



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

“I can't change the direction of the wind, but I can adjust my sails to always reach my destination.” -Jimmy Dean (American Actor)

★ ★ AUGUST ANNOUNCEMENTS ★ ★



Surveys: Please complete survey about your preferences for Outdoor Walking group and upcoming Book Club

Friday, August 4 at 2:00pm Menu Planning group meeting for Fall & Winter lunch menu

Thursday, August 10th at 1pm: MTA's Reduced Fare Card: Q&A, Apply and get your photo taken! Bring ID!

Wednesday, August 2 and 16: Blood Pressure Clinic with Yolanda and Erlinda. 1-2pm

Farmers Market Coupons: See Flyer for Eligibility. Distributed First Come, First Serve. Dates—TBA

Wednesday, August 23 at 2pm: Nominating Committee Kick-Off Meeting

The Center is closed: Monday, September 4 for Labor Day

Renovations update!

Construction is fully underway! Most classes are on summer recess and will return in Fall.

Announcements will be made at the Center



Listen carefully to the center voicemail for updates

The Center will be closed in mid-August for installation of a NEW FLOOR.

Dates– To Be Announced

Thank you for your patience and cooperation!

AUGUST LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Vegetarian Option Available with at least 1 hour notice to the Kitchen Staff	1 Chicken Cacciatore Spaghetti Sautéed Mushroom, Red Pepper & Onion Plum	2 Lemon Salmon Couscous Garden Salad Banana	3 Baked Ziti & Meatballs Cucumber & Tomato Salad Mixed Veggies Orange	4 Oven Fried Chicken Brown Rice Collard Greens Apple	
7 Citrus Sesame Salmon Spinach Salad Roasted Potatoes Banana	8 Chicken Cutlet Brown Rice and Mushrooms Kale Orange	9 Pork Spare Ribs Mashed Sweet Potatoes Broccoli Apple	10 BBQ Chicken Egg Noodles Garden Salad Cantaloupe	11 Coconut Curry Codfish Brown Rice Sautéed Spinach	
14 Baked Chicken Breast Roasted Veggies Kiwi	15 Beef Lasagna Garden Salad Banana	16 Garlic Salmon in Butter Sauce Roasted Carrots Cantaloupe	17 Mexi Chicken with Rice Sautéed Spinach Apple	18 Tuna Fish Salad Pasta Salad Carrot & Raisin Slaw Orange	
21 Teriyaki Fish Brown Rice Green Beans Sliced Apricots	22 Turkey & Gravy Roasted Potatoes Spinach, Apple & Red Onion Salad Orange	23 Baked Chicken Legs Cous Cous Garden Salad Apple	24 Salisbury Steak Mashed Pota- toes Mixed Veggies Orange	25 BBQ Chicken Breast Collard Greens Mexi Corn Salad Apple	
28 Turkey Burger with Cheese Roasted Potatoes Apple	29 Baked Chicken Legs Tabbouleh and chick peas Broccoli Pear	30 Pork Spare Ribs Roasted Potatoes Green Beans Banana	31 BBQ Chicken Collard Greens Baby Carrots Orange		



July Daily Activities



Monday

Movement for Older Adults with Mark Morris is on Summer Break

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)

ESL (English as Second Language)
will start in the Fall

Social Action Committee with Judy will be on Summer break, and will resume in September

Thursday

10:00am-11:30am-Knitting & Crocheting Arts with Madeline

10:30am-11:00am-Indoor Walking with Yolanda

Tai-Chi with Tzyann is on Summer Break

12:00pm-1:00pm-Lunch

1:00pm-2:00pm- Bingo

All of Elaine's Classes on Summer Break (Meditation, Pampered Hands & Adult Coloring)

Tuesday

10:30am-11:00am- Indoor Walking with Yolanda

Chair Yoga with TJ is on Summer Break

12:00pm-1:00pm-Lunch

1:00pm-2:00pm- NYRR Striders Walking Group with Coach Ben

1:15pm-2:00pm-Bingo

2:00pm-3:30pm-Creative Writing with Lois

Friday

10:00am-11:00am-Quechua Initiative

Bodies in Motion with Quinn is on Summer Break

12:00pm-1:00pm-Lunch

1:00pm-2:00pm-Bingo

2:00pm-3:30pm Creative Arts Class with Judy

Wednesday

Dances for Variable Populations is on Summer Break

11:00am-12:00pm-Bingo

12:00pm -1:00pm-Lunch

Chorus is on Summer Break

1:00pm-2:00pm-Blood Pressure

Screening (First and Third Wednesday of every month, 8/2, 8/16)

1:00pm-3:00pm- Leisure Scrabble with Lois

QiGong with Ann is on Summer Break

Due to renovations occurring throughout the summer, there may be changes to this schedule. Announcements will be made within the center as well as on the center voice-mail, 718-832-3726.

TRIPS

FAN FOOD @ Red Hook August– dates TBA

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

For more information about the Food And Nutrition (FAN) program, please call the New York Common Pantry at 917-982-2565



Transportation:

Do you need a ride ?

To go shopping?

To the Senior Center?

Call the JCC of Greater Coney

Island for all your transportation needs at

(718) 449-5000 extension 1

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.**

Funded by the NYC Department for the Aging