



# **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

“We realize the importance of our voices only when we are silenced.”

— Malala Yousafzai

**\* \* March 2020 \* \***

**Classical Music concert—Brooklyn Art Song Society—Tuesday March 3rd at 1pm**—Join us for a concert with Brooklyn Art Song musicians.

**Chorus with Tahira Returns—Wednesdays starting March 4th from 1-2:15pm.**  
**Class on March 11th will be rescheduled.**  
Spring performance on June 10th.

**Are you getting all your benefits? Live on NY—Thursday March 5th from 10am-2pm**—Receive assistance with eligibility and applications. Bilingual specialist.

**Smartphone workshop with Oscar—Fridays through May 10th from 10-11am**—Bring all your smartphone questions!

**NY Connects presentation—Wednesday March 11th from 1-2pm**—NY Connects provides free, unbiased information about long-term services and supports in NY state for people of all ages. Learn to find the information that can help you.

**No Chair Yoga on Tuesday, March 17.**

**Storytelling with Jill Culminating Event—Thursday March 19th 1-2pm**—Join us as Storytelling group members share their stories

**Civic Engagement Workshops with Mary Stygles from Heights and Hills—to run throughout March and April.**

## **New Dance Classes with Dancewave!**

**Chair Tap with Nicole—Mondays from 1:30-2:30pm** (Tap shoes not necessary)

**Creative Movement—Wednesdays from 3:15-4:15pm**

**African-Caribbean Dance with Sade returns—Fridays from 2-3pm**

## **March is Women’s History Month**

**Join social work intern Marlie on Wednesday March 11th at 3pm to view and discuss a documentary.**

## **Please join us in welcoming new Center Social Worker JuliMarie Colon!**

## **New OATS Computer Classes to begin April 6th**

Mondays 2:30-5pm  
Thursdays 2:15-4:45pm

Topics to be announced.

**Advance registration required.**  
**Space is limited.** See front desk or call 718-832-3726 to register.



## MARCH LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Beef &amp; Turkey Meatloaf with Mushroom Gravy</b> <b>Green Bean Sautee</b> <b>Mashed Potatoes</b>	<b>3</b> <b>Pernil (Roasted Pork Shoulder)</b> <b>Rice and Beans</b> <b>Collard Greens</b>	<b>4</b> <b>Vegetarian Chili</b> <b>Corn Muffin</b> <b>Baked Potatoes</b> <b>Mixed Green Salad</b>	<b>5</b> <b>Cranberry Chicken</b> <b>Roasted Brussel Sprouts</b> <b>Butternut Squash</b>	<b>6</b> <b>Baked Fish Fillets</b> <b>Cous Cous</b> <b>Steamed Broccoli</b>
<b>9</b> <b>Beef and Broccoli</b> <b>Chinese Style Spaghetti</b> <b>Oriental Blend Vegetables</b>	<b>10</b> <b>Black Bean and Sweet Potato Chili</b> <b>Brown Rice</b> <b>Mixed Green Salad</b> <b>Sauteed Onions and Peppers</b>	<b>11</b> <b>Turkey Burger with Cheese</b> <b>Cabbage</b> <b>Carrot Slaw</b> <b>Homemade Mashed Potatoes</b>	<b>12</b> <b>Beef Meatballs in Tomato Sauce</b> <b>Spaghetti</b> <b>Sauteed Spinach</b>	<b>13</b> <b>Broccoli Cheese Quesadilla</b> <b>Corn and Red Peppers</b> <b>Mixed Green Salad</b>
<b>16</b> <b>Baked Chicken Quarters</b> <b>Baked Sweet Potato</b> <b>Roasted Zucchini</b>	<b>17</b> <b>Vegetable Baked Ziti with Whole Wheat Pasta</b> <b>Mixed Green Salad</b> <b>Sauteed String Beans</b>	<b>18</b> <b>Italian Roasted Pork Tenderloin</b> <b>Baby Carrots with Parsley</b> <b>Baked Red Potato Wedges</b>	<b>19</b> <b>Vegetable Soup</b> <b>Beef Stroganoff with Noodles</b> <b>Steamed Broccoli</b>	<b>20</b> <b>Baked Breaded Fish</b> <b>Brown Rice with Mushrooms</b> <b>Sauteed Spinach</b>
<b>23</b> <b>Grilled Chicken Breast</b> <b>Cous Cous</b> <b>Brussel Sprouts and Kale Saute</b>	<b>24</b> <b>Salisbury Steak with Brown Gravy</b> <b>Homemade Mashed Potatoes</b> <b>Sauteed String Beans</b>	<b>25</b> <b>Baked Turkey Breast</b> <b>Braised Red Cabbage with Apples</b> <b>Sweet Baked Yams</b>	<b>26</b> <b>Minestrone Soup</b> <b>Pork Spare Ribs</b> <b>Red Potatoes</b> <b>Winter Blend Vegetables</b>	<b>27</b> <b>Apricot Glazed Salmon</b> <b>Egg Barley with Mushrooms</b> <b>Sauteed Zucchini</b>
<b>30</b> <b>Vegetable Baked Ziti with Whole Wheat Pasta</b> <b>Mixed Green Salad</b> <b>Sauteed String Beans</b>	<b>31</b> <b>Cranberry Chicken</b> <b>Roasted Brussel Sprouts</b> <b>Butternut Squash</b>	<b>Recommended donation is \$1.25 per meal.</b>	<b>Vegetarian options available with one week notice. See Matt.</b>	<b>All meals are served with fruit, juice and 1% milk.</b>



