PARK SLOPE CENTER FOR SUCCESSFUL AGING | NOVEMBER 2026

PROGRAM UPDATES

463A 7th Street, Brooklyn, NY 11215 | Center Director Julimarie Colón |
718-832-3726 jcolon@heightsandhills.org

NEW THIS MONTH

Mindfulness Yoga with Uila New day!
Thursdays at 1pm

Lunchtime Concert Series with Brooklyn Art Song
Thursday November 5th 12:30pm

Safety and Balance Webinar
This presentation will be streamed at PSCSA, and covers simple, practical ways to stay safe and steady during the winter months.
Thursday November 5th 2 pm

"Howling," one-woman show,
written and performed by Tasha Paley
Monday November 9th 2pm

Benefits to Older Adults Presentation with Access Justice Brooklyn
Learn more about benefits including: SCRIE/DRIE, CA, SNAP, HEAP, Access-A-Ride, etc.
Tuesday November 10th 1pm

Interactive Wellness Exercises with Boshko
Thursday November 12th 2pm

Financial Literacy Presentation
Workshop on financial justice for older adults and knowing your financial rights with New Economy Project.
Friday November 13th 1pm

The Center will be closed Wednesday November 11th, Thursday November 26th and Friday November 27th.

Bladder Health Workshop
Join Dr. Suze-Elisha Principal, for an educational and interactive workshop on bladder health.
Tuesday November 17th 1pm

Nutrition Presentation
Tips and strategies on healthy eating with a Nutrition professional from NYP Brooklyn Methodist Hospital.
Friday November 20th 1pm



Thanksgiving Luncheon
Tuesday November 24th 12pm-1pm
Join Center members and staff for a multi-course Thanksgiving Meal.
Advance sign-up is required by November 17th at the front desk. Space is limited.
$5 suggested donation on day of event.



BIRTHDAY PARTY
Monday, November 30th at 12:30pm

FOOD PANTRY DISTRIBUTION
Tuesday, November 17th at 12:30pm

Funded by the NYC Department for the Aging

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Greenwich House

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30am: Move & Flow with MMDG 12pm: Lunch 1pm: Jazz Dance	3 10:15am: Indoor Walking 11am: QiGong with Ann ** 12pm: Lunch 1pm: Jazz Dance makeup	4 10am: Strength Training* class is closed 11am: Chair Yoga ** 1pm: Latin Rhythms 2pm: Caregiver Group 2pm: Blood Pressure Screening	5 10am: Knitting and Crocheting 10:15am: Indoor Walking 11am: Tai Chi with Tzyann ** 12:30pm: Lunchtime Concert 1pm: Mindfulness Yoga 2pm: Safety & Balance Webinar 3pm: Instructional Mahjong	6 10am: Quechua 11am: Bodies in Motion (substitute instructor) ** 12pm: Lunch 1pm: Chair Yoga with Izzy makeup class** 2PM: Sewing
9 10:30am: Move and Flow with MMDG 12pm: Lunch 1pm: Jazz Dance 2pm: "Howling" one-woman show with Tasha	10 10:15am: Indoor Walking 11am: QiGong with Ann ** 12pm: Lunch 1pm: Benefits Presentation 2pm: Poetry	11 The Center is Closed	12 10am: Knitting and Crocheting 10:15am: Indoor Walking 11am: Tai Chi with Tzyann ** 1pm: Mindfulness Yoga 2pm: Interactive Wellness 3pm: Instructional Mahjong	13 10am: Quechua 11am: Bodies in Motion (substitute) ** 12pm: Lunch 1pm: Financial Literacy 2PM: Sewing
16 10:30am: Move & Flow with MMDG 12pm: Lunch 1pm: Jazz Dance	17 10:15am: Indoor Walking 11am: QiGong with Ann ** 12pm: Lunch 12:30pm: Food Pantry 1pm: Bladder Health Presentation	18 10am: Strength Training* class is closed 11am: Chair Yoga ** 12pm: Lunch 1pm: Latin Rhythms 2pm: Blood Pressure Screening	19 10am: Knitting and Crocheting 10:15am: Indoor Walking 11am: Tai Chi with Tzyann ** 12pm: Lunch 1pm: Mindfulness Yoga 3pm: Instructional Mahjong	20 10am: Quechua 11am: Bodies in Motion ** 12pm: Lunch 1pm: Nutrition Workshop 2PM: Sewing
23 10:30am: Move & Flow with MMDG 12pm: Lunch 1pm: Jazz Dance	24 10:15am: Indoor Walking 11am: QiGong with Ann 12pm: Thanksgiving Lunch 2pm: Poetry	25 12pm: Lunch 1pm: Latin Rhythms	26 The Center is Closed 	27 The Center is Closed
30 10:30am: Move and Flow with MMDG 12pm: Lunch 12:30pm: Birthday Party 1pm: Jazz Dance		*Strength Training class requires prior sign up and is currently filled.	** indicates classes available in-person and online on Zoom	Games and Puzzles are available by request