



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

*** * October 2025 * ***

“Life’s biggest tragedy is that we get old too soon and wise too late.”

—Ben Franklin

**The Center will be closed
Monday October 13th.**

**Delayed opening Wednesday October 15th!
The Center will be closed from 9-10am and
will open at 10am.**

**Starting October 7th, Chair Yoga with Izzy
will be held on Tuesdays from 1:15-2pm.**

**Memory Café—Thursday October 2nd
1pm—Join sensory-friendly, brain-healthy
activities in a supportive space that fosters
connection and helps reduce isolation.**

**Lunchtime Concert Series with Brooklyn
Art Song Returns—Friday October 3rd
12:30pm featuring works by Franz Schubert**

Karaoke—Thursday October 9th 1pm

**Interactive Wellness Exercises with
Boshko—Thursday October 9th 2pm—Join
us as we harmonize our body and mind
through holistic techniques.**

**Improve Your Walk Workshop with NYC
Dept. of Transportation—Friday October
10th 1pm—Workshop will take place both
indoors and outdoors. It will begin with a 20
minute presentation at PSCSA, followed by a
20-30 minute walk around the neighborhood to
point out traffic safety issues.**

**Dept. of Transportation Traffic Safety
Workshop—Friday October 17th 1pm**

**“Nancy Drewinsky and the Search for the
Missing Letter”—October 16th 1pm—**

A one-woman show written and performed
by Robin Bady, “Nancy Drewinsky” is the
story of how anti-Semitism and
McCarthyism tore a family apart.

**Jazz Trio performance
Thursday October 23rd 12:30pm**

**Metropolitan Museum of Art Trip
Tuesday October 28th—RSVP by 10/10**
Join PSCSA for a one-hour guided tour of
highlights of the Metropolitan Museum of
Art collection. **Space is limited and
preference will be given to past attendees
of Art Discussion Group.** Transportation
will be provided by JCC of Coney Island
and attendees need to complete and submit
transportation application by October 10th.
Bus will leave PSCSA at 9:45am
and return in the afternoon.

**Halloween Party
Friday October 31st
12:30pm
Costume Contest * Prizes**



**PSCSA Welcomes Social Work Interns
Eliza and Simone!**
They are both pursuing MSW degrees at
The Silberman School of Social Work.
**Simone is at the Center on Mondays and
Wednesdays and Eliza is here on
Wednesdays and Fridays.**



OCTOBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recommended donation is \$1.75 per meal. All meals served with fruit and 1% milk.	Vegetarian options available with one week notice.	1 Deluxe Cheeseburger with Onions Cole Slaw	2 Spanish Style Chicken Rice and Beans Mixed Green Salad	3 Baked Fish with Lemon Garlic Sauce Orzo Vegetable Blend
6 Chicken Fajitas Rice Broccoli and Red Peppers	7 Eggplant Parmesan with Pasta Spinach	8 Baked Pork Chops Rice with Black Beans Salad	9 Chicken Parmesan Spaghetti Vegetable Blend	10 Fish Curry Potato Wedges Spinach
13 The Center is Closed	14 Rice with Pigeon Peas Salad	15 Beef Brisket with Tomatoes and Onions Rice with Corn Spinach	16 Chicken Burger Roasted Vegetable French Fries	17 Baked Salmon Roasted Potatoes Vegetable Blend
20 Beef Salisbury Steak Mashed Potatoes Salad	21 General Tso's Tofu Vegetable Lo Mein Broccoli	22 Chicken Caprese with Spaghetti Spinach Salad	23 Pork Chops Black Beans Rice Vegetable Blend	24 Coconut Breaded Fish Beet Salad Potatoes
27 Sesame Orange Chicken Chinese Style Spaghetti Cucumber Salad	28 Root Vegetable Stew Beet Salad Mixed Green Salad	29 Spanish Style Roast Pork Rice Vegetable Blend	30 Baked Chicken Breasts Rice Vegetable Blend	31 Tropical Fish Garlic Mashed Potatoes Spinach



October Daily Activities



Monday

10:30am-11:30am—Move and Flow with Mark Morris Dance Group
No session October 13th.

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna
No session October 13th.

Thursday

10:00am-11:30am—Knitting & Crocheting

10:15am-11:00am—Indoor Walking

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

12:00pm-1:00pm—Lunch

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—Chair Yoga with Izzy
(In person & remote) **New Day and Time!**

Friday

10:00-11:00am—Quechua with Joe

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

12:00pm-1:00pm—Lunch

1:00pm-1:45pm—Chair Yoga with Izzy
(In person & remote)
October 3rd only, then class moves to Tuesdays at 1:15pm.

2:00pm-3:00pm—Sewing

Wednesday

10:45am-12:00pm—Movement Speaks with Dances for a Variable Population

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Blood Pressure Screening (October 1st and 15th only)

1:00pm-2:00pm—Singalong

1:00pm-3:00pm—Tech Help with Tam

2:00pm-3:00pm—Mindfulness Yoga



Games and Puzzles are Available by request.



Join us to Celebrate October Birthdays on Monday October 20th 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, October 27th
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 Tuesday November 11th, Thursday November 27th and Friday November 28th.**
- Lunchtime Concert Series with Brooklyn Art Song—Friday November 7th 12:30pm
Works by Bernard Foccroulle
- Dementia Friends Information Session with Boshko—Thursday November 13th 1pm
- Interactive Wellness Exercises with Boshko—Thursday November 13th 2pm
- Fair Housing Justice presentation—Thursday November 20th 1pm
- Thanksgiving Luncheon date TBA. **Advance sign-up will be required.**