



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

*** * April 2026 * ***

“The wiser mind mourns less for what age takes away than what it leaves behind.”

—William Wordsworth, poet

Bodies in Motion with Quinn, Moving Through Life Discussion Group and Sewing are cancelled Friday April 3rd.

Tenant’s Rights Workshop with Housing and Family Services of Greater NY—Wednesday April 1st 11am

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

Positive Psychology Presentation with Weill Cornell—Friday April 3rd 1pm—We will discuss the building blocks that help us thrive, and how to use positive psychology to promote wellbeing.

Singing/Choir with Truth—Mondays 2pm April 6th-June 22nd

New Time!
Grief and Loss Discussion Group with Simone—Mondays 3pm
No session April 6th

Poetry with Sheila and Linda will restart on Tuesday April 7th 2pm—Class will meet on alternate Tuesdays.

Successful Aging with Occupational Therapy Interns final session—Wednesday April 8th 10am

Dancewave classes return this spring! Stay tuned for more information.

OMNY Presentation on reduced fair and paratransit benefits with the Department of Transportation—Wednesday April 8th 11am

Falls and How to Decrease Fall Risk with Michael from Lantern PT—April 8th 1pm

**Packer 4th Grade students to visit for Intergenerational conversations and brainstorming for Poetry Month Project--Thursday April 9th 1pm
Tuesday April 14th 2pm**

Brooklyn Art Song Lunchtime Concert Series —Friday April 10th 12:30pm
Featuring works by Helene Grime.

New York Connects presentation—Wednesday April 15th 1pm—
Find out about the services and supports in your community.

First Graders from PS 321 will visit PSCSA to share their written stories—Friday April 17th 10am

Mindfulness Yoga with Uila returns Wednesday April 22nd 2pm



APRIL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Recommended donation is \$1.75 / meal.</p> <hr/> <p>All meals served with fruit and 1% milk</p>	<p>Vegetarian options available with one week notice.</p>	<p>1 Beef Brisket with Tomatoes and Onions Rice Spinach</p>	<p>2 Chicken Burger Brussel Sprouts</p>	<p>3 Baked Salmon* Roasted Potatoes Vegetable Blend</p>
<p>6 Beef Salisbury Steak Mashed Potatoes Mixed Green Salad</p>	<p>7 General Tso's Tofu Vegetable Lo Mein Broccoli</p>	<p>8 Chicken Caprese Spaghetti Spinach Salad</p>	<p>9 Stewed Pork Chops and Black Beans Rice Vegetable Blend</p>	<p>10 Coconut Breaded Fish Beet Salad Potatoes</p>
<p>13 Sesame Orange Chicken Chinese Style Spaghetti Asian Cucumber Salad</p>	<p>14 Root Vegetable Stew Beet Salad Mixed Green Salad</p>	<p>15 Spanish Style Roast Pork Rice Italian Vegetable Blend</p>	<p>16 Baked Chicken Breasts Rice Vegetable Blend</p>	<p>17 Tropical Fish Garlic Mashed Potatoes Spinach</p>
<p>20 Baked Mushroom Chicken Rice Broccoli</p>	<p>21 Eggplant Parmesan with Spaghetti Spinach</p>	<p>22 Beef Meatloaf Potatoes String Beans</p>	<p>23 Chicken Breast with Rice Tossed Salad</p>	<p>24 Baked Salmon* Baked Potato Broccoli</p>
<p>27 Baked Breaded Chicken Cutlet Roasted Potatoes Spinach</p>	<p>28 Chipotle Bean and Veggie Chili Rice Garden Salad</p>	<p>29 Deluxe Cheeseburger with Onions Cole Slaw</p>	<p>30 Spanish Style Baked Chicken Rice and Beans Salad</p>	<p>* Based on availability salmon may be substituted for another fish</p>



April 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

2:00pm-3:00pm—Singing/Choir with Truth

3:00pm-4:00pm—Grief and Loss Discussion Group with Simone New Time!
No session April 6th.

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)

2:00pm-3:00pm—Poetry
Meets April 7th and 21st only

Friday

10:00-11:00am—Quechua with Joe

11:00am-12:00pm—Bodies in Motion with Quinn
(In person and remote)
No session April 3rd.

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Moving Through Life Discussion Group with Eliza
No session April 3rd.

2:00pm-3:00pm—Sewing
No session April 3rd.

Wednesday

12:00pm-1:00pm—Lunch

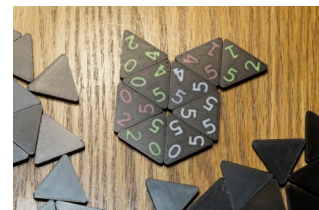
1:00pm-2:00pm—Blood Pressure Screening (April 1st and 15th only)

1:00pm-3:00pm—Tech Help with Tam

2:00pm-3:00pm—Mindfulness Yoga
Meets April 22nd and 29th only



Games and Puzzles are Available by request.



Join us to Celebrate April Birthdays on Monday April 27th 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 April 28th.

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

- Comedy Show—Wednesday May 6th 11am
- Interactive Wellness Exercises with Boshko—Thursday May 7th 2pm
- Lunchtime Concert Series with Brooklyn Art Song—Friday May 8th 12:30pm
Featuring works by Hector Parra.