



# **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

**\* \* May 2019\* \***

“Beautiful young people are accidents of nature, but beautiful old people are works of art.”

## **EVENTS & PRESENTATION**

**Center Closed Friday May 3rd for Renovations—Thank you all for your patience during our renovation!**

**Live On NY Benefits Clinic— Thursday May 2nd 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)**

**Senior Advocacy Day-Wednesday May 8th at City Hall. This is the time to make our voices heard and advocate for the critical funding needed for aging services. See Center Director or Assistant Director if you are interested in participating by May 2.**

**Mother’s Day Celebration Friday May 10**

**Volunteer Appreciation Wednesday May 15th 1pm Join us for a celebration of our AMAZING center volunteers**

**General Membership Meeting Thursday May 23 1:00pm—General information and updates on the Center from Center Director and staff as well as a presentation from the Advisory Council.**

**BINGO schedule—Mondays and Thursdays 1pm (No Bingo 5/23)  
NEW DAY Fridays at 1pm**

**Farewell to Jenny Campbell, MSW Intern  
Friday May 24th**

**Join the Center in bidding farewell to Jenny  
and wish her the best in the rest of her  
education and social work career!**





# MAY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are served with Fruit Juice and 1% Milk</p> <p>Recommended donation is \$1.25 per meal</p>	<p>Vegetarian option available w/one week notice, see Matt to order</p>	<p>1 Chicken Salad Herb Potato Salad Red Cabbage Salad</p>	<p>2 BBQ Chicken Breasts Collard Greens Corn on the Cob</p>	<p>3 CENTER CLOSED FOR RENOVATIONS</p>
<p>6 Salmon Salad Cucumber Dill Salad Spinach w/Apple and Red Onion Salad</p>	<p>7 Turkey w/Gravy Mashed Butternut Squash Normandy Blend Veggies</p>	<p>8 Beef Brisket w/Tomatoes and Onions Orzo Green Salad</p>	<p>9 Sweet &amp; Sour Chicken Thighs Brown Rice Mushrooms and Bok Choy</p>	<p>10 Chicken Meatballs w/Carrot Sauce Ziti</p>
<p>13 Vegetable Baked Ziti Garlic Bread Sautéed Spinach</p>	<p>14 Meatloaf with Beef &amp; Pork Green Beans Mashed Potatoes</p>	<p>15 Pork Spare Ribs Orzo w/vegetables Garden Salad</p>	<p>16 Spinach and Basil Pesto Turkey Meatballs Whole Wheat Spaghetti Carrots</p>	<p>17 Citrus Sesame Salmon Wild Rice Broccoli + Red Peppers Tossed Salad</p>
<p>20 Chicken and Broccoli Stir Fry Brown Rice Asian Blend Vegetables</p>	<p>21 BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens</p>	<p>22 Stuffed Peppers w/Turkey Broccoli w/Toasted Garlic Corn &amp; Red Peppers</p>	<p>23 Beef Stroganoff w/ Noodles California Blend Veggies</p>	<p>24 Baked Flounder Brown Rice Pilaf Kale, Romaine, Apple, Red Cabbage Salad</p>
<p>27 CENTER CLOSED FOR MEMORIAL DAY</p>	<p>28 Coconut Curried Cod Red Potato Wedges Veggies</p>	<p>29 Chicken Parmesan Fettuccini w/Sauce Sautéed Spinach</p>	<p>30 Beef and Broccoli White Rice Chinese Style Bok Choy</p>	<p>31 Stuffed Shells w/Cheese Garden Salad</p>

# May Daily Activities

## Monday

**10:30am-11:30am**—Movement and Dance with Uta of Mark Morris Dance Group  
**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)  
**2:00pm-4:00pm**—**A Matter of Balance with Matt and Jenny (Series ends May 13th)**

## Thursday

**10:00am-11:30am**— Knitting & Crochet Arts with Madeline  
**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 (**No Bingo 5/23**)  
**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 (**NO CLASS 5/7**)  
**1:30pm-3:00pm**— Language Arts: Creative Writing & Poetry Class with Judi  
**3:00pm-4:30pm**— West African Dance and Drumming with Sade

## Friday

**10:00am-11:00am**— Quechua Initiative with Elva  
**11:00am-12:00pm**— Bodies in Motion with Quinn (**NO CLASS 5/10**)  
**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  
**3:30pm-4:00pm**— **Meditation with Jenny (Last Class May 24th)**

## Wednesday

**10:00am-11:30am**— Movement Speaks  
**12:00-1:00pm**— Lunch  
**1:00pm-2:00pm**— Chorus with Tahira (**No Class May 15th**)  
**1:00pm-2:00pm**— Blood Pressure Screening (May 1st and 15th)  
**1:00pm-3:00pm**— Leisure Scrabble  
**2:00pm-3:00pm**— Qi Gong with Ann  
**3:00pm-3:30pm**— **Meditation with Jenny (Last class 5/22)**  
**3:30pm-4:30pm**— Intermediate Yoga



**May Birthday Celebration!**  
**May 17th, 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**

**F.A.N Food—Thursday May 23rd See Assistant Director Matt Abrams  
To sign up for transportation or to enroll in F.A.N program**

**UPCOMING EVENTS**

- Throughout June: Culminating Events for West African Dance, Intermediate Yoga, Digital Photography Exhibit and more!
- Live On NY Benefits Clinic, Date TBD at 10am-2pm
- June 14th Father's Day Celebration
- July 3rd Independence Day BBQ Luncheon