

Brownsville

Program Director: Wanda Moore
Program Assistant: Anike Hercules-Julien
528 Mother Gaston Blvd.
Brooklyn, NY 11212
Telephone Number: 917.962.8275
Hours of Operation: Monday – Friday 10am to 6pm

2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 215pm-3pm Tech 2 3pm-345pm Walking Club 4pm-445pm	2 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Walk Around 4pm-445pm	3 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 3pm-4pm Walk Around 415pm-5pm
6 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 3pm-345pm Sharing 4pm-445pm	7 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 3pm-345pm Ed/Rec 4pm-445pm	8 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 215pm-2pm-3pm Tech 2 3pm-345pm Walk Around 4pm-445pm	9 Physical Exercise 1215pm-1pm LUNCH 1pm-2pm EMP 2pm-245pm Health Management 3pm-345pm Walking Club 4pm-445pm	10 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 3pm-4pm Walking Club 415pm-5pm
13 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 3pm-345pm Health Management 4pm-445pm	14 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 3pm-345pm Walk Around 4pm-445pm	15 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 215pm-3pm Tech 2 3pm-345pm Walking Club 4pm-445pm	16 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Breast Cancer Walk 2pm-3pm Culture 315pm-4pm Health Management 415pm-5pm	17 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 3pm-4pm Walk Around 415pm-5pm
20 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Sharing 4pm-445pm	21 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Tech 3pm-345pm Walking Club 4pm-445pm	22 Meditation 1215pm-1pm LUNCH 1pm-2pm Tech 1 215pm-3pm Tech 2 3pm-345pm Walk Around 4pm-445pm	23 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Walk Around 4pm-445pm	24 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Craft 3pm-4pm Walking Club 415pm-5pm
27 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Ed/Rec 4pm-445pm	28 Keep on Track 12pm-1245pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 3pm-345pm Walk Around 4pm-445pm	29 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 215pm-3pm Tech 2 3pm-345pm Walking Club 4pm-445pm	30 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Bingo 2pm-245pm Health Management 3pm-345pm Walk Around 4pm-445pm	31 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 3pm-4pm Walk Around 415pm-5pm