



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

*** * January 2026 * ***

“There are far, far better things ahead than any we leave behind.”

— C.S. Lewis

The Center will be closed Thursday January 1st and Monday January 19th.

Chair Yoga with Izzy is cancelled January 13th. Makeup class Friday January 9th 1:15pm

Latin Rhythms Dance and Exercise Returns—Wednesdays 11am

Singalong—Wednesdays 1pm—
Join fellow members for leisurely singing.

Plant-based Nutrition Education Presentation—Thursday January 8th 1pm
Learn about plant-based diets and their benefits with a college aide from NYC Aging.

Lunchtime Concert Series with Brooklyn Art Song—Fridays at 12:30pm
January 9th features works by Arnold Schoenberg
January 30th features works by Olivier Messiaen

Art Discussion Group
Tuesday January 13th 1pm
Discussion of images from the Metropolitan Museum's collection and open art time.

Citizen Preparedness Presentation—
Wednesday January 14th 10am—Learn how to be better prepared for Emergencies in NYC.

Interactive Wellness Exercises with Boshko—Thursday January 15th 2pm
Join us as we harmonize our body and mind through holistic techniques

Moving Through Life Discussion Group with social work intern Eliza—
Fridays 1pm starting January 16th
Life changes like retirement, health and financial shifts can impact us in different ways. Join us to create community around these transitions.

Advance Directives Presentation with Access Justice Brooklyn—
Thursday January 22nd 1pm

Calm Confidence Connection Experience with Susan—Thursday January 22nd 2pm—A wellness program to calm the nervous system, boost confidence and foster joyful connection.

Grief and Loss Discussion Group with social work intern Simone
Mondays 2pm starting January 26th
This discussion group will explore topics related to grief and loss for older adults. The group aims to increase understanding of grief and create a sense of belonging in a supportive group.

Sign up in advance at front desk.

Karaoke—
Wednesday January 28th 1pm



JANUARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recommended donation is \$1.75 / meal.	Vegetarian options available with one week notice.	All meals served with fruit and 1% milk.	1 The Center is Closed	2 Fish Curry Potato Wedges Spinach
5 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	6 Rice with Pigeon Peas Garden Salad	7 Beef Brisket with Tomatoes and Onions Rice Spinach	8 Chicken Burger Brussel Sprouts	9 Baked Salmon Potatoes Vegetable Blend
12 Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	13 General Tso's Tofu Vegetable Lo Mein Broccoli	14 Chicken Caprese Spaghetti Baby Spinach Salad	15 Stewed Pork Chops Rice Vegetable Blend	16 Coconut Breaded Fish Beet Salad
19 The Center is Closed	20 Root Vegetable Stew Beet Salad Mixed Green Salad	21 Spanish Style Roast Pork Rice Vegetable Blend	22 Baked Chicken Breasts Rice Vegetable Blend	23 Tropical Fish Mashed Potatoes Spinach
26 Baked Mushroom Chicken Rice Broccoli	27 Eggplant Parmesan Spaghetti Spinach	28 Beef Meatloaf Smashed Red Potatoes String Beans	29 Chicken Breast and Rice Tossed Salad	30 Baked Salmon Baked Potato Broccoli



January Daily Activities



Monday

10:30am-11:30am—Move and Flow with Mark Morris Dance Group
No session January 19th

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna
No session January 19th

2:00pm-3:00pm—Grief and Loss Discussion Group with Simone
First session January 26th
Sign up in advance at front desk

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 January 13th. Makeup class
Friday January 9th 1:15pm

2:00pm-3:00pm—Poetry with Sheila and Linda Meets January 6th and 20th only.

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-2:00pm—Moving Through Life Discussion Group with Eliza
First session January 16th

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 (January 7th and 21st only)

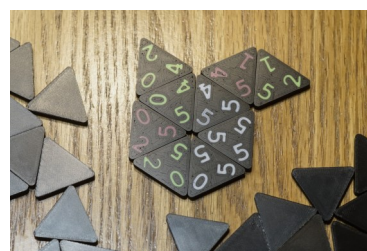
1:00pm-2:00pm—Singalong
(January 28th session will be Karaoke)

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 January Birthdays on Wednesday January 28th 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, January 27th.
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

- The Center will be closed Monday February 16th.
- Interactive Wellness Exercises with Boshko—Thursday February 5th 2pm
- Presentation on Wills, Trusts, Medicaid with Moskowitz legal group—Thursday February 5th 1pm