



PARK SLOPE CENTER FOR SUCCESSFUL AGING | JULY 2026

PROGRAM UPDATES

463A 7th Street, Brooklyn, NY 11215 | Center Director Matt Abrams |
718-832-3726 mabrams@heightsandhills.org



NEW THIS MONTH

4th of July Celebration
Thursday, July 2nd at 12:30pm

Interactive Wellness Exercise with Boshko

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

Thursday, July 2nd at 2pm

Living Well into Later Years: A Support Group

Join the discussion led by Social Work Intern Emma

Mondays beginning July 6th at 11am

**** No Class July 13th or 27th ****

Access Justice Brooklyn

Presentation on legal documents including health proxies

Thursday, July 9th at 2pm

Falls Prevention presentation with doctor from St. Joachim Rehabilitation Center - Monday July 13th 11am

Interactive presentation with Rehabilitation Therapists from Brooklyn Methodist hospital—Thursday July 23rd 1pm



The Center will be closed Friday July 3rd in observation of Independence Day



From This Table

Join this presentation to transform handwritten recipe cards, old notes, and favorite dishes into beautiful, shareable recipe cards

Monday July 27th 11am

Join our email list, please contact Director Matt Abrams at 718-832-3726 or mabrams@heightsandhills.org

NEW DAY AND TIME

- **Mindfulness Yoga with Uila - Tuesdays 1pm-2pm beginning July 7th**
- **Chair Yoga with Izzy - Wednesdays 11am-11:45am beginning July 8th**

BIRTHDAY CELEBRATION
Monday, July 27th at 12:30pm

FOOD PANTRY DISTRIBUTION
Tuesday, July 28th at 12:30pm

Funded by the NYC Department for the Aging



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ACTIVITIES CALENDAR

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MONDAY



**** indicates classes available in-person and online on Zoom**

Games and Puzzles are available by request

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11-12: Discussion group with Emma
1-2: Jazz Dance with Reyna

11-12: **Falls Prevention**
1-2: Jazz Dance with Reyna

11-12: Discussion group with Emma
1-2: Jazz Dance with Reyna

11-12: **From This Table**
12-1: **July Birthday Party**
1-2: Jazz Dance with Reyna

10-15-11: Indoor Walking
11-12: QiGong with Ann **
1-2: Mindfulness Yoga with Uila
2-3: Poetry

10-15-11: Indoor Walking
11-12: QiGong with Ann **
1-2: Mindfulness Yoga with Uila

10-15-11: Indoor Walking
11-12: QiGong with Ann **
1-2: Mindfulness Yoga with Uila
2-3: Poetry

10-15-11: Indoor Walking
11-12: QiGong with Ann**
12-30: **Food Pantry Distribution**
1-2: Mindfulness Yoga with Uila

1-2: Blood Pressure Screening
1-2: Tech help with Tam
2-3: Mindfulness Yoga with Uila

11-11:45: Chair Yoga with Izzy **
1-2: Tech help with Tam

11-11:45: Chair Yoga with Izzy **
1-2: Blood Pressure Screening
1-2: Tech help with Tam

11-11:45: Chair Yoga with Izzy **
1-2: Tech help with Tam

11-11:45: Chair Yoga with Izzy **
1-2: Tech help with Tam

10-11: Knitting and Crocheting
10:15-11: Indoor Walking
11-12: Tai Chi with Tzyann **
12-1: **4th of July Party**
2-3: **Interactive Wellness Exercises**

10-11: Knitting and Crocheting
10:15-11: Indoor Walking
11-12: Tai Chi with Tzyann **
2-3: **Access Justice Brooklyn Presentation**

10-11: Knitting and Crocheting
10:15-11: Indoor Walking
11-12: Tai Chi with Tzyann **

10-11: Knitting and Crocheting
10:15-11: Indoor Walking
11-12: Tai Chi with Tzyann **
1-2: **Rehabilitation Therapy with NY Presbyterian**

10-11: Knitting and Crocheting
10:15-11: Indoor Walking
11-12: Tai Chi with Tzyann **

The Center is Closed

10-11: Quechua
11-12: Bodies in Motion with Quinn **
2-3: Sewing

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