



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

“There are far better things ahead than any we leave behind”

-C.S. Lewis (British Author)

★ ★ JUNE ANNOUNCEMENTS ★ ★

Thursday June 1st at 10am-3pm-LiveOn NY
Benefits Clinic with Nancy

Monday June 5th at 3pm Social Action
Committee with Judy

Friday June 9th at 9:30am Brooklyn
Botanical Garden Trip

Tuesday June 13th at 12:30pm Nutrition
Workshop with DFTA Intern Iryna,
Topic: 5 foods to help boost your memory

Wednesday June 14th at 4:15pm Technology
Help with Talula, bring your questions

Friday June 16th at 9:30am FAME (1980)
FREE Senior Movie at BAM

Friday June 16th at 10:30am Shuffleboard
Tournament at the Royal Palms Shuffleboard
Club, signup with the office

Friday June 16th at 1pm Father's Day
Recognition

Wednesday June 21st at 2pm Broadway
Show “Bandstand” sponsored by Dancewave,
see flyer for details

Thursday June 22nd at 1pm Nutrition
Workshop with Penny, RN Topic: Gut Health

Friday June 30th at 1pm Birthday Party

Renovations coming soon!

This may effect the schedule of some of our programming. Updates will be announced and posted within the center.

Thank you to our Center Volunteers and the Chorus for the Spring celebration

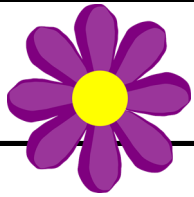




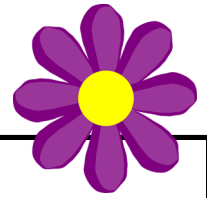
JUNE LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian option available with at least 1 hour notice to the kitchen staff			1 Classic Salisbury Steak Mashed Potatoes Mixed Vegetables Orange	2 BBQ Chicken Breasts Collard Greens Mexican Style Corn Salad Apple
5 Turkey Burger with Cheese Baked Sweet Potato Garden Salad Apple	6 Baked Chicken Leg Tabbouleh Salad Broccoli with Garlic Pear	7 Pork Spare Ribs Brown Rice Green Beans Banana	8 BBQ Chicken Quarters Baked Potato Spinach Salad Orange	9 Baked Salmon Yellow Rice Sautéed Spinach Melon
12 Turkey Salad Cucumber Dill Salad Garden Salad Apple	13 Salmon in Garlic Sauce Three Bean Salad Mixed Garden Salad Banana	14 Chicken Parmesan Spaghetti Steamed Spinach Peaches	15 Beef Brisket with Tomatoes and Onions Garden Salad Brown Rice Orange	16 BBQ Chicken Quarters Mixed Green Salad Vegetable Biryani Melon
19 Meatloaf with Beef and Pork Mashed Butternut Squash Mediterranean Salad Apple	20 Chicken Cacciatore Spaghetti Mushroom and Pepper Sauté Plum	21 Lemon Salmon Couscous with Peas and Lemon Garden Salad Banana	22 Baked Ziti with Beef Meatballs Vegetable Blend Cucumber and Tomato Salad Orange	23 Baked Chicken Breast Collard Greens Roasted Potatoes Apple
26 Sesame Salmon Sautéed Spinach Brown Rice Banana	27 Chicken Cutlet Mushroom Sauté Kale with Tomato Orange	28 Pork Spare Ribs Mashed Sweet Potatoes Roasted Broccoli Apple	29 BBQ Chicken Egg Noodles Garden Salad Melon	30 Coconut Curry Fish Brown Rice Sautéed Spinach Pear



June Daily Activities



Monday

10:30am-11:30am– Movement for Older Adults with the Mark Morris Dance Group
12:00pm-1:00pm–Lunch
1:00pm-2:00pm–Bingo
1:00pm-3:00pm– Leisure Scrabble with Lois
2:00pm-3:00pm–Spanish Class with Joe (All levels welcome)
2:00pm-3:00pm– English as a Second Language (ESL) with Elva
3:00pm-4:00pm– Social Action Committee with Judy, First Monday of every Month (6/5)
3:00pm-4:00pm– Salsa Social Hour with Ra (last class 6/26)

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
All of Elaine's Classes on Summer Break
3:00pm-4:00pm– Zumba Gold with Ashlea (last class 6/22)

Tuesday

10:30am-11:00am– Indoor Walking with Yolanda
11:00am-12:00pm–Chair Yoga with TJ or Sabine
12:00pm-1:00pm–Lunch
1:00pm-2:00pm– NYRR Striders Walking Group with Coach Ben, All are welcome
1:15pm-2:00pm–Bingo
2:00pm-3:30pm–Creative Writing with Lois

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 (No Bingo 6/9, 16 & 23)
***NEW* 1:00pm-2:30pm**– Chronic Disease Self-Management Program with Ingrid and Gloria (6/9, 16 & 23)
2:00pm-3:30pm Creative Arts Class with Judy Evans

Wednesday

9:30am-11:00am– Movement Speaks by Dances for Variable Populations (Last Class 6/21)
11:00am-12:00pm–Bingo
12:00pm-1:00pm–Lunch
1:00pm-2:00pm–Chorus (No class 6/14)
1:00pm-2:00pm–Blood Pressure Screening (First and Third Wednesday of every month, 6/7, 6/21)
1:00pm-3:00pm– Leisure Scrabble with Lois
1:00pm– 5:00pm– Financial Coaching with Daisy (Advanced Appointment Required)
2:00pm –3:00pm QiGong with Ann



Salsa Social Hour and Zumba Gold Culminating Event!

Monday June 26th at 1pm

Celebrate with this energetic performance.

TRIPS

FAN FOOD @ Red Hook June 7th & June 8th

10am & 1pm Sign up in advance to reserve a spot to pick up your Food

Friday June 9th 9:30am Brooklyn Botanical Garden Trip, Free Garden

Admission, \$2 donation for Transportation

Monday June 12th to Trader Joes \$2 10am-12pm

Friday June 16th *FAME (1980)* at B.A.M Free Movie Admission, \$2 9:15am

Wednesday June 21st to Fairway (6% Senior Discount) \$2 10am-12pm

Wednesday June 21st to Broadway Show "Bandstand" at 2pm

Please sign up, in person, in advance. Thank you!

What does the Park Slope Center for Successful Aging offer New Yorkers 60 or Better?

- Lunch 12pm-1pm Monday-Friday we ask for a suggested donation of \$1.25
- An array of cultural, educational and wellness workshops
- Various daily exercise classes for all ability levels
- Social Work services such as entitlements, benefits, housing assistance, financial and other supportive services
- Have our special events, monthly calendar and weekly menus sent to you by providing the center with your email address, see office for more info.

SAVE THE DATE:

- Independence Day BBQ in July
- Tuesday July 4th Center Closed for Independence Day

Transportation Update:

**Stay Tuned for Transportation Presentation by
Daniella from the Jewish Community Council of
Greater Coney Island**

Funded by the NYC Department for the Aging