



PARK SLOPE CENTER FOR SUCCESSFUL AGING | SEPTEMBER 2026

PROGRAM UPDATES

463A 7th Street, Brooklyn, NY 11215 | Center Director Julimarie Colón |
718-832-3726 jcolon@heightsandhills.org



NEW THIS MONTH

The Center will be closed Monday, September 7th in observation of Labor Day.

Latin Rhythms is back!

Led by professional Latin Dancers experienced in Tango, Salsa, Bachata and Cumbia. The sessions include seated warmups and exercises, fundamental steps and an introduction to the different rhythmic styles through music.

Wednesdays 1pm

Autobio Cartooning Workshop with Anais

Learn how to draw a one-page cartoon based on your own fascinating life. All levels welcome.

Thursday September 10th 1pm

Move and Flow with

Mark Morris Dance Group (MMDG)

Move and Flow sessions integrate dance technique, motor skill development, and social connection to create a motivating exercise experience.

Mondays 10:30-11:30am

September 14th - January 6th, 2027

Interactive Wellness Exercises with Boshko

Join us as we harmonize our body and mind through holistic techniques.

Thursday September 17th 2pm

Occupational Therapy Movement Class

This 7-week movement class will be taught by Occupational Therapy students from SUNY Downstate Health Sciences University.

Fridays 1pm September 11th - October 23rd

Caring Connections: Conversations about Life, Relationships & Well-Being

Join retired Social Worker, Nancy Viola, for open and meaningful conversations about the experiences and relationships that shape our lives. Come share, listen, connect, or simply enjoy a thoughtful conversation with others.

Meets biweekly on Wednesdays beginning Wednesday September 23rd 2pm

Flu Shot Clinic with Walgreens

Wednesday September 30th 12-3pm



**Welcome Assistant Director
and Social Worker, Kailey!**

BIRTHDAY CELEBRATION

Monday, September 28th at 12:30pm

FOOD PANTRY DISTRIBUTION

Tuesday, September 29th at 12:30pm

Funded by the NYC Department for the Aging



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ACTIVITIES CALENDAR

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga
2pm - Poetry

2

11am - Chair Yoga **
12pm - Lunch
1pm - Blood Pressure Screening
1pm - Latin Rhythms

3

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

4

10am - Quechua
11am - Bodies in Motion **
12pm - Lunch
2pm - Sewing

7

The Center is Closed in observation of Labor Day.

8

10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga

9

11am - Chair Yoga **
12pm - Lunch
1pm - Latin Rhythms

10

10am - Knitting and Crocheting
10:15am - Indoor Walking
11am - Tai Chi with Tzyann **
12pm - Lunch
1pm - **Autobio Cartooning Workshop**

11

10am - Quechua
11am - Bodies in Motion **
12pm - Lunch
1pm - **Occupational Therapy Movement Class**
2PM - Sewing

14

10:30am - Move and Flow with MMDG
12pm - Lunch
1pm - Jazz Dance

15

10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga
2pm - Poetry

16

11am - Chair Yoga **
12pm - Lunch
1pm - Blood Pressure Screening
1pm - Latin Rhythms

17

10am - Knitting and Crocheting
10:15am - Indoor Walking
11am - Tai Chi **
12pm - Lunch
2pm - **Interactive Wellness Exercises with Boshko**

18

10am - Quechua
11am - Bodies in Motion **
12pm - Lunch
1pm - **Occupational Therapy Movement Class**
2PM - Sewing

21

10:30am - Move and Flow with MMDG
12pm - Lunch
1pm - Jazz Dance

22

10:15 - Indoor Walking
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga

23

11am - Chair Yoga **
12pm - Lunch
1pm - Latin Rhythms
2pm - **Caregiver Support Group (meets biweekly)**

24

10am - Knitting and Crocheting
10:15am - Indoor Walking
11am - Tai Chi **
12pm - Lunch

25

10am - Quechua
11am - Bodies in Motion **
12pm - Lunch
1pm - **Occupational Therapy Movement Class**
2PM - Sewing

28

10:30am - Move and Flow with MMDG
12pm - Lunch
12:30pm - **Birthday Party**
1pm - Jazz Dance

29

10:15 - Indoor Walking
11am - QiGong**
12pm - Lunch
12:30pm - **Food Pantry**
1pm - Mindfulness Yoga
2pm - Poetry

30

11am - Chair Yoga **
12pm - Lunch
1pm-3pm - **Flu Shot Clinic**
1pm - Latin Rhythms

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

Games and Puzzles are available by request