



PARK SLOPE CENTER FOR SUCCESSFUL AGING | OCTOBER 2026

PROGRAM UPDATES

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



NEW THIS MONTH

**Safety Presentation with the Department of
Transportation**

Thursday October 1st 1pm

Instructional Mahjong - Thursdays at 3pm

All Levels of Play are Welcome

Medicare Presentation with HIICAP

Monday October 5th 2pm

**Tenant's Rights Workshop with
Housing and Family Services.**

Tuesday October 6th 1pm

Strength Training and Health Discussion with Izzy

Wednesday October 7th 10am

Lunchtime Concert Series with Brooklyn Art Song

Early career professional singers perform works in
the Art Song genre.

Thursday October 8th 12:30pm-1pm

Interactive Wellness Exercises with Boshko

Thursday October 8th 2pm

Organizing and Decluttering Presentation

Thursday October 15th 1pm

**The Center will be closed Monday, October 12th
in observation of Indigenous People's Day.**

**Fall Prevention and Balance Interventions with rehab
therapists from NYP Brooklyn Methodist Hospital**

Thursday October 15th 2pm

Pumpkin Painting with Zetas Sorority

Monday October 19th 2pm

Stress Management Presentation

Tuesday October 20th 1 pm

**Scam Prevention with NY State Division of
Consumer Protection**

An overview of common scams and practical ways
consumers can protect themselves.

Thursday October 22nd 1pm

Autobio Cartooning Workshop with Anais

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

Thursday October 29th 1pm

**BIRTHDAY and
HALLOWEEN COSTUME PARTY
Monday, October 26th at 12:30pm**

**FOOD PANTRY DISTRIBUTION
Tuesday, October 27th 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**

10:30am - Move and Flow with MMDG **5**
12pm - Lunch
1pm - Jazz Dance
2pm - Medicare Presentation with HIICAP

The Center is Closed **12**

10:30am - Move and Flow with MMDG **19**
12pm - Lunch
1pm - Jazz Dance
2pm - Pumpkin Painting

10:30am - Move and Flow with MMDG **26**
12pm - Lunch
12:30pm - Birthday/Halloween Costume Party
1pm - Jazz Dance

TUESDAY

Games and Puzzles are available by request

10:15am - Indoor Walking **6**
11am - QiGong with Ann **
12pm - Lunch
1pm - Tenant's Rights Workshop

10:15 - Indoor Walking **13**
11am - QiGong with Ann **
12pm - Lunch
1pm - Mindfulness Yoga
2pm - Poetry

10:15 - Indoor Walking **20**
11am - QiGong with Ann **
12pm - Lunch
1pm - Stress Management

10:15 - Indoor Walking **27**
11am - QiGong**
12pm - Lunch
12:30pm - Food Pantry
1pm - Mindfulness Yoga
2pm - Poetry

WEDNESDAY

10am - Health Talk **7**
11am - Chair Yoga **
12pm - Lunch
1pm - Latin Rhythms
2pm - Caregiver Support Group
2pm - Blood Pressure Screening
NEW TIME!

11am - Jazz Dance **14**
2pm - Lunch
1pm - Latin Rhythms

12pm - Lunch **21**
1pm - Latin Rhythms
2pm - Caregiver Support Group (meets biweekly)
2pm - Blood Pressure Screening
NEW TIME!

11am - Chair Yoga ** **28**
12pm - Lunch
1pm - Latin Rhythms

THURSDAY

10am: Knitting and Crocheting **1**
11am: Tai Chi with Tzyann **
12pm: Lunch
1pm: Traffic Safety with Department of Transportation
3pm: Mahjong

10am - Knitting and Crocheting **8**
10:15am - Indoor Walking
11am - Tai Chi with Tzyann**
12:30pm - Lunchtime Concert
2pm - Interactive Wellness
3pm: Mahjong

10am: Knitting and Crocheting **15**
10:15am: Indoor Walking
11am: Tai Chi with Tzyann**
1pm: Decluttering
2pm: Falls Prevention
3pm: Mahjong

10am: Knitting and Crocheting **22**
10:15am: Indoor Walking
11am: Tai Chi with Tzyann**
12pm: Lunch
1pm: Scams Prevention
3pm: Mahjong

10am - Knitting and Crocheting **29**
10:15am - Indoor Walking
11am - Tai Chi with Tzyann**
12pm - Lunch
1pm - Cartooning Workshop
3pm: Mahjong

FRIDAY

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

10am - Quechua **9**
11am - Bodies in Motion **
12pm - Lunch
12:30pm - Noah the Magician
1pm - Occupational Therapy Movement Class
2PM - Sewing

10am - Quechua **16**
11am - Bodies in Motion **
12pm - Lunch
1pm - Occupational Therapy Movement Class
2PM - Sewing

10am - Quechua **23**
11am - Bodies in Motion **
12pm - Lunch
1pm - Occupational Therapy Movement Class
2PM - Sewing

10am - Quechua **30**
11am - Bodies in Motion **
12pm - Lunch
1pm - Occupational Therapy Movement Class
2PM - Sewing