

This Month at Heights and Hills

Exciting things are happening at Heights and Hills!!

Come see us in action!

If you have guestions or want more information, please contact Cathy Gormley

Park Slope Center for Successful Aging

Whether looking for a way to get your blood pumping, gain new experiences or tap into new talents, PSCSA is the place for you!!

We have classes daily that enhance health and well-being, offer engagement in arts and cultural activities, and support social interaction. All classes take place at Park Slope Center for Successful Aging, 463a Seventh Street, Brooklyn.





Computer Classes offered by OATS (Older Adult Technology Services)

Note: Advance registration required. Space is limited.See Front Desk or call 718-832-3726 for details or to register

BEYOND THE BASICS

Tuesdays and Thursdays 2:15pm - 3:30pm January 14, 2020 through March 19, 2020

This 10-week course builds on the concepts and skills taught in Computer Basics and explores use of the internet as an everyday resource. Improve your research skills; explore more email features; use Google Drive, Photos, and Docs; and go over how to stay safe online.

Prerequisites: Have an email address that you use or be willing to open a Gmail account and be comfortable navigating the internet.

CONNECTING IN THE DIGITAL AGE

Tuesdays and Thursdays 3:30pm - 4:45pm January 14, 2020 through March 19, 2020

This 10-week course will explore how technology impacts society and how we interact with

one another in the digital age. You'll learn in-depth how to use popular social networking sites like Facebook, Twitter, and Instagram, and explore how technology is changing how we read the news, manage our health information, meet other people, and find entertainment.

Prerequisites: You must have an email address that you use. You should also be comfortable using a computer or tablet to navigate websites and search for information on the internet.



Life Storytelling Workshop

Thursdays 2:00pm -3:00pm January 16, 2020 through March 5, 2020

Everyone has a story to share. During this dynamic,interactive workshop participants will share their life experiences and create an audio recording and a memory book to share with family and friends.

Latin Rhythms

Fridays 2:00pm - 3:00pm January 10, 2020 through February 28, 2020

This centuries old system combines body-posture, breathing and meditation helps which with joint flexibility, balance and muscle strength.



Caregiver Support Groups& Workshops

We at Heights and Hills understand caregiving is hard, but you don't have to do it alone.



We offer several support groups and workshops monthly. They are free of charge and led by our team of caregiver social workers.

SUPPORT GROUPS

Parkinson Care Partners

This support group is designed for those caring for someone with Parkinson's disease.

When: January 8th and 22nd, 12:00pm to 2:00pm

Where: Mark Morris Dance Group, 3 Lafayette Ave, Brooklyn

Long-Distance Caregiving Support Group

Caregiving is challenging and caring for someone remotely has its own unique challenges. This support group is designed to support the long-distance caregiver.

**Registration Required: contact Michael Rublin at 718-596-8789 x330

or mrublin@heightsandhills.org

When: January 27, 2020 6:00pm - 7:30pm

Where: Park Slope Center for Successful Aging, 463a 7th Street, Brooklyn

WORKSHOPS

Understanding Dementia Workshop

This workshop, in collaboration with CaringKind, provides individuals with information about Alzheimer's disease and other types of dementia. Caregivers will also learn about what resources and services are available to help them cope with present challenges and future planning.

**This workshop requires registration with CaringKind at (646) 744-2900

When: January 21, 2020 2:00pm-4:00pm

Where: Heights and Hills, 81 Willoughby Street, Suite 302, Brooklyn

Community Workshops and Seminars

Host a Caregiver Workshop or Seminar:

We are available to present workshops and seminars at your organization or business. If you are interested in hosting and for a full listing of presentations available, please contact Caregiver Program Director, Raquel Perlman, (718)596-8789 x 309 or Rperlman@heightsandhills.org

For more any information caregiver services contact Caregiver Program Director, Raquel Perlman, (718) 598-8789 x309 or Rperlman@heightsandhills.org



Volunteer Opportunities

Become a Friendly Visitor

Our Friendly Visiting Program matches volunteers to homebound or frail older adults for weekly friendship and support; volunteers may take their older neighbors for walks, visit for chats about mutual interests, or to help with small projects like mastering a new smartphone. No two

Friendly Vising matches are alike! To learn more check out our <u>website</u> or contact Adina Matos at (718) 596-8789 x329 or <u>volunteer@heightsandhills.org</u>

Group Volunteer Events

Looking for fun, engaging volunteer opportunities for your team? Need an activity for your next day of service? Contact Betsy Guttmacher at (718) 596-8789 x329 or bguttmacher@heightsandhills.org

New Volunteer Training

If you are a new volunteer or want to learn more about volunteering with Heights and Hills attend the New Volunteer Training

**Registration is required (718) 596-8789 x329 or volunteer@heightsandhills.org

When: January 22, 2020 6:00pm

Where: 81 Willoughby Street, Suite 302

Donate Today

Heights and Hills promotes successful aging in the Brooklyn community

Email Us | 718-596-8789 | Website

Connect With Us!







Heights and Hills programs are funded in part under contract through New York City Department for the Aging, Citymeals on Wheels, foundation and corporate grants, and private donations