



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

*** * September 2019 * ***

“The longer I live the more beautiful life becomes.”-

Frank Lloyd Wright

EVENTS & PRESENTATION

The Center is closed Monday September 2nd for Labor Day.

Aging Transitions Returns with Matt—
Wednesdays at 10:30am

Meditation Returns with New instructor Jill—
Thursdays at 3:30 PM starting Sept 12th

Live On NY Benefits Clinic—Thursday
September 5th, 10am-2pm Are you getting all your benefits? Receive assistance with eligibility and applications. Bilingual specialist (English & Español)

Life Storytelling with Lily—Mondays
September 9th & 16th from 2-3pm. Due to popular demand Storytelling will continue for two more weeks. Join us for the culminating event, group members will share their stories, Friday, September 20th from 1-2pm.

Fall Prevention Workshop-Friday September 13th, 1pm. LIU Occupational Therapy Students will present a free falls prevention workshop

Flu Shot Clinic—Wednesday September 18th from 10am-2pm—no appointments required, please bring Medicare Card.

NEW!

Tai Chi for Arthritis

Mondays & Wednesdays
September 16—November 18

2:00-3:00PM

Help improve movement, balance, strength, flexibility, and prevent falls. Helpful to anyone with or without arthritis.

Led by Ann E. Reibel-Coyne, a certified and experienced TCA instructor.

Returning Classes for the Fall!

Stay tuned for the return of Chorus, Computer classes, Latin Rhythms and more!

SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed for Labor Day	3 Vegetable Lasagna Garlic Bread Baby Spinach Salad	4 Chicken Salad Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	5 BBQ Chicken Breasts Braised Collard Greens Steamed Corn on the Cob	6 Lemon Salmon Pasta Spinach & Basil Pesto Cauliflower Salad
9 Chicken Meatballs with Carrot Sauce Ziti Broccoli with Toasted Garlic	10 Turkey with Gravy Mashed Butternut Squash Normandy Blend Vegetables	11 Beef Brisket w/ Tomatoes and Onions Orzo Mixed Green Salad Roasted Zucchini	12 Sweet & Sour Chicken Thighs Brown Rice Roasted Mushrooms Sautéed Bok Choy	13 Salmon Salad Cucumber Dill Salad Spinach, Apple and Red Onion Salad
16 Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	17 Meatloaf with Beef and Pork Green Bean Sautee Homemade Mashed Potatoes	18 Honey Mustard Chicken Breast Orzo w/Veggies Spinach, Apple and Red Onion Salad Yellow Squash	19 Turkey Meatballs Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	20 Vegetable Baked Ziti with Whole Wheat Pasta Garlic Bread Sautéed Spinach
23 Chicken and Broccoli Stir Fry Brown Rice Oriental Blend Vegetables	24 BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	25 Stuffed Peppers with Turkey Broccoli with Toasted Garlic Corn and Red Peppers	26 Beef Stroganoff with noodles California Blend Vegetables	27 Baked Flounder Baked Brown Rice Pilaf Kale, Romaine, Apple, Red Cabbage and Parmesan Salad
30 Beef Meatloaf with Mushroom Gravy Baby Carrots with Parsley Mashed Potatoes	Recommended donation is \$1.25 per meal	All meals are served with fruit, juice and 1% milk	Vegetarian options available with one week notice, see Matt for info.	



September Daily Activities



Monday

11:00am-12:00pm—Bingo
 12:00pm-1:00pm—Lunch
 1:00pm-3:00pm—Leisure Scrabble
 1:00pm-3:00pm—Spanish Class with Joe
 (All levels welcome)
 2:00pm-3:00pm—Storytelling with Lily (last
 class 9/16; culminating event 9/20)
 2:00pm-3:00pm—Tai Chi for Arthritis
 (starting 9/16) NEW

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
 12:00-1:00pm—Lunch
 1:00pm-2:00pm—Bingo
 3:30pm-4:00pm-Meditation with Jill

Tuesday

10:30am-11:00am—Indoor Walking with
 Yolanda
 11:00am-12:00pm—Chair Yoga with TJ
 12:00-1:00pm—Lunch
 1:30pm-3:00pm—Language Arts: Creative
 Writing & Poetry Class with Judi

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—Bingo (no Bingo 9/20)
 1:00pm-2:00pm—Creative Arts Class with
 Judi

Wednesday

10:30am-11:30am—Aging Transitions with
 Matt
 12:00-1:00pm—Lunch
 1:00pm-2:00pm—Blood Pressure
 Screening (September 4th and 18th)
 1:00pm-3:00pm—Leisure Scrabble
 2:00pm-3:00pm—QiGong with Ann (last
 class 9/11)
 2:00pm-3:00pm—Tai Chi for Arthritis
 (starting 9/18) NEW

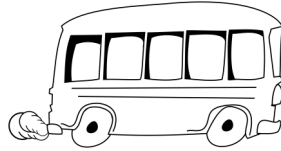




HAPPIEST BIRTHDAY WISHES TO ALL WITH SEPTEMBER BIRTHDAYS!

**Join us on September 27th
for cake, dancing, and more
from 1:00-2:15pm**

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 — September 26th. See Assistant Director Matt Abrams
to sign up for transportation or to enroll in F.A.N program**

UPCOMING EVENTS

- **Technology Classes presented by OATS**
- **Live On NY Benefits Clinic October 5th, 10am-2pm**
- **Hispanic Heritage Month**
- **Penny Breiman Nutrition Workshop, October 1st 1pm**

