



PARK SLOPE CENTER FOR SUCCESSFUL AGING | AUGUST 2026

PROGRAM UPDATES

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



NEW THIS MONTH

White Bird Summer Theater Writing Workshop **Wednesday August 5th 11am**

Teen participants will work with PSCSA members to develop the script for an original show about everyday superheroes in Brooklyn. The show will be performed at the Prospect Park Picnic House on Friday August 14th at 2pm.

Elder Abuse Presentation by JASA Elder Justice program **Wednesday August 5th 1pm**

Interactive presentation with Rehabilitation Therapists **from NYP Brooklyn Methodist Hospital—** **Thursday August 6th 1pm**

Emergency Preparedness Training Learn how to prepare for a range of emergencies in NYC **Monday August 17th 11am**

Balance Screening with Physical Therapist Michael— **Thursday August 20th 1-4:30pm**

Physical Therapist Michael Kypros of Lantern Physical Therapy will perform individual Balance Screenings. Sign-up in advance is required

Health Bucks and Farmers Market coupons are back!

Coupons can be used to purchase fresh fruits and vegetables at participating farmers markets in NYC through November 30th, 2026.

Coupons may be picked up at the Center on Mondays or Tuesdays in August while supplies last beginning August 10th

Intergenerational Activities with students from the Wonder School **Thursday, August 27th 1pm**



Join us in saying goodbye to our summer social work intern, Emma. Wishing you the best!

 Congratulations to Julimarie Colón on her new position as Center Director! 

Chair Yoga with Izzy is cancelled Wednesdays
August 5th and 12th.

BIRTHDAY CELEBRATION
Monday, August 24th at 12:30pm

FOOD PANTRY DISTRIBUTION
Tuesday, August 25TH at 12:30pm

Funded by the NYC Department for the Aging



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ACTIVITIES CALENDAR

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MONDAY

3
11am - Living Well into Later Years: Discussion Group
12pm - Lunch
1pm - Jazz Dance

10
1am - Living Well into Later Years: Discussion Group
12pm - Lunch
1pm - Jazz Dance

17
11am - **Emergency Preparedness**
12pm - Lunch
1pm - Jazz Dance

24
12pm - Lunch
12:30pm - **August Birthday Party**
1pm - Jazz Dance

31
12pm - Lunch
1pm - Jazz Dance

TUESDAY

4
10:15 - Indoor Walking
11am - QiGong with Ann **
1pm - Mindfulness Yoga
2pm - Poetry

11
10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga

18
10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga
2pm - Poetry

25
10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
12:30 - **Pantry Distribution**
1pm - Mindfulness Yoga

WEDNESDAY

5
11am - **White Bird Theater Writing Workshop**
12pm - Lunch
1pm - Blood Pressure Screening
1pm - **Elder Abuse with JASA**

12
12pm - Lunch

19
11am - Chair Yoga **
12pm - Lunch
1pm - Blood Pressure Screening

26
11am - Chair Yoga **
12pm - Lunch

THURSDAY

6
10am - Knitting and Crocheting
10:15am - Indoor Walking
11am - Tai Chi with Tzyann **
12pm - Lunch
1pm - **Rehabilitation Therapy with NY Presbyterian**

13
10am - Knitting and Crocheting
10:15am - Indoor Walking
11am - Tai Chi with Tzyann **
12pm - Lunch
1pm - **Cartooning Workshop with Anais**

20
10am - Knitting and Crocheting
10:15am - Indoor Walking
11am - Tai Chi with Tzyann **
12pm - Lunch
1pm - **Fall Screening with PT Michael**

27
10am - Knitting and Crocheting
10:15am - indoor Walking
11am - Tai Chi with Tzyann **
12pm - Lunch
1pm - **Intergenerational Activities with Wonder School students**

FRIDAY

7
10AM - Quechua
11AM - Bodies in Motion **
12pm - Lunch
2PM - Sewing

14
10AM - Quechua
11AM - Bodies in Motion **
12pm - Lunch
2PM - Sewing

21
10AM - Quechua
11AM - Bodies in Motion **
12pm - Lunch
2PM - Sewing

28
10AM - Quechua
11AM - Bodies in Motion **
12pm - Lunch
2PM - Sewing

** indicates classes available in-person and online on Zoom

Games and Puzzles are available by request



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LUNCH MENU

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MONDAY 12pm - 1pm	TUESDAY 12pm - 1pm	WEDNESDAY 12pm - 1pm	THURSDAY 12pm - 1pm	FRIDAY 12pm - 1pm
3 Chicken Stir Fry with Vegetables Brown Rice Bok Choy	4 Tofu Stir Fry Brown Rice Cabbage Edamame Slaw	5 Moroccan Beef Stew with Chickpeas Mashed Potatoes Vegetable Blend	6 Baked Ziti with Turkey Spinach and Tomatoes	7 Jerk Salmon Baked Potato Green Beans
10 Chicken Parmesan Pasta Vegetable Blend	11 Mexican Style Brown Rice with Pigeon Peas Broccoli	12 Beef and Broccoli White Rice Collard Greens with Tomato	13 Baked Turkey Drumsticks Baked Potato Vegetable Blend	14 Teriyaki Glazed Fish Rice and Beans Brussel Sprouts
17 Arroz con Pollo Mixed Green Salad	18 Chipotle Bean and Veggie Chili White Rice Vegetable Blend	19 Beef and Chickpea Stew Rice Pilaf Cole Slaw	20 Baked Turkey Meatballs Rasta Pasta Sauteed Spinach	21 Fish Curry Roasted Potatoes String Beans
24 Asian Style Honey Chicken Vegetable Lo Mein Bok Choy	25 Eggplant Chickpea Tagine Collard Greens with Tomato	26 Beef Picadillo Rice and Beans Yellow Plantains	27 Hamburger Pasta Salad Corn	28 Parmesan Baked Fish Potato Wedges Tossed Salad
31 Chicken Jambalaya Brown Rice Collard Greens		Recommended donation is \$1.75 / meal	All meals served with fruit and 1% milk	Vegetarian options available per request