



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

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.” — Martin Luther King Jr.

* * **January 2020** * *

Are you getting all your benefits? Live on NY—Thursday January 9th from 10am-2pm—Receive assistance with eligibility and applications. Bilingual specialist

Classical Music concert—Brooklyn Art Song Society—Tuesday January 7th at 1pm—Join us for a concert with Brooklyn Art Song musicians.

JCC of Coney Island—Wednesday January 8th at 1pm—Julie Lauer will explain transportation services available for eligible seniors. One-on-one help with applications.

Blood Pressure presentation by LIU students—Friday January 10th 1-2pm—Resources and tips on managing blood pressure. BP screening will be available.

Nutrition Workshop with Penny Breiman, R.N.—Wednesday January 15th from 1-2pm, Topic: Food and Medications.

Homeowner Services Dept., Center for NYC Neighborhoods—Wednesday January 22nd 1pm—Presentation of free legal & financial services available to senior homeowners.

Street Safety Presentation by Dept. of Transportation—Wednesday January 29th at 1 pm.

Reminder: Center will be closed on:
January 1st—New Year’s Day
January 20th—MLK Day

**Martin Luther King Day Celebration!
Friday January 17th at 1pm**



Martin Luther King Jr. Day

Join the Center for a remembrance of Dr. King and the Civil Rights Movement

**Life Storytelling Workshop with Lily
Thursdays January 16-March 5
from 2-3pm**

Share life experiences and hear those of fellow members. No writing required.

Free computer classes presented by OATS (Older Adults Technology Services)

**Beyond the Basics Tuesdays and
Thursdays 1/14-3/19 from 2:15-3:30pm**

**Connecting in a Digital Age Tuesdays and
Thursdays 1/14-3/19 from 3:30-4:45pm**

Advance registration required. Space is limited. See Front Desk or call 718-832-3726 for details or to register.

**New Center Director!
Join us in congratulating
Matt Abrams on his well-earned
promotion to Director of PSCSA.**



JANUARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Recommended donation is \$1.25 per meal. All meals are served with fruit, juice and 1% milk</p>	<p>Vegetarian options available with one week notice. See Matt.</p>	<p>1 CENTER CLOSED</p>	<p>2 Broccoli Cheese Quesadilla Corn and Red Peppers Green Salad</p>	<p>3 Apricot Glazed Salmon Egg Barley with Mushrooms Sauteed Zucchini</p>
<p>6 Vegetable Lasagna Baby Spinach Salad</p>	<p>7 Pork Spare Ribs Mashed Butternut Squash Winter Blend Vegetables</p>	<p>8 Chili con Carne Brown Rice Mixed Green Salad</p>	<p>9 Chicken and Broccoli Stir Fry Chinese Style Spaghetti Sauteed Bok Choy</p>	<p>10 Baked Fish Fillets Red Bliss Potatoes Sauteed String Beans</p>
<p>13 Beef Brisket with Tomatoes and Onions Orzo Baby Carrots with Parsley</p>	<p>14 Baked Turkey Breast Wild Rice Brussel Sprouts</p>	<p>15 Deluxe Cheeseburger with Onions Home Fries Tossed Salad with Dressing</p>	<p>16 Eggplant Parmesan Pasta Italian Blend Vegetables</p>	<p>17 Baked Salmon with Lemon, Tarragon and Thyme Baked Brown Rice Pilaf Sauteed Spinach</p>
<p>20 CENTER CLOSED</p>	<p>21 Roasted Pork Shoulder Rice and Beans Collard Greens</p>	<p>22 Vegetarian Chili Corn Muffin Baked Potatoes Mixed Green Salad</p>	<p>23 Chicken Barley Soup Cranberry Chicken Roasted Brussel Sprouts Butternut Squash</p>	<p>24 Baked Fish Fillets Cous Cous Steamed Broccoli</p>
<p>27 Beef and Broccoli Chinese Style Spaghetti Oriental Blend Vegetables</p>	<p>28 Black Bean and Sweet Potato Chili Brown Rice Mixed Green Salad Sauteed Onions and Peppers</p>	<p>29 Turkey Burger with Cheese Cabbage Carrot Slaw Homemade Mashed Potatoes</p>	<p>30 Beef Meatballs in Tomato Sauce Spaghetti Sauteed Spinach</p>	<p>31 Minestrone Soup Pork Spare Ribs Red Bliss Potatoes Winter Blend Vegetables</p>

January 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
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
2:00pm-3:00pm—Storytelling with Lily
2:15pm-3:30pm—Technology Class: Beyond the Basics (First class Jan 14th)
3:30pm-4:45pm—Technology Class: Connecting in the Digital Age (First class Jan 14th)

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: Beyond the Basics (First class Jan 14th)
3:30pm-4:45pm—Technology Class: Connecting in the Digital Age (First class Jan 14th)
3:30pm-4:00pm—Meditation with Jill (New day and time)

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 (Returns Jan 10th)

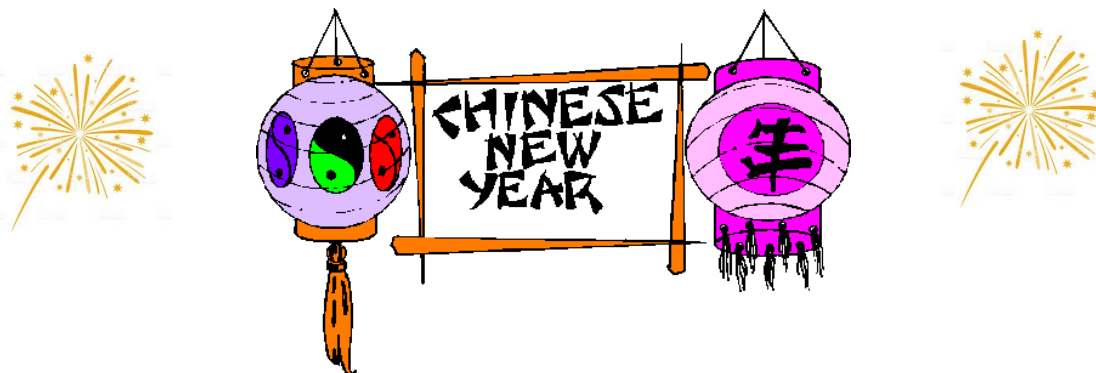
Wednesday

11:00am-12:00pm—Aging Transitions with Matt
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Blood Pressure Screening (January 8th and 22nd)
1:00pm-3:00pm—Leisure Scrabble
2:00pm-3:00pm—Qi Gong with Ann

新年快樂

Happy Chinese New Year

Birthday and Lunar New Year Celebration!
January 24th, come for cake, treats,
and dancing from 1:00-2:30 pm
Join us to welcome the Year of the Rat!



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 Director Matt Abrams at
718-832-3726 or mabrams@heightsandhills.org**

UPCOMING EVENTS

- **Live On NY Benefits Clinic, February 6th, 10am-2pm**
- **Movement Speaks will be returning Wednesdays 10:30am-11:45am starting February 12th**
- **Black History Month Celebration, date TBD**
- **Center Closed for President's Day, February 17th**

Funded by the NYC Department for the Aging