



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

“You are never too old to set a goal another or dream a new dream.” –C.S. Lewis

*** * December 2018 * ***

Mondays in December (Dec 3rd, 10th, 17th)
—Zumba Gold w/Ashlea returns! 3pm-4pm

Monday 12/3 Vision Resources Presentation
by Helen Keller Services 1pm-2pm—
Co-sponsored by Good Neighbors of Park Slope

Wednesday 12/5 Blood Pressure Education,
Lauren Johnson, M.S 11am-12pm—
Resources, health tips and Q&A on managing blood pressure

Thursday 12/6, 12:30pm-1:30pm Judith Schwartz PhD, RN, End of Life Choices—
Get information on the importance of Advanced Directives and common issues people face during illness

Friday 12/7 1pm-2pm— Singer Gary Shelton—holiday music performance

Wednesday 12/12 1pm-2pm—Holiday Chorus Concert

Friday 12/14 1:30pm-3pm—Money Matters Presentation—Handling money online, including online banking, keeping your financial info safe, and online shopping

Friday 12/21 1:30pm-3pm—Online health resources presentation—how to find and evaluate health-related information online

Monday 12/31 1pm December Birthday and New Year’s Celebration—See back page

Winter Holiday Luncheon!
Join Center staff and members for a holiday meal & live music!

December 19th, 12pm



Advance Sign-Up is Required by Dec. 14th at the front desk

Reminder: Holiday Closures

Center will be closed on:

December 25—Christmas Day
January 1st-New Years Day
January 21st-MLK Day



DECEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef & Turkey Meatloaf with Mushroom Gravy Green Beans Mashed Potatoes	4 Roasted Pork Shoulder Rice and Beans Collard Greens	5 Vegetarian Chili Corn Muffin Baked Potatoes Green Salad	6 BBQ Chicken Leg Quarters Red Potatoes California Blend Veggies	7 Baked Fish with Garlic Sauce Couscous with Peas and Lemon
10 Chicken Chunks with Marinara Sauce Bowtie Pasta Sauteed Spinach	11 Black Bean and Sweet Potato Chili Orzo w/ Veggies Green Salad Onions & Peppers	12 Turkey Burger with Cheese Garlic Mashed Potatoes Red Cabbage Salad	13 Beef Stir Fry White Rice Oriental Blend Veggies	14 Minestrone Soup Pork Spare Ribs Baked Potatoes Roasted Brussels Sprouts
17 Baked Chicken Quarters Baked Sweet Potatoes Zucchini & Peas	18 Vegetable Baked Ziti Baby Carrots Mixed Green Salad	19 Holiday Luncheon	20 Vegetable Soup Beef Stroganoff w/ Noodles Broccoli with Toasted Garlic	21 Italian Roasted Pork Tenderloin Baked Red Potato Wedges String Beans
24 Citrus Marinated Chicken Breast Couscous with Peas and Lemon String Beans	25 CENTER CLOSED	26 Baked Turkey Breast California Blend Veggies Sweet Baked Yams	27 Black Bean Soup Broccoli Cheese Quesadilla Corn & Red Peppers Green Salad	28 Apricot Glazed Salmon Egg Barley with Mushrooms Zucchini
31 Vegetarian Lasagna Baby Spinach Salad			All meals are served with fruit, juice and 1% milk	Recommended donation is \$1.25 per meal

December 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 (no bingo Dec. 3)
1:00pm-3:00pm– Leisure Scrabble
2:00pm-3:00pm-Spanish Class with Joe (All levels welcome)
3:00pm-4:00pm-Zumba with Ashlea (no class Dec. 24th and 21st)

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 (No class Dec 27th)
12:00-1:00pm-Lunch
1:30pm-2:45 Technology Class: iPad Basics (Last Class and Graduation Party Dec. 20th)
2:00-3:00– Diversity Awareness + Education
3:00pm-4:15 Technology Class: Beyond the Basics (Last Class and Graduation Party Dec. 20th)

Tuesday

10:30am-11:00am-Indoor Walking with Yolanda
11:00am-12:00pm-Chair Yoga with TJ
12:00-1:00pm-Lunch
1:30pm-2:45 Technology Class: iPad Basics (Last Class Dec. 20th)
2:00pm-3:30pm- Language Arts: Creative Writing & Poetry Class
3:00pm-4:15 Technology Class: Beyond the Basics (Last Class Dec. 20th)

Friday

10:00am-11:00am-Quechua Initiative
11:00am-12:00pm-Bodies in Motion with Quinn
12:00pm-1:00pm-Lunch
1:30pm-3:00pm Technology Lectures Presented by OATS (Dec 14th Topic: Money Matters and 21st Topic: Online Health Information—Presentation is followed by one on one computer help)
2:00pm-3:30pm Creative Arts Class with Judi Evans

Wednesday

11:00am-12:00pm-Bingo (No bingo Dec 5)
12:00-1:00pm-Lunch
1:00pm-2:00pm-Blood Pressure Screening (December 5th and 19th)
1:00pm-2:00pm– Chorus with Tahira Clayton (Last session and Holiday Concert Dec. 12th)
1:00pm-3:00pm– Leisure Scrabble
2:15pm-3:15—Qi Gong with Ann
3:30pm-4:00pm-Meditation with Jenny (No class Dec 28th)



**Birthday and New Years Celebration!
December 31st, come for cake, treats,
and dancing from 1:00-2:30 pm
Join us for a toast to the new year!**



**HAPPY
NEW YEAR**



Inclement Weather Reminder

With winter setting in, please make sure to be aware of Center closures. Center will close in adverse weather conditions, usually if area public school 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

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

UPCOMING EVENTS

- Center Closed New Years Day January 1st
- Live On NY Benefits Clinic, date TBD, 10am-2pm
- MLK Celebration, date TBD
- Center Closed for MLK Holiday Jan. 21st

Funded by the NYC Department for the Aging