



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

*** * September 2025 * ***

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

—C.S. Lewis

**The Center will be closed
Monday September 1st for Labor Day.**

**Mindfulness Yoga is cancelled Wednesdays
September 10th and 17th.**

**Tenant’s Rights Workshop with Housing
and Family Services of Greater NY—
Wednesday September 3rd 11am**

**Memory Café
Thursday September 4th 1-3pm
Join sensory-friendly, brain-healthy
activities in a supportive space that fosters
connection and helps reduce isolation.**

**Calm Confidence Connection Experience—
Monday September 8th 10:30am**

Karaoke—Tuesday September 9th 1pm

**Movement Speaks with Dances for a
Variable Population returns—Wednesdays
September 10th-November 12th
10:45am-12:00pm**

**Nutrition Presentation with Raising
Health—Wednesday September 10th 2pm**

**Short Story group—Thursdays 1pm
No session September 4th**

**Interactive Wellness Exercises with
Boshko—Thursday September 11th 2pm—
Join us as we harmonize our body and mind
through holistic techniques.**

Join PSCSA for a Party!

September is Senior Center Month
and it’s the 10 year anniversary of
Heights and Hills’ management of PSCSA.

**Monday
September 22nd
11am Tai Chi with
Tzyann
Special lunch and cake
1pm Live music
2pm Jazz Dance with
Reyna**



**Move and Flow with Mark Morris Dance
Group—Mondays 10:30am-11:30am
September 15th-January 26th
No session September 22nd**

**Rehab Therapists from Brooklyn
Methodist Hospitals’ Rehab team will
discuss interventions for balance training
and exercises—
Wednesday September 17th 1pm**

**Art Discussion Group
Friday September 26th 2pm
Discussion of images from the
Metropolitan Museum’s collection
and open art time.**

New Zoom Meeting IDs and Links
Please refer to the email calendar sent by
Heights and Hills for the NEW meeting IDs
and passwords to access exercise
classes streamed on zoom.



SEPTEMBER LUNCH MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 1 The Center is Closed | 2 Rice and Pigeon Peas Garden Salad | 3 Beef Brisket With Tomatoes and Onions Rice with Corn Spinach | 4 Chicken Burger with Bun Brussel Sprouts | 5 Baked Salmon Roasted Potatoes Vegetable Blend |
| 8 Beef Salisbury Steak Mashed Potatoes Mixed Green Salad | 9 General Tso's Tofu Vegetable Lo Mein Broccoli | 10 Chicken Caprese Spaghetti Baby Spinach Salad with Vinaigrette | 11 Stewed Pork Chops Black Beans Rice Vegetable Blend | 12 Coconut Breaded Fish Beet Salad Red Potatoes |
| 15 Sesame Orange Chicken Chinese Style Spaghetti Cucumber Salad | 16 Root Vegetable Stew Beet Salad Mixed Green Salad | 17 Spanish Style Roast Pork Rice Vegetable Blend | 18 Baked Chicken Breasts Rice Vegetable Blend | 19 Tropical Fish Garlic Mashed Potatoes Spinach |
| 22 Special Lunch To be Announced | 23 Eggplant Parmesan Spaghetti Garlic Bread Spinach | 24 Beef Meatloaf Red Potatoes String Beans | 25 Chicken Breast and Rice Tossed Salad with Dressing | 26 Baked Salmon Baked Potato Broccoli |
| 29 Breaded Chicken Cutlet Roasted Potatoes Spinach | 30 Chipotle Bean and Veggie Chili Rice Garden Salad | Recommended donation is \$1.75 per meal. | Vegetarian options available with one week notice. | All meals served with fruit and 1% milk. |



September Daily Activities



Monday

10:30am-11:30am—Move and Flow with Mark Morris Dance Group

No sessions September 1st, 8th or 22nd

11:15am-12:00pm—Line Dancing
September 8th only and then class moves to Tuesdays at 1:15pm starting September 16th.

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna
September 22nd session meets from 2-3pm

Thursday

10:00am-11:30am—Knitting & Crocheting

10:15am-11:00am—Indoor Walking

11:00am-12:00pm—Tai-Chi with Tzyann
(In person & remote)

Special class Monday September 22nd 11am

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Short Story Group
No session September 4th.

2:00pm-3:00pm—Sewing
No sessions September 4th and 11th.

Tuesday

10:15am-11:00am—Indoor Walking

11:00am-12:00pm—Qigong with Ann
(In person and remote)

12:00pm-1:00pm—Lunch

1:15pm-2:00pm—Line Dancing with Izzy
No sessions September 2nd or 9th.

Friday

10:00-11:00am—Quechua with Joe

11:00am-12:00pm—Bodies in Motion with Quinn
(In person and remote)

No session

12:00pm-1:00pm—Lunch

1:00pm-1:45pm—Chair Yoga with Izzy
(In person & remote)

Wednesday

10:45am-12:00pm—Movement Speaks with Dances for a Variable Population
No session September 3rd

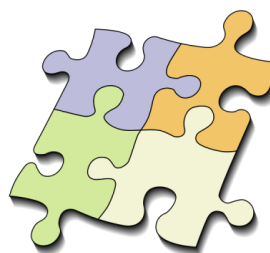
12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Blood Pressure Screening (September 3rd and 17th only)

1:00pm-2:00pm—Singalong
No session September 17th

1:00pm-3:00pm—Tech Help with Tam

2:00pm-3:00pm—Mindfulness Yoga
No sessions September 10th and 17th



Games and Puzzles are Available by request.



Join us to Celebrate September Birthdays on Tuesday September 30th at 12:30PM



FOOD PANTRY DISTRIBUTION

Non-perishable food items will be distributed at the Center on select days following lunch at approximately 12:30pm. The next distribution date will be Monday, September 29th.

Quantities are limited to one bag per person each month.

NEED TRANSPORTATION?

Learn about different ways to utilize FREE transportation in Brooklyn

Contact JCC of Coney Island 718-449-5000 ext: 1

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

UPCOMING EVENTS

- The Center will be closed Monday October 13th in observation of Indigenous People's Day.
- Lunchtime Concert Series with Brooklyn Art Song—Friday October 3rd 12:30pm
- Interactive Wellness Exercises with Boshko—Thursday October 9th 2pm
- Improve Your Walk Workshop—Friday October 10th 1pm
- One-woman show: "Nancy Drewinsky and the Search for the Missing Letter"—Thursday October 16th 1pm