

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY! CENTER IS CLOSED.	2. 9AM—Breakfast 10AM—OATS computer class 11:15am—Line Dancing 12PM—Lunch 1PM—Mahjong 2PM—Sewing Class	3. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong	4. 9AM—Breakfast 10AM—OATS Computer Class 10AM—Harmony Road Tabling 10AM—Music class Workshop 12PM—Lunch 2PM—NYRR Fitness	5. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—Mahjong 2 PM—BINGO
8. 9AM—Breakfast 10AM—Hospice of NY Tabling 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	9. 9AM—Breakfast 10AM—OATS computer class 11:15am—Line Dancing 12PM—Lunch 1PM—Mahