Park Slope Center for Successful Aging

sponsored by Heights and Hills

463A 7th Street Brooklyn, NY 11215

Open Monday– Friday
9:00am-5:00pm
718-832-3726

"In the end, it's not the years in your life that count. It's the life in your years."

— Abraham Lincoln

* *   February 2020   * *

Classical Music concert—Brooklyn Art Song Society—Tuesday February 4th at 1pm—Join us for a concert with Brooklyn Art Song musicians.

Dance Class—Movement Speaks returns on Wednesdays 10am-11:30am starting February 5th—presented by Dances for a Variable Population.

Are you getting all your benefits? Live on NY—Thursday February 6th from 10am-2pm—Receive assistance with eligibility and applications. Bilingual specialist.

Aging Transitions New Day and Time—Thursdays 1-2pm starting February 6th

Age-friendly Technology Lecture—Presented by OATS in partnership with NY Academy of Medicine—Tuesday February 11th 1:30-2:30pm—Connecting Older Adults to online health information and resources.

Census Presentation by Census Committee of LWVNYC—Wednesday February 12th at 1pm—Why the 2020 census is important and how to complete it.

Valentine's Day Celebration—Friday February 14th from 1-2pm.

Assemblymember Robert Carroll Presentation on new rent laws passed last summer—Wednesday February 19th 12:30-1:30pm.

The Center will be closed on Monday, February 17th for President's Day.

Digital Photography Class with Ian

Tuesdays February 18th—June 30th 1-2:30pm

Hone your photography skills, all you need is a digital camera or smart phone. All experience levels welcome!

Culminating Photography exhibit and party in June.

Please join us in welcoming social work intern Marlie. She is an MSW student at NYU.

Black History Month Celebration!
Thursday February 20th 1-2pm
Join the Center and guest speakers for a celebration of Black History Month.

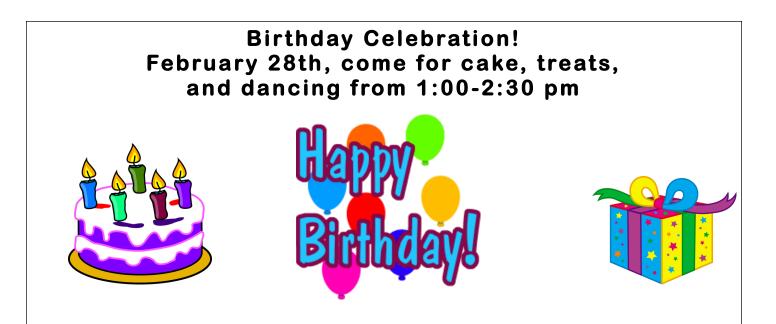**Latin Rhythms Dance & Exercise Culminating Event—**
Friday February 21st from 2-3pm.

