



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

*** * November 2025 * ***

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

— Mahatma Gandhi

The Center will be closed Tuesday November 11th, Thursday November 27th and Friday November 28th.

On Wednesday November 12th, the Center will close at 3:30pm.

**Bodies in Motion is cancelled Fridays November 7th and 14th.
Line Dancing with Izzy on 11/7 at 11am.**

Chair Yoga with Izzy is cancelled Tuesday November 18th. Makeup classes on Fridays November 7th and 21st from 1:15-2:00pm.

Mindfulness Yoga is cancelled November 19th. Makeup class Th. November 20th 2pm

**Jazz Dance is cancelled Mon. 11/24.
Makeup class Wednesday November 19th 2pm. November 3rd session starts at 2pm.**

**Medicare Presentation by HIICAP—
Monday November 3rd 1pm**

Memory Café—Thursday November 6th 1pm—Join sensory-friendly, brain-healthy activities in a supportive space.

**Lunchtime Concert Series with Brooklyn Art Song —Friday November 7th 12:30pm
Featuring works by Bernard Foccroulle.**

**Chorus with Jalen from Brooklyn Conservatory of Music returns—
Wednesdays 1pm No session November 5th.**

Thanksgiving Celebration!

Wednesday November 26th

12pm-1pm

Join Center members and staff for a multi-course Thanksgiving Meal.

Advance sign-up is required by November 14th at the front desk.

Space is limited.

\$5 suggested donation on day of event.

**Dementia Friends Info Session with Boshko—Thursday November 13 1pm—
Increase your understanding of dementia and about small things you can do to make a difference for people affected by dementia in your community.**

Interactive Wellness Exercises with Boshko—Thursday November 13th 2pm

Join Packer Collegiate students for games and activities from 1:30-3pm on:

Friday November 14th

Tuesday November 18th

Monday November 24th

**Lunchtime concert with Rory Dineen—
Tuesday November 18th 12:15pm**

**Fair Housing Justice presentation—
Thursday November 20th 1pm**

**Poetry with Sheila & Linda—
Tuesday November 25th 2pm**



NOVEMBER LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Mushroom Chicken Rice Broccoli	4 Eggplant Parmesan Spaghetti Sauteed Spinach	5 Beef Meatloaf Red Potatoes Sauteed String Beans	6 Chicken Breast and Rice Tossed Salad	7 Baked Salmon Baked Potato Roasted Broccoli
10 Baked Breaded Chicken Cutlet Roasted Potatoes Spinach	11 The Center is Closed 	12 Deluxe Cheeseburger with Onions Cole Slaw	13 Spanish Style Chicken Rice and Beans Mixed Green Salad	14 Baked Fish with Lemon Garlic Sauce Orzo Vegetable Blend
17 Chicken Fajitas Rice Broccoli and Red Peppers	18 Eggplant Parmesan with Pasta Spinach	19 Baked Pork Chops Rice with Black Beans Salad	20 Chicken Parmesan Spaghetti Vegetable Blend	21 Fish Curry Potato Wedges Spinach
24 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	25 Brown Rice with Pigeon Peas Garden Salad	26 Thanksgiving Luncheon  Advance sign-up is required	27 The Center is Closed 	28 The Center is Closed
		Vegetarian options available with one week notice.	All meals served with fruit and 1% milk.	Recommended donation is \$1.75 per meal.



November Daily Activities



Monday

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

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna
November 3rd session starts at 2pm
No session November 24th.

***Makeup session Wednesday**
November 19th at 2pm

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) No session 11/18.
Makeup classes on Fridays November 7th
and 21st from 1:15-2:00pm.

2:00pm-3:00pm—Poetry with Sheila & Linda
First session November 25th

Friday

10:00-11:00am—Quechua with Joe

11:00am-12:00pm—Bodies in Motion with Quinn
(In person and remote)
No sessions November 7th and 14th.
Line Dancing with Izzy on 11/7 at 11am

12:00pm-1:00pm—Lunch

2:00pm-3:00pm—Sewing
No class November 14th.

Wednesday

10:45am-12:00pm—Movement Speaks
Last session November 12th.

12:00pm-1:00pm—Lunch

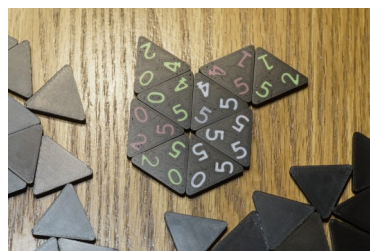
1:00pm-2:00pm—Blood Pressure
Screening (November 5th and 19th only)

1:00pm-2:00pm—Chorus
No session November 5th

1:00pm-3:00pm—Tech Help with Tam
No session November 26th.
2:00pm-3:00pm—Mindfulness Yoga
No session November 19th.
Makeup class Th. November 20th 2pm



Games and Puzzles are
Available by request.



Join us to Celebrate November Birthdays on Tuesday November 18th 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. **There will be two distribution dates this month:**
Wednesday November 12th and Monday, November 24th

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 Thursdays December 25th and January 1st.
- Packer Collegiate students to visit—Monday December 1st 1:30pm
- NY State Division of Consumer Protection Presentation—Wednesday December 3rd 11am
- Memory Café—Thursday December 4th 1pm
- Dances for a Variable Population Dances for Seniors—Friday December 5th 1pm
- Interactive Wellness Exercises with Boshko—Thursday December 11th 2pm
- Lunchtime Concert Series with Brooklyn Art Song—Friday December 12th 12:30pm—Featuring works by Johannes Brahms
- Latin Rhythms Dance and Exercise day and time TBA
- Holiday Party date TBA. **Advance sign-up will be required.**