



This Month at Heights and Hills

Exciting things are happening at Heights and Hills!!

Come see us in action!

If you have questions or want more information, please contact [Cathy Gormley](#)

Park Slope Center for Successful Aging

Whether looking for a way to get your blood pumping, gain new experiences or tap into new talents, PSCSA is the place for you!!

We have classes daily that enhance health and well-being, offer engagement in arts and cultural activities, and support social interaction. All classes take place at Park Slope Center for Successful Aging, 463a Seventh Street, Brooklyn.



Computer Classes offered by OATS (Older Adult Technology Services)

Note: Advance registration required. Space is limited.

See Front Desk or call 718-832-3726 for details or to register

BEYOND THE BASICS

Tuesdays and Thursdays 2:15pm - 3:30pm
January 14, 2020 through March 19, 2020

This 10-week course builds on the concepts and skills taught in Computer Basics and explores use of the internet as an everyday resource. Improve your research skills; explore more email features; use Google Drive, Photos, and Docs; and go over how to stay safe online.

Prerequisites: Have an email address that you use or be willing to open a Gmail account and be comfortable navigating the internet.

CONNECTING IN THE DIGITAL AGE

Tuesdays and Thursdays 3:30pm - 4:45pm
January 14, 2020 through March 19, 2020

This 10-week course will explore how technology impacts society and how we interact with

Understanding Dementia Workshop

This workshop, in collaboration with CaringKind, provides individuals with information about Alzheimer's disease and other types of dementia. Caregivers will also learn about what resources and services are available to help them cope with present challenges and future planning.

****This workshop requires registration with CaringKind at (646) 744-2900**

When: January 21, 2020 2:00pm-4:00pm

Where: Heights and Hills, 81 Willoughby Street, Suite 302, Brooklyn

Community Workshops and Seminars

Host a Caregiver Workshop or Seminar:

We are available to present workshops and seminars at your organization or business. If you are interested in hosting and for a full listing of presentations available, please contact Caregiver Program Director, Raquel Perlman, (718)596-8789 x 309 or Rperlman@heightsandhills.org

For more any information caregiver services contact Caregiver Program Director, Raquel Perlman, (718) 598-8789 x309 or Rperlman@heightsandhills.org



Volunteer Opportunities

Become a Friendly Visitor

Our Friendly Visiting Program matches volunteers to homebound or frail older adults for weekly friendship and support; volunteers may take their older neighbors for walks, visit for chats about mutual interests, or to help with small projects like mastering a new smartphone. No two

Friendly Visiting matches are alike! To learn more check out our [website](#) or contact Adina Matos at (718) 596-8789 x329 or volunteer@heightsandhills.org

Group Volunteer Events

Looking for fun, engaging volunteer opportunities for your team? Need an activity for your next day of service? Contact Betsy Guttmacher at (718) 596-8789 x329 or bguttmacher@heightsandhills.org

New Volunteer Training

If you are a new volunteer or want to learn more about volunteering with Heights and Hills attend the New Volunteer Training

****Registration is required (718) 596-8789 x329 or volunteer@heightsandhills.org**

When: January 22, 2020 6:00pm

Where: 81 Willoughby Street, Suite 302

Donate Today

Heights and Hills promotes successful aging in the Brooklyn community

Email Us | 718-596-8789 | Website

Connect With Us!





Heights and Hills programs are funded in part under contract through New York City Department for the Aging, Citymeals on Wheels, foundation and corporate grants, and private donations