FEBRUARY LUNCH MENU ❤ ❤

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Baked Chicken Quarters** **Baked Sweet Potato** **Roasted Zucchini**	**4** **Vegetable Baked Ziti with Whole Wheat Pasta** **Mixed Green Salad** **Sauteed String Beans**	**5** **Italian Roasted Pork Tenderloin** **Baby Carrots with Parsley** **Baked Red Potato Wedges**	**6** **Beef Stroganoff with Noodles** **Steamed Broccoli**	**7** **Baked Breaded Fish** **Brown Rice with Mushrooms** **Sauteed Spinach**
10 **Grilled Chicken Breast** **Cous Cous** **Brussel Sprouts and Kale Saute**	**11** **Beef and Broccoli** **Chinese Style Spaghetti** **Oriental Blend Vegetables**	**12** **Baked Turkey Breast** **Braised Red Cabbage with Apples** **Sweet Baked Yams**	**13** **Baked Fish Fillets** **Red Bliss Potatoes** **Sauteed String Beans**	**14** **Pork Spare Ribs** **Mashed Butter-nut Squash** **Winter Blend Vegetables**
17 **CENTER CLOSED**	**18** **Apricot Glazed Salmon** **Egg Barley with Mushrooms** **Sauteed Zucchini**	**19** **Chili con Carne** **Brown Rice** **Mixed Green Salad**	**20** **Chicken and Broccoli Stir Fry** **Chinese Style Spaghetti** **Sauteed Bok Choy**	**21** **Black Bean Soup** **Broccoli Cheese Quesadilla** **Corn and Red Peppers** **Mixed Salad**
24 **Beef Brisket with Tomatoes and Onions** **Orzo** **Baby Carrots with Parsley**	**25** **Baked Turkey Breast** **Wild Rice** **Brussel Sprouts**	**26** **Deluxe Cheeseburger with Onions** **Home Fries** **Tossed Salad with Dressing**	**27** **Eggplant Parmesan Pasta** **Italian Blend Vegetables**	**28** **Baked Salmon with Lemon, Tarragon and Thyme** **Baked Brown Rice Pilaf** **Sauteed Spinach**
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.**		

February 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
2:00pm-3:00pm—Spanish Class with Joe (All levels welcome)

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
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
1:00pm-2:00pm—**Aging Transitions with** Matt **NEW day and time!**
2:00pm-3:00pm—Storytelling with Lily
2:15pm-3:30pm—Technology Class: Beyond the Basics *Registration Required*
3:30pm-4:45pm—Technology Class: Connecting in the Digital Age *Registration Required*

Tuesday

10:30am-11:00am—Indoor Walking with Yolanda
11:00am-12:00pm—Chair Yoga with TJ
12:00pm-1:00pm—Lunch
1:00pm-2:30pm—**Digital Photography with Ian (First class Feb 18th)**
1:30pm-3:00pm—Language Arts: Creative Writing & Poetry Class
2:15pm-3:30pm—Technology Class: Beyond the Basics **No class Feb 11th.** *Registration Required*
3:30pm-4:45pm—Technology Class: Connecting in the Digital Age **No class Feb 11th.** *Registration Required*
3:30pm-4:00pm—Meditation with Jill

Friday

10:00am-11:00am—Quechua Initiative
11:00am-12:00pm—Bodies in Motion with Quinn
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Bingo
1:00pm-2:00pm—Creative Arts Class with Judi Evans
2:00pm-3:00pm—Latin Rhythms Dance & Exercise with Walter Perez **Last Class and Culminating Event Feb 21st**

Wednesday

10:00am-11:30am—**Movement Speaks First class Feb 5th**
12:00pm-1:00pm—Lunch
1:00pm-2:00pm—Blood Pressure Screening (February 5th and 19th)
1:00pm-3:00pm—Leisure Scrabble
2:00pm-3:00pm—Qi Gong with Ann

Birthday Celebration!
February 28th, come for cake, treats,
and dancing from 1:00-2:30 pm

Inclement Weather Reminder
With winter underway, please make sure to be aware of Center closures. Center will close in adverse weather conditions, usually if area public schools are also closed. On days with bad weather, please call the Center at 718-832-3726 before coming. After hours, please listen carefully to the Center voicemail message for closure updates.

NEED TRANSPORTATION ?
● **Learn about different ways to utilize FREE transportation in Brooklyn**
● **Rides to and from Park Slope Center for Successful Aging**
● **F.A.N. trips will depart the Center after lunch**
● **Special Trips within NYC**
718-449-5000 ext: 1

F.A.N Food—February 27th.
See Director Matt Abrams to sign up for transportation
or to enroll in F.A.N. program.

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

UPCOMING EVENTS

● Chorus returns on Wednesday March 4th 10-11am

● Live On NY Benefits Clinic, Thursday March 5th, 10am-2pm

● NY Connects Presentation, Wednesday March 11th, 1-2pm

● St. Patrick's Day Celebration, March date TBA