressure Screening (December 4th and 18th)  
**1:00pm-3:00pm**—Leisure Scrabble  
**2:00pm-3:00pm**—Qi Gong with Ann



**Birthday and New Years Celebration!  
December 31st, come for cake, treats,  
and dancing from 1:00-2:30 pm  
Join us for a toast to the new year!**



**HAPPY  
NEW YEAR**



**Inclement Weather Reminder**

With winter setting in, please make sure to be aware of Center closures. Center will close in adverse weather conditions, usually if area public schools are also closed. On days with bad weather, please call the Center at 718-832-3726 before coming. After hours, please listen carefully to the Center voicemail message for closure updates.

**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](mailto:mabrams@heightsandhills.org)**

**UPCOMING EVENTS**

- Center Closed New Years Day January 1st
- Live On NY Benefits Clinic, January 2nd, 10am-2pm
- MLK Celebration, date TBD
- Center Closed for MLK Holiday Jan. 20th

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