



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

*** * August 2019* ***

“You may not control all the events that happen to you, but you can decide not to be reduced by them. - Maya Angelou

EVENTS & PRESENTATION

No Bodies in Motion in August, Class will resume September 6th

Farmers Market Coupons! Eligible Participants can pick them up August 5th-7th at the front desk from 10am-5pm. First come, first serve while supplies last

Nutrition Quick Chats with Erica Novota RDN CDN —Tuesdays, August 6th, 13th and 20th from 12-3pm. Erica will be here between 12-3pm with handouts and to address all your health and nutrition questions.

Live On NY Benefits Clinic—Wednesday August 7th 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 with Anastasia—Tuesdays from 1-2:30pm

Friday Summer Fun—Fridays from 2pm, Join us for music, snacks and fun!

Anchors Away Party, August 23rd from 12-2pm. Special lunch menu, music, and more!

**BINGO New schedule—Mondays from 11:00am-12pm,
Thursdays and Fridays from 1:00-2:00pm**

Life Storytelling with Lily



Mondays in August from 2-3pm

Our experiences and memories tell a story and no two are alike. Join us for this 4 session memoir writing course, explore life story questions and refine how you share your own experiences.



AUGUST LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recommend- ed donation is \$1.25 per meal	Vegetarian option available w/one week notice, see Matt to order	All meals are served with Fruit Juice and 1% Milk	1 Sweet & Sour Chicken Thighs Brown Rice Mushrooms Bok Choy	2 Salmon Salad Cucumber Dill Salad Spinach, Apple & Red Onion Salad
5 Citrus Sesame Salmon Rice, Broccoli/Red Peppers Salad	6 Meatloaf with Beef and Pork Green Bean Mashed Potatoes	7 Honey Mustard Chicken Breast Orzo w/Veggies Spinach, Apple Onion Salad Yellow Squash	8 Spinach and Basil Pesto Turkey Meatballs Whole Wheat Spaghetti Carrots	9 Vegetable Baked Ziti Garlic Bread Sauteed Spinach
12 Chicken and Broccoli Stir Fry Brown Rice Oriental Blend	13 Stuffed Shells with Cheese Garden Salad	14 Stuffed Pep- pers w/Turkey Broccoli with Toasted Garlic Corn and Red Peppers	15 Beef Stroganoff with Noodles California Blend Vegetables	16 Baked Flounder Brown Rice Kale/Romaine, Apple, Red Cabbage and Parmesan Salad
19 Chicken Parmesan Fettucini Sauteed Spinach	20 Coconut Curried Cod Red Potato Wedges Vegetables	21 Turkey Salad Carrot Apple Raisin Salad Herb Potato Salad	22 Beef and Broccoli White Rice Chinese Style Bok Choy	23 BBQ Pulled Pork Cole Slaw Collard Greens
26 Turkey Burger w/ Cheese Arugula Salad Baked Sweet Potato	27 Broccoli Cheese Quesadilla Mexican Confetti Rice Salad	28 BBQ Chicken Leg Quarters Mac & Cheese Kale w/Tomato	29 Roasted Pork Tenderloin Baked Potatoes Green Bean Sautee	30 Tuna Fish Salad Beet Salad Green Salad

August Daily Activities

Monday

11:00am-12:00pm— Bingo NEW TIME
 12:00pm-1:00pm— Lunch
 1:00pm-3:00pm— Leisure Scrabble
 1:00pm-3:00pm— Spanish Class with Joe
 (All levels welcome) NEW TIME
 2:00pm-3:00pm— Storytelling with Lily

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 (no
 class 8/1)
 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
 (No class August 6)
 12:00-1:00pm— Lunch
 1:00pm-2:30pm— Computer and Smart
 Phone Help with Anastasia
 1:30pm-3:00pm— Language Arts:
 Creative Writing & Poetry Class with Judi

Friday

10:00am-11:00am— Quechua Initiative with
 Elva
 12:00pm-1:00pm— Lunch
 1:00pm-2:00pm— Creative Arts Class with
 Judi
 1:00pm-2:00pm— Bingo
 2:00pm-3:30pm— Friday Summer Fun!

Wednesday

10:30am-12:00pm— Aging Transitions with
 Andy
 12:00-1:00pm— Lunch
 1:00pm-2:00pm— Blood Pressure
 Screening (August 7th and 21st)
 1:00pm-3:00pm— Leisure Scrabble
 2:00pm-3:00pm— Qi Gong with Ann



August Birthday Celebration!
August 30th, 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—August 29th See Assistant Director Matt Abrams
to sign up for transportation or to enroll in F.A.N program**

UPCOMING EVENTS

- Center is closed Monday, September 2nd in observance of Labor Day
- Live On NY Benefits Clinic, September date TBA from 10am-2pm
- September date 18th 10am-2pm Flu Shots Clinic (Free-Bring Medicare Card)
- September is National Senior Center month!

Funded by the NYC Department for the Aging