



# 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

“With aging, you earn the right to be loyal to yourself” –Frances McDormand

\* \* MARCH 2019\* \*



## RENOVATIONS



Kitchen renovations will take place throughout March and April. There will be changes to programming/lunch schedule and Center closure may be necessary due to health & safety precautions.

## EVENTS & PRESENTATIONS

**Movement Speaks Dance Class—Wednesdays 10:00-11:30am. New Class is led by Magda & Janielle from Dances for a Variable Population**

**Live On NY Benefits Clinic— Thursday March 7 10:00-2:00pm. Are you getting all your benefits? Receive assistance with eligibility and applications. Bilingual specialist (English & Español)**

**Aging Transitions—Thursdays at 3:00-4:00pm. Starting March 7– April 15. Presented by NYU graduate student Andy Schlesinger—Special discussion group centering on how to tackle the challenges associated with aging as well as exchanging advice and sharing resources**

**Chorus Returns—Wednesdays starting March 13 at 1:00pm. Subject to change based on renovation schedule**

**Digital Photography with Ian—Tuesdays 1:30pm-3:00pm. Hone your photography skills, all you need is a digital camera or a smart phone. All experience levels welcome!**

**Latin Rhythms with Walter Perez—Fridays at 2pm starting March 22. Dynamic exercise & dancing class that incorporates elements of Salsa, Merengue, Tango, and more! In English & Español**

**A Matter of Balance is a nationally recognized, evidence-based health promotion program that introduces techniques for the mind and body to reduce the fear of falling and increase activity levels.**

**MONDAYS 2:00-4:00 March 18-May 6**

**Sign Up Required: Contact Jenny at 718-832-3726**

Refreshments will be provided

**Certified workshop leaders Matt Abrams and Jenny Campbell**



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS



# MARCH LUNCH MENU



MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY
Recommended donation is \$1.25 per meal	All meals are served with Fruit Juice and 1% Milk	Vegetarian option available w/ one week notice, see Matt to order		1 Beef Burger with Cheese Sweet Potato Wedges Red Cabbage Salad
4 Sliced Chicken with Marinara Sauce Bowtie Pasta Sautéed Spinach	5 Minestrone Soup Pork Spare Ribs Baked Potato Roasted Brussel Sprouts	6 Black Bean and Sweet Potato Chili Orzo with Veggies Green Salad	7 Beef Stir Fry White Rice Oriental Blend Veggies	8 Apricot Glazed Salmon Egg Barley with Mushrooms Zucchini
11 Baked Chicken Quarters Baked Sweet Potatoes Zucchini & Peas	12 Vegetable Baked Ziti Baby Carrots Mixed Green Salad	13 Italian Roast Pork Tenderloin Baked Red Potato Wedges Sautéed String Beans	14 Vegetable Soup Beef Stroganoff with Noodles Broccoli	15 Corned Beef Cabbage Potatoes and Carrots Irish Soda Bread 
18 Citrus Marinated Chicken Breast Couscous with Peas and Lemon String Beans	19 Beef Meatballs in Tomato Sauce Spaghetti Brussel Sprouts & Kale Sauté	20 Baked Turkey Breast California Blend Veggies Sweet Baked Yams	21 Black Bean Soup Broccoli Cheese Quesadilla Corn & Red Peppers Green Salad	22 Apricot Glazed Salmon Egg Barley with Mushrooms Zucchini
25 Beef & Turkey Meatloaf with Mushroom Gravy Green Beans	26 Pork Spare Ribs Mashed Sweet Potatoes Winter Veggies	27 Chili con Carne Brown Rice Mixed Green Salad	28 Chicken Broccoli Stir Fry with Noodles Collard Greens	29 Vegetarian Lasagna Spinach Salad



# March Daily Activities



## Monday

**10:30am-11:30am**—Movement and Dance with Uta of Mark Morris Dance Group  
**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)  
**2:00pm-4:00pm-NEW CLASS**— A Matter of Balance (begins March 18th)  
**3:30pm-4:00pm**— Meditation with Jenny (until March 11th)

## Thursday

**10:00am-11:30am**— Knitting & Crochet Arts with Madeline  
**10:30am-11:00am**— Indoor Walking with Yolanda  
**11:00am-12:00pm**— Tai Chi with Tzyann  
**12:00-1:00pm**— Lunch  
**1:00pm-2:00pm**— Bingo  
**2:00-3:00**— Diversity Awareness & Education  
**3:00-4:00 NEW GROUP**— Aging Transitions with Andy (March 7– April 15)

## Tuesday

**10:30am-11:00am**— Indoor Walking with Yolanda  
**11:00am-12:00pm**— Chair Yoga with TJ (TJ out 3/12 and 3/19, Gracie will substitute)  
**12:00-1:00pm**— Lunch  
**1:30pm-3:00pm**— Digital Photography with Ian (March 12 class starts at 2:00pm)  
**2:00pm-3:30pm**— Language Arts: Creative Writing & Poetry Class with Judi

## Friday

**10:00am-11:00am**— Quechua Initiative with Elva  
**11:00am-12:00pm**— Bodies in Motion with Quinn (No class March 1st and 15th)  
**12:00pm-1:00pm**— Lunch  
**1:00pm-2:00pm**— Creative Arts Class with Judi  
**2:00pm-3:00pm**— Latin Dance with Walter Perez (begins March 22nd)  
**3:30pm-4:00pm**— Meditation with Jenny (begins March 22nd)

## Wednesday

**10:00am-11:30am**— Movement Speaks  
**12:00-1:00pm**— Lunch  
**1:00pm-2:00pm**— Chorus with Tahira  
**1:00pm-2:00pm**— Blood Pressure Screening (March 6th and 20th)  
**1:00pm-3:00pm**— Leisure Scrabble  
**2:00pm-3:00pm**— Qi Gong with Ann  
**3:30pm-4:00pm**— Meditation with Jenny

spring *forward*  
 SUNDAY, MARCH 10



**February & March Birthday Celebration!**  
**March 15, come for cake**  
**and dancing from 1:00-2:15 pm**



**?? NEED TRANSPORTATION ??**

- **Learn about different ways to utilize FREE transportation in Brooklyn**
  - **Rides to and from Park Slope Center for Successful Aging**
  - **Special Trips within NYC**

**To Register Call JCC of Coney Island at 718-449-5000 ext: 1**

**F.A.N Food—Thursday March 28th See Assistant Director Matt Abrams**  
**To sign up or to enroll in F.A.N program**

**BINGO schedule—Mondays and Thursdays 1pm**

**UPCOMING EVENTS**

- Center kitchen renovations continue in April
- Live On NY Benefits Clinic, April 4 at 10am-2pm
- April is Volunteer Appreciation Month
- May 8th—Senior Advocacy Day

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