



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

*** * July 2019* ***

“If you look in the eyes of the young, you see flame. If you look in the eyes of the old, you see light.”—Victor Hugo

EVENTS & PRESENTATION

The Center is closed Thursday July 4th for Independence Day

Digital Photography Gallery Exhibit—photos celebrating Brooklyn from the digital photography class will continue to be displayed in the Center throughout July.

Aging Transitions with Andy —NEW DAY AND TIME—Wednesdays from 10:30am-12:00pm. Join your peers and discuss what it means to age successfully and support each other in aging better.

Nutrition Workshop with Penny Breiman, R.N.—Tuesday July 2nd at 1pm, Topic: Brain Health and foods that support a healthy brain!

Live On NY Benefits Clinic—Thursday July 11th 10:00am-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 July 18th, 12pm-5pm

BINGO schedule—Mondays, Thursdays and Fridays from 1:00pm-2:00pm

Independence Day Celebration Wednesday, July 3rd

**Join us in celebrating Independence Day
Special Lunch Menu, music, and more!
(Suggested Donation \$2.50)**





JULY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken and Broccoli Stir Fry Brown Rice Asian Blend Vegetables	2 Stuffed Shells with Cheese Garden Salad	3 BBQ Ribs Red Skin Potato Salad Cole Slaw Watermelon	4 CENTER CLOSED Happy 4th of July!!!	5 Baked Flounder Brown Rice Pilaf Kale, Romaine, Apple, Red Cabbage and Parmesan Salad
8 Chicken Parmesan Fettucini with Sauce Sauteed Spinach	9 Coconut Curried Cod Baked Red Potato Wedges Veggies	10 Turkey Salad Carrot Apple Raisin Salad Potato Salad with Mustard Vinaigrette	11 Beef and Broccoli White Rice Chinese Style Bok Choy	12 BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens
15 Turkey Burger w/ Cheese Arugula Salad w/ Balsamic Baked Sweet Potato	16 Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	17 BBQ Chicken Leg Quarters- Baked Mac & Cheese Kale with Tomato	18 Italian Roasted Pork Tenderloin Baked Potato Green Bean Sautee	19 Tuna Fish Salad Beet Salad Mixed Green Salad
22 Baked Meatloaf w/ Mushroom Gravy Baby Carrots w/ Parsley Mashed Potatoes	23 Vegetable Lasagna Garlic Bread Baby Spinach Salad	24 Chicken Salad Herb Potato Salad Red Cabbage Salad	25 BBQ Chicken Breasts Braised Collard Greens & Corn	26 Lemon Salmon Pasta w/ Pesto Steamed Cauliflower- Tossed Salad
29 Chicken Meatballs w/ Carrot Sauce Ziti Broccoli with Toasted Garlic	30 Turkey w/ Gravy Mashed Butternut Squash Normandy Blend	31 Beef Brisket w/ Tomato & Onions Orzo Roasted Zucchini	Recommended donation is \$1.25 per meal All meals are served with Fruit Juice and 1% Milk	Vegetarian option available w/one week notice, see Matt to order

July Daily Activities

Monday

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
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— 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— Creative Arts Class with Judi
1:00pm-2:00pm— Bingo

Wednesday

10:30am-12:00pm— Aging Transitions with Andy **NEW DAY AND TIME!**
12:00-1:00pm— Lunch
1:00pm-2:00pm— Blood Pressure Screening (July 3rd and 17th)
1:00pm-3:00pm— Leisure Scrabble
2:00pm-3:00pm— Qi Gong with Ann
3:00pm-3:30pm— Meditation with Tiffany



**July Birthday Celebration!
July 26th, 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—JULY 25th 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, August 1st at 10am-2pm
- Anchors Away Party, Date TBD
- Storytelling Group, Mondays in August
- Center Closed for Labor Day September 2nd