



# **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

**\* \* June 2019\* \***

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

## **EVENTS & PRESENTATION**

**Movement Speaks Performance Wednesday June 5th 10:30am—Performance by members of the Movement Speaks Dance Class!**

**Chorus Performance-Chorus will perform for members—Wednesday June 5th 1pm**

**Live On NY Benefits Clinic— Thursday June 6th 10:00-2:00pm. Are you getting all your benefits? Help with eligibility and applications. Bilingual specialist will be on-site to answer your questions (English & Español)**

**Computer and Smart Phone Help-Thursday June 6th 12pm-5pm**

**Meditation—New Instructor Tiffany begins Wednesdays at 3:30pm starting June 12th**

**Father’s Day Celebration June 14th -Celebrating the fathers in our center as well as the ones in our lives!**

**NY State Office of Unclaimed Funds Wednesday June 19th 11am-12pm—  
Presentation by the State Comptroller’s office regarding unclaimed funds and how to obtain money you might be owed. Free screening and follow-up provided**

**Culminating Performance by West African Dance Class/Essentrics June 19th 3:30pm**

**Digital Photography Gallery Exhibit - June 25th, photos from the digital photography class will be displayed in the Center-Light Refreshments will be served**

**Broadway Show! Join Center members for a trip to see the Lion King on Broadway, Wednesday June 26th, 2pm Cost: \$10 Transportation to/from center provided (trip will last 12pm-5pm). Limited tickets available first come, first served. Registration available beginning Thursday June 6th at 9:30am, IN PERSON ONLY. Trip registration policy will be posted for more details.**

## **Brenda’s Baby Shower!**

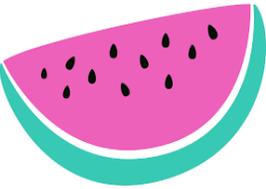
**June 4th 12:30pm**

**Join center staff and members in celebrating the upcoming birth of Center Director Brenda Westphalen’s child!**



# JUNE LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Turkey Burger w/ Cheese</b> <b>Arugula Salad w/ Balsamic</b> <b>Baked Sweet Potato</b>	<b>4</b> <b>Italian Roasted Pork Tenderloin</b> <b>Baked Potato</b> <b>Green Bean Sautee</b>	<b>5</b> <b>BBQ Chicken Leg Quarters</b> <b>Baked Mac &amp; Cheese</b> <b>Kale with Tomato</b>	<b>6</b> <b>Broccoli Cheese Quesadilla</b> <b>Mexican Confetti Rice</b> <b>Tossed Salad</b>	<b>7</b> <b>Tuna Fish Salad</b> <b>Beet Salad</b> <b>Mixed Green Salad</b>
<b>10</b> <b>Beef Meatloaf w/ Mushroom Gravy</b> <b>Baby Carrots w/ Parsley</b> <b>Mashed Potatoes</b>	<b>11</b> <b>Vegetable Lasagna</b> <b>Garlic Bread</b> <b>Baby Spinach Salad</b>	<b>12</b> <b>Chicken Salad</b> <b>Herb Potato Salad</b> <b>Red Cabbage Salad</b>	<b>13</b> <b>BBQ Chicken Collard Greens &amp; Corn</b>	<b>14</b> <b>Lemon Salmon Pasta w/ Pesto</b> <b>Steamed Cauliflower</b> <b>Tossed Salad</b>
<b>17</b> <b>Chicken Meatballs w/ Carrot Sauce</b> <b>Ziti</b> <b>Broccoli with Garlic</b>	<b>18</b> <b>Turkey w/ Gravy</b> <b>Mashed Butternut Squash</b> <b>Normandy Blend</b>	<b>19</b> <b>Beef Brisket w/ Tomato &amp; Onions</b> <b>Orzo</b> <b>Roasted Zucchini</b>	<b>20</b> <b>Sweet &amp; Sour Chicken Thighs</b> <b>Brown Rice</b> <b>Mushrooms</b> <b>Bok Choy</b>	<b>21</b> <b>Salmon Salad</b> <b>Cucumber Dill Salad</b> <b>Spinach, Apple, &amp; Onion Salad</b>
<b>24</b> <b>Vegetable Baked Ziti</b> <b>Garlic Brad</b> <b>Sautéed Spinach</b>	<b>25</b> <b>Minestrone Soup</b> <b>Pork Spare Ribs</b> <b>Baked Potato</b> <b>Roasted Brussel Sprouts</b>	<b>26</b> <b>Chicken Breast</b> <b>Orzo</b> <b>Spinach Salad</b> <b>Yellow Squash</b>	<b>27</b> <b>Spinach and Basil Pesto</b> <b>Turkey Meatballs</b> <b>Spaghetti</b> <b>Steamed Carrots</b>	<b>28</b> <b>Citrus Sesame Crusted Salmon</b> <b>Wild Rice</b> <b>Broccoli &amp; Red Peppers</b> <b>Tossed Salad</b>
		<b>All meals are served with Fruit Juice and 1% Milk</b>	<b>Recommended donation is \$1.25 per meal</b>	<b>Vegetarian option available w/one week notice, see Matt to order</b>

# June Daily Activities

## Monday

**10:30am-11:30am**—Movement and Dance with Uta of Mark Morris Dance Group (**Last Class 6/24**)

**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)

## Thursday

**10:00am-11:30am**— Knitting & Crochet Arts with Madeline (**No Class 6/13, 6/20**)

**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

## 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 (**Exhibit begins 6/25**)

**1:30pm-3:00pm**- Language Arts: Creative Writing & Poetry Class with Judi

**3:00pm-4:30pm**— West African Dance and Drumming with Sade (**Culminating event 6/19**)

## 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

**1:00pm-2:00pm**— Bingo

**2:00pm-3:00pm**— Latin Dance with Walter Perez (**Culminating event June 21**)

## Wednesday

**10:00am-11:30am**— Movement Speaks (**LAST CLASS 6/5**)

**12:00-1:00pm**— Lunch

**1:00pm-2:00pm**— Chorus with Tahira (**Last Class and Performance 6/5**)

**1:00pm-2:00pm**— Blood Pressure Screening (June 5th and 19th)

**1:00pm-3:00pm**— Leisure Scrabble

**2:00pm-3:00pm**— Qi Gong with Ann

**3:30pm-4:00pm**—Meditation with Tiffany (**starts June 12**)

**3:30pm**—Intermediate Yoga/Essentrics w Diane (**Culminating event 6/19**)



**June Birthday Celebration!  
June 28th, 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**

**F.A.N Food—Thursday June 27th See Assistant Director Matt Abrams  
To sign up for transportation or to enroll in F.A.N program**

**UPCOMING EVENTS**

- **Live On NY Benefits Clinic, Date TBD at 10am-2pm**
- **July 3rd Independence Day BBQ Luncheon**
- **July 4th Center Closed for Independence Day**
- **Friday Summer Fun returns!**