



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

*** * May 2026 * ***

“Age is just a number. It’s totally irrelevant unless, of course, you happen to be a bottle of wine.” — *Joan Collins*

The Center will be closed Monday, May 25th in observation of Memorial Day.

Jazz Dance is cancelled May 4th and 25th. Makeup classes to be announced.

Mindfulness Yoga is cancelled May 13th.

Comedy Show—Wednesday May 6th 11am

Interactive Wellness Exercises with Boshko—Thursday May 7th 2pm

Join us as we harmonize our body and mind through holistic techniques: breath work, gentle movement of the body, meditation and sound healing.

First graders from P.S. 321 to visit and read poetry—Friday May 8th 10am

Brooklyn Art Song Lunchtime Concert Series—Friday May 8th 12:30pm
Featuring works by Hector Parra.

Celebrate Mother’s Day with PSCSA staff and members—Monday May 11th 12:30pm



New classes with dance education organization, Dancewave:

Latin Dance with Elya
Wednesdays 11am No session May 6th.

Essentrics with Diane
Wednesdays May 6, 13 and 20th 1pm

Creative Movement with Diane
May 22, 27 and 29th 1pm

Zumba with William
Thursdays 1pm

Social Dance with Naomi
Thursdays 2pm No session May 7th.

Therapists from
NYP Brooklyn Methodist
Hospital Rehabilitation team—
Wednesday May 13th 10am—

The team will lead a session on yoga in sitting and standing positions to improve flexibility, range of motion and breathing patterns.

Simone and Eliza finish their internships this month, please join the PSCSA staff in thanking them for their hard work and wishing them well as they continue their social work studies!



MAY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with fruit and 1% milk	Vegetarian options available with one week notice.	Recommended donation is \$1.75 / meal.		1 Baked Fish with Lemon Garlic Butter Sauce Orzo Vegetable Blend
4 Chicken Fajitas Rice Broccoli and Red Peppers	5 Eggplant Parmesan with Pasta Spinach	6 Baked Pork Chops Rice with Black Beans Salad	7 Chicken Parmesan Spaghetti Vegetable Blend	8 Fish Curry Red Potato Wedges Spinach
11 Vegetable Soup Baked Breaded Chicken Cutlet Pasta Beet Salad	12 Brown Rice with Pigeon Peas Garden Salad	13 Beef Brisket Rice Spinach	14 Chicken Burger Roasted Vegetable	15 Baked Fish Roasted Potatoes Vegetable Blend
18 Beef Salisbury Steak Mashed Potatoes Mixed Green Salad	19 General Tso's Tofu Vegetable Lo Mein Broccoli	20 Chicken Caprese Spaghetti Spinach Salad	21 Stewed Pork Chops Rice Vegetable Blend	22 Coconut Breaded Fish Beet Salad Potatoes
25 The Center is Closed	26 Root Vegetable Stew Beet Salad Mixed Green Salad	27 Spanish Style Roast Pork Rice Italian Vegetable Blend	28 Baked Chicken Breasts Rice Vegetable Blend	29 Tropical Fish Garlic Mashed Potatoes Spinach



May Daily Activities



Monday

10:30am-11:30am—Move and Flow with Mark Morris Dance Group **No class 5/25.**

12:00pm-1:00pm—Lunch

1:00pm-2:00pm—Jazz Dance with Reyna **No sessions May 4th and 25th.**

2:00pm-3:00pm—Singing/Choir with Truth **No session May 25th.**

3:00pm-4:00pm—Grief and Loss Discussion Group **Last session May 11th.**

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

1:00pm-2:00pm—Zumba with William

2:00pm-3:00pm—Social Dance with Naomi **No session May 7th.**

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 May 5th and 19th 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 **Last session May 8th.**

1:00pm-2:00pm—Creative Movement with Diane **Meets May 22nd and May 29th only.**

2:00pm-3:00pm—Sewing

Wednesday

11:00am-12:00pm—Latin Dance with Elya **No session May 6th.**

2:00pm-1:00pm—Lunch

1:00pm-2:00pm—Essentrics with Diane **May 27th class is Creative Movement.**

1:00pm-2:00pm—Blood Pressure Screening (**Meets May 6th and 20th only**)

1:00pm-3:00pm—Tech Help with Tam

2:00pm-3:00pm—Mindfulness Yoga **No session May 13th.**



Games and Puzzles are available by request.



Join us to Celebrate May Birthdays on Monday, May 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. The next distribution date will be Tuesday May 26th.

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 June 19th in observation of Juneteenth.
- Tai Chi with Tzyann will be on hiatus for the month of June.
- Students from The Berkeley Carroll School to visit—June 3rd and 5th at 1pm
- Interactive Wellness Exercises with Boshko—Thursday June 4th 2pm
- Brooklyn Art Song Lunchtime Concert Series—Friday June 12th 12:30pm
Featuring works by Tom Cipulo and Jessica Meyer.
- Dedications Dance Workshop—Monday June 15th 1pm, Tuesday June 16th 1pm and
Wednesday June 17th 1pm
- Father's Day party—date to be announced