# March Daily Activities



## Monday

**10:30am-11:30am**—Movement and Dance with Mark Morris Dance Group with Uta  
**12:00pm-1:00pm**—Lunch  
**12:45pm-1:30pm**—Bingo  
**1:00pm-3:00pm**—Leisure Scrabble  
**1:30pm-2:30pm**—Chair Tap Dance with Nicole NEW!  
**2:00pm-3:00pm**—Spanish Class with Joe (All levels welcome)

## Thursday

**10:00am-11:00am**—Desafios de las edad dorada, con Elva y Gloria (NUEVO, En Español)  
**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  
**2:00pm-3:00pm**—Storytelling with Lily  
**LAST CLASS 3/5**  
**2:15pm-3:30pm**—Technology Class: Beyond the Basics  
**3:30pm-4:45pm**—Technology Class: Connecting in the Digital Age

## Tuesday

**10:30am-11:00am**—Indoor Walking with Yolanda  
**11:00am-12:00pm**—Chair Yoga with TJ (No class March 17)  
**12:00pm-1:00pm**—Lunch  
**1:00pm-2:30pm**—Digital Photography with Ian (March 3 class will meet from 2-3pm)  
**1:30pm-3:00pm**—Language Arts: Creative Writing & Poetry Class  
**2:15pm-3:30pm**—Technology Class: Beyond the Basics  
**3:30pm-4:45pm**—Technology Class: Connecting in the Digital Age  
**3:30pm-4:30pm**—Meditation with Jill

## Friday

**10:00am-11:00am**—Quechua Initiative  
**10:00am-11:00am**—Smartphone Help NEW!  
**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**—African Caribbean Dance with Sade Returns!

## Wednesday

**10:00am-11:30am**—Movement Speaks  
**12:00pm-1:00pm**—Lunch  
**1:00pm-2:15pm**—Chorus with Tahira New Time! (Class March 11 will be rescheduled)  
**1:00pm-2:00pm**—Blood Pressure Screening (March 4th and 18th)  
**1:00pm-3:00pm**—Leisure Scrabble  
**2:15pm-3:15pm**—Qi Gong with Ann  
**3:15pm-4:15pm**—Creative Movement NEW! STARTS 3/18



**Birthday Celebration!**  
**March 27th, come for cake, treats,**  
**and dancing from 1:00-2:30 pm**



**Bingo Schedule**

**Mondays, Thursdays, Fridays 1pm**  
**No Bingo: Friday 3/13, Thursday 3/19, Friday 3/27**

**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—March 26th**  
**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](mailto:mabrams@heightsandhills.org)**

**UPCOMING EVENTS**

- **Live On NY Benefits Clinic, Thursday April 5th, 10am-2pm**
- **A Matter of Balance, Tuesdays April 7- May 26 from 3:00pm-5:00pm**
- **April is Volunteer Appreciation Month**

**Funded by the NYC Department for the Aging**