



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

*** * March 2026 * ***

“Age is no barrier. It’s a limitation you put on your mind.”

-Jackie Joyner-Kersey, American Track and Field Olympic medalist

Mindfulness Yoga with Uila is on hiatus for March.

Jazz Dance makeup classes will be held on the following Wednesdays:

March 4th 1-2pm

March 11th 2-3pm

March 25th 1-2pm

LGBTQ+ Cultural Competency Workshop with LEAP (LGBTQ+ Education and Acceptance Project)—

Wednesday March 4th at 2pm

Learn about free mental health resources offered by Weill Cornell Medicine’s geriatric psychiatry department—

Thursday March 5th 12pm

Raising Health Mental Health Workshop

Thursday March 5th from 1-2pm

Presentation about general mental health, anxiety and isolation.

First Graders from PS 321 will visit the Center for intergenerational chats with members— Friday March 6th 10am

Brooklyn Art Song Lunchtime Concert Series—Friday March 6th 12:30pm

Featuring works by Ned Rorem.

Scams Workshop with Kay from Greenwich House—Wednesday March 11th 1pm

St. Patrick’s Day Party!



Tuesday March 17th 12pm



Special lunch

Prize for most festive outfit...wear GREEN!

Rehabilitation Therapists from Brooklyn Methodist Hospital will discuss interventions and exercises for balance— Wednesday March 18th 1pm

Interactive Wellness Exercises with Boshko—Thursday March 19th 2pm
Join us as we harmonize our body and mind through holistic techniques: breath work, gentle movement of the body, meditation and sound healing.

Art Discussion Group— Thursday March 26th 1pm
Discussion of images from the Metropolitan Museum’s collection and open art time.


COPO (Council of Peoples Organization) Monday March 30th 10:30am-12:30pm
A representative will be available to discuss free services available to older adults.

Welcome to Social Work Intern Michael! He is pursuing an MSW degree at NYU Silver School of Social Work.
Michael is at the Center on Tuesdays and Thursdays.



MARCH LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sesame Orange Chicken Chinese Style Spaghetti Cucumber Salad	3 Root Vegetable Stew Beet Salad	4 Spanish Style Roast Pork Rice Vegetable Blend	5 Baked Chicken Breasts Rice Vegetable Blend	6 Tropical Fish Mashed Potatoes Spinach
9 Baked Mushroom Chicken Rice Broccoli	10 Eggplant Parmesan with Spaghetti Spinach	11 Beef Meatloaf Potatoes String Beans	12 Chicken Breast with Rice Tossed Salad	13 Baked Salmon* Baked Potato Broccoli
16 Baked Breaded Chicken Cutlet Roasted Potatoes Spinach	17 Corned Beef and Cabbage 	18 Deluxe Cheeseburger with Onions Cole Slaw	19 Spanish Style Baked Chicken Rice and Beans Salad	20 Baked Fish with Lemon Garlic Butter Sauce Orzo Vegetable Blend
23 Chicken Fajitas Rice Broccoli and Red Peppers	24 Eggplant Parmesan with Pasta Spinach	25 Baked Pork Chops Rice and Black Beans Salad	26 Chicken Parmesan Spaghetti Vegetable Blend	27 Fish Curry Red Potatoes Spinach
30 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	31 Rice with Pigeon Peas Garden Salad	Recommended donation is \$1.75 / meal. <hr/> All meals served with fruit and 1% milk.	Vegetarian options available with one week notice.	* Based on availability salmon may be substituted for another fish

March Daily Activities

Monday

10:30am-11:30am—Move and Flow with MMDG

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna
Additional makeup sessions will be offered on select Wednesdays

2:00pm-3:00pm—Grief and Loss Discussion Group with Simone

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

2:00pm-3:00pm—Exploring Smartphone Apps **Last Thursday session March 12th**

3:00pm-4:00pm—Exploring AI
Last Thursday session March 12th

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)

2:00pm-3:00pm—Exploring Smartphone Apps **Last Tuesday session March 10th**

3:00pm-4:00pm—Exploring AI
Last Tuesday session March 10th

Friday

10:00-11:00am—Successful Aging
No sessions March 6th and 20th

10:00-11:00am—Quechua with Joe
No session March 6th

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

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Moving Through Life Discussion Group with Eliza

2:00pm-3:00pm—Sewing

Wednesday

11:00am-12:00pm—Latin Rhythms Dance and Exercise

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Blood Pressure Screening (March 4th and 18th only)

1:00pm-2:00pm—Jazz Dance makeup class on select Wednesdays:
March 4th and 25th at 1pm and March 11th at 2pm

1:00pm-3:00pm—Tech Help with Tam



Games and Puzzles are Available by request.



Join us to Celebrate March Birthdays on Monday March 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 Tuesday March 31st.
Quantities are limited to one bag per person each month.

INCLEMENT WEATHER REMINDER

The Center will close in adverse weather conditions, usually if area public schools are also closed. On days with bad weather, please call the Center at 718-832-3726 before coming. After hours, please listen to the Center voicemail for closure updates.

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

- Housing and Family Services Presentation—Wednesday April 1st 11am
- Interactive Wellness Exercises with Boshko—Thursday April 2nd 2pm
- Bodies in Motion with Quinn is cancelled Friday April 3rd.
- Poetry with Sheila and Linda will restart on Tuesday April 7th.
- Lunchtime Concert Series with Brooklyn Art Song—Friday April 10th 12:30pm
Featuring works by Helene Grime
- New York Connects Presentation—Wednesday April 15th 1pm
- Mindfulness Yoga with Uila returns Wednesday April 22nd 2pm.