



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

“Aging is an extraordinary process where you become the person
you always should have been.” - David Bowie

*** * November 2019 * ***

The Center is CLOSED Monday November 11th for Veterans Day.

The Center is CLOSED Thursday November 28th and Friday November 29th for the Thanksgiving holiday.

Classical Music concert—Brooklyn Art Song Society—Tuesday November 5th 1pm—Stanichka Dimitrova (violin) and Nana Shi (piano): Works by Ravel and Sarasate.

Tuesday November 12th 1-2pm—Dr. Karen Blitz of NYP Methodist—Workshop on Balance and the Mind.

Are you getting all your benefits? Live On NY—Thursday November 14th 10am-2pm—Receive assistance with eligibility and applications. Bilingual specialist (English & Español).

H.I.I.C.A.P. Medicare Presentation—Thursday November 14th 10-11am—Information on Medicare and help with reducing costs. One-on-one help included.

Dances for a Variable Population—Wednesday November 20th 3:00pm—Dances for Seniors performance and interactive workshop for adults of all abilities.

Elder Abuse Workshop by Karen Turner Brooklyn Assistant D.A.—Monday November 25th 12:30pm-1:30pm—Identifying / Preventing Financial Exploitation.

**Tuesday November 26th
11:30am-1pm**

THANKSGIVING CELEBRATION

Come join Center members and staff
for a multi-course Thanksgiving meal.

**Advance Sign-Up is
Required by Nov. 15th at the
front desk**



Meditation

Join Jill to learn
meditation to help
reduce anxiety and
stress.

**Thursdays
from 3:30-4pm**





NOVEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals are served with fruit, juice and 1% milk.	Recommended donation is \$1.25 per meal.	Vegetarian options available with one week notice. See Matt.		1 Baked Fish Fillets Cous Cous Steamed Broccoli
4 Beef and Broccoli Chinese Style Spaghetti Oriental Blend Vegetables	5 Black Bean and Sweet Potato Chili Brown Rice Mixed Green Salad	6 Turkey Burger with Cheese Cabbage Carrot Slaw Homemade Mashed Potatoes	7 Beef Meatballs in Tomato Sauce Spaghetti Sauteed Spinach	8 Minestrone Soup Pork Spare Ribs Red Bliss Potatoes Winter Blend Vegetables
11 CLOSED for VETERANS DAY	12 Vegetable Baked Ziti with Whole Wheat Pasta Mixed Green Salad Sauteed String Beans	13 Italian Roasted Pork Tenderloin Baby Carrots with Parsley Baked Red Potato Wedges	14 Vegetable Soup Beef Stroganoff with Noodles Steamed Broccoli	15 Baked Breaded Fish Brown Rice with mushrooms Sauteed Spinach
18 Grilled Chicken Breast Cous Cous Brussel Sprouts and Kale Saute	19 Salisbury Steak with Brown Gravy Homemade Mashed Potatoes Sauteed String Beans	20 Baked Turkey Breast Braised Red Cabbage with Apples Sweet Baked Yams	21 Black Bean Soup Broccoli-Cheese Quesadilla Corn and Red Peppers	22 Apricot Glazed Salmon Egg Barley with Mushrooms Sauteed Zucchini
25 Vegetable Lasagna Baby Spinach Salad	26 3-course Turkey Dinner and all the Trimmings	27 Chili con Carne Brown Rice Mixed Green Salad	28 Closed for Thanksgiving Holiday	29 Closed for Thanksgiving Holiday



November Daily Activities



Monday

10:30am-11:30am—Movement and Dance with Mark Morris Dance Group with Uta
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
1:00pm-3:00pm—Leisure Scrabble
1:00pm-3:00pm—Spanish Class with Joe (All levels welcome)
2:00pm-3:00pm—Tai Chi for Arthritis with Ann (Last class Nov 18th)

Thursday

10:00am-11:30am—Knitting & Crocheting Arts with Madeline
10:30am-11:00am—Indoor Walking with Yolanda (No class Nov 14th)
11:00am-12:00pm—Tai-Chi with Tzyann
12:00-1:00pm—Lunch
1:00pm-2:00pm—Bingo
2:15pm-3:30pm—Technology Class: Ready, Set, Bank (First class Nov 12th) *Registration Required.* (Last Social Media Class Nov. 7th)
3:30pm-4:45pm—Technology Class: iPad Essentials (First class Nov 12th) *Bring your own iPad.* (Last Computer Essentials class Nov. 7th)
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
2:15pm-3:30pm—Technology Class: Ready, Set, Bank (First class Nov 12th) *Registration Required.* (Last Social Media Class Nov. 7th)
3:30pm-4:45pm—Technology Class: iPad Essentials (First class Nov 12th) *Bring your own iPad.* (Last Computer Essentials class Nov. 7th)

Friday

10:00am-11:00am—Quechua Initiative
11:00am-12:00pm—Bodies in Motion with Quinn (No class Nov 8th)
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
1:00pm-2:00pm—Creative Arts Class with Judi
2:00pm-3:00pm—Latin Rhythms Dance & Exercise with Walter Perez

Wednesday

10:00-11:00am—Chorus with Tahira Clayton
11:00am-12:00pm—Aging Transitions with Matt
12:00-1:00pm—Lunch
1:00pm-2:00pm—Blood Pressure Screening (November 6th and 20th)
1:00pm-3:00pm—Leisure Scrabble
2:00pm-3:00pm—Tai Chi for Arthritis with Ann (Last class Nov 18th)

Election Day is
 Tuesday, November 5th





**HAPPIEST BIRTHDAY
WISHES TO ALL WITH
NOVEMBER BIRTHDAYS**

**Join us on November 22nd for cake,
and dancing from 12:30-1:30 pm**

**F.A.N Food — date TBA. See Assistant Director
Matt Abrams to sign up for transportation or to enroll in F.A.N program.**

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

REMINDER:

Sunday November 3rd is DAYLIGHT SAVINGS

Clocks go back one hour

It is also a good time to change the batteries in your smoke detector!

**Join our email list, please contact Assistant Director Matt Abrams at
718-832-3726 or mabrams@heightsandhills.org**

UPCOMING EVENTS

- Brooklyn Art Song Concert, Tuesday December 3rd
- Live On NY, Thursday December 5th from 10am-2pm
- PSCSA Chorus Fall-Holiday Concert, Wednesday December 18th
- Holiday Celebration, TBA
- Center Closed for Christmas Day, Wednesday December 25th
- Center Closed for New Years Day, Wednesday January 1st



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