


**Tompkins & Armstrong Senior Center Activities and Events of MAR/ Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2025**

*March 2025*

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<p><b><u>3</u></b></p> <p><b>Chair Yoga 9AM – 10AM</b></p> <p><b>Beading 1:30 PM – 2PM</b></p> <p><b>Bingo Mondays 2PM – 3PM</b></p>	<p><b><u>5</u></b></p> <p><b>Chair Zumba 9AM – 10AM</b></p> <p><b>Dominoes 11AM – 12PM</b></p>	<p><b><u>7</u></b></p> <p><b>Walk &amp; Talk 9AM – 10AM</b></p> <div data-bbox="2002 454 2352 641" data-label="Image"> </div> <p><b>Movie Screening: The Color Purple 1:30PM- 3:00PM</b></p>
<p><b><u>10</u></b></p> <p><b>Card Games 10 AM – 11 AM</b></p> <p><b>Let's Talk 1PM – 2PM</b></p> <p><b>Chair Yoga 2PM – 3PM</b></p>	<p><b><u>12</u></b></p> <p><b>Chair Work Out 10AM – 11AM</b></p> <p><b>Age Tactic 10:30AM – 11:30AM</b></p> <p><b>Arts &amp; Craft 1:30PM-2:30PM</b></p>	<p><b><u>14</u></b></p> <p><b>Karaoke 10AM – 11AM</b></p> <div data-bbox="1948 812 2459 998" data-label="Image"> </div> <p><b>Movie Day: The Help 1:30PM- 3:00PM</b></p> <p><b>Dominoes 11AM – 12PM</b></p>
<p><b><u>17</u></b></p> <p><b>Chair Yoga 9AM – 10AM</b></p> <p><b>Card Games 10 AM – 11 AM</b></p> <p><b>Bingo Mondays 2PM – 3PM</b></p>	<p><b><u>19</u></b></p> <p><b>Puzzles 10AM – 11AM</b></p> <p><b>Health Workshop 11AM-12PM</b></p> <p><b>Let's Talk 1:30PM – 2:00PM</b></p>	<p><b><u>21</u></b></p> <p><b>Chair Work Out 10AM – 11AM</b></p> <p><b>Age Tactic 11AM – 12PM</b></p> <p><b>Wheel of Fortune 1:30PM – 2:30PM</b></p>

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<p><b>24</b></p> <p><b>Let's Talk 10AM – 11AM</b></p> <p><b>Beading 1:30 PM – 2PM</b></p> <p><b>Chair Yoga 2PM – 3PM</b></p>	<p><b>26</b></p> <p><b>Let's Talk 10AM – 11AM</b></p> <p><b>Chair Work Out 11:30-12:30</b></p> <p><b>Crossword Puzzles 1PM-2PM</b></p>	<p><b>28</b></p> <p><b>Bingo 10AM-12PM</b></p>  <p><b>Spa Day @ TOMPKINS PARK 1PM-3PM</b></p>
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**Louis Armstrong Social Club**

**Address: 360 Nostrand Avenue,  
Brooklyn, NY 11216  
Phone: (347) 425-1078**

**Center Hours  
Monday/ Wednesday/ Friday  
: 9AM-3:00PM**

**Suggested Meal Contributions:**

Tompkins Park Center uses the membership contributions for the following:

- Performances
  - DJ's/Musicians
  - Parties
  - Gifts
  - Trips
  - Decorations
- ❖ Tompkins Park & Louis Armstrong Social Club appreciates any and all contributions given by the membership. Have a great day!

**PLEASE VISIT THE CENTER  
TO SIGN UP FOR TRIPS ON  
3/11 & 3/25**

**Date: 3/11 Trip: Walmart  
10:15AM-3:00PM**

**Date: 3/25 Trip: Museum Of American Indians  
9:30AM-3:00PM**

**Tompkins Park Senior Center**

**Address: 550 Greene Avenue  
Brooklyn, NY 11221  
Phone: (718) 638-3000**

**Center Hours  
Monday – Friday: 8AM – 3PM**