



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

*** * June 2026 * ***

“Aging is the road that we take to discern our character.”

—Kilroy J. Oldster, author of *Dead Toad Scrolls*

Beginning June 1st, PSCSA will be using a new caterer for Lunch. The meals listed on page 2 are subject to change without notice as we work through this transitional period.

The Center will be closed Friday June 19th in observation of Juneteenth.

Tai Chi with Tzyann will be on hiatus for the month of June.

Bodies in Motion is cancelled Friday June 12th.

Jazz Dance is cancelled Monday June 15th.

Choir is cancelled Monday June 15th.

Chair Yoga with Izzy is cancelled Tuesday June 16th.

Mindfulness Yoga with Uila is cancelled Wednesday June 17th.

Interactive Wellness Exercises with Boshko—Thursday June 4th 2pm
Join us as we harmonize our body and mind through holistic techniques: breath work, gentle movement of the body, meditation and sound healing.

Students from The Berkeley Carroll School to visit—Friday June 5th at 12:30pm

Brooklyn Art Song Lunchtime Concert Series—Friday June 12th 12:30pm
Final concert of the season featuring works by Tom Cipulo and Jessica Meyer.

Dedications Dance Workshop—1pm on Monday June 15th, Tuesday June 16th and Wednesday June 17th
“Dedications” is a 3-session movement workshop that will explore the question: if you could dedicate a dance to someone, who would that person be?

Nutrition Presentation: Nutrition and Aging Across the Lifespan Monday June 22nd 11am

Celebrate Father’s Day with PSCSA staff and members—Monday June 22nd 12:30pm

Medicare Presentation with HIICAP (Health Insurance Information Counseling and Assistance Program)—Thursday June 25th 11am

Creative Movement with Diane—Tuesday June 30th 2pm

PSCSA Welcomes Social Work Intern Emma who is pursuing an MSW degree at NYU Silver School of Social Work. Emma will be at the Center on Mondays and Wednesdays.



JUNE LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Mushroom Chicken Rice Broccoli	2 Eggplant Parmesan Spaghetti Spinach	3 Beef Meatloaf Potatoes String Beans	4 Chicken Breast and Rice Tossed Salad	5 Baked Fish Baked Potato Broccoli
8 Baked Breaded Chicken Cutlet Roasted Potatoes Spinach	9 Chipotle Bean and Veggie Chili Rice Vegetable Blend	10 Deluxe Cheeseburger with Onions Cole Slaw	11 Spanish Style Baked Chicken Rice and Beans Mixed Salad	12 Baked Fish with Lemon Garlic Butter Sauce Orzo Vegetable Blend
15 Chicken Fajitas Rice Broccoli and Red Peppers	16 Eggplant Parmesan with Pasta Spinach	17 Baked Pork Chops Rice with Black Beans Salad	18 Chicken Parmesan Spaghetti Vegetable Blend	19 <p style="text-align: center;">The Center is Closed</p>
22 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	23 Brown Rice with Pigeon Peas Garden Salad	24 Beef Brisket Rice Spinach	25 Chicken Burger Roasted Vegetable	26 Baked Fish Roasted Potatoes Vegetable Blend
29 Beef Salisbury Steak Potatoes Green Salad	30 General Tso's Tofu Vegetable Lo Mein Broccoli	Recommended donation is \$1.75 / meal.	Vegetarian options available with one week notice.	All meals served with fruit and 1% milk



June Daily Activities



Monday

10:30am-11:30am—Move and Flow with Mark Morris Dance Group
Last session June 15th.

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna
No session June 15th.

2:00pm-3:00pm—Singing/Choir with Truth
No session June 15th
Last session June 22nd.

Thursday

10:00am-11:30am—Knitting & Crocheting

10:15am-11:00am—Indoor Walking

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Zumba with William

2:00pm-3:00pm—Social Dance with Naomi

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 June 16th.

2:00pm-3:00pm—Poetry
Meets June 9th and 23rd only.

Friday

10:00-11:00am—Quechua with Joe
No session June 19th.

11:00am-12:00pm—Bodies in Motion with Quinn
(In person and remote)
No sessions June 12th and 19th.

12:00pm-1:00pm—Lunch

2:00pm-3:00pm—Sewing
No session June 19th.

Wednesday

11:00am-12:00pm—Latin Dance with Elya

12:00pm-1:00pm—Lunch

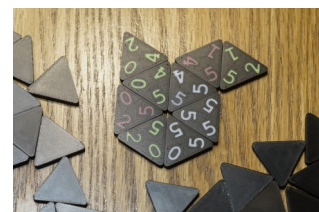
1:00pm-2:00pm—Blood Pressure Screening
Meets June 3rd and 17th only

1:00pm-3:00pm—Tech Help with Tam

2:00pm-3:00pm—Mindfulness Yoga
No session June 17th.



Games and Puzzles are available by request.



Join us to Celebrate June Birthdays on Monday, June 22nd 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 June 23rd.

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 Friday July 3rd in observation of Independence Day.
- Independence Day Celebration—Thursday July 2nd
- Interactive Wellness Exercises with Boshko — Thursday July 2nd 2pm
- Access Justice Brooklyn presentation on legal documents— Thursday July 9th 1pm
- Falls Prevention presentation with doctor from Saints Joachim and Anne Nursing and Rehabilitation Center—July 13th 11am
- Fall Screenings with Michael from Lantern Physical Therapy — Thursday July 16th 1:30-4:30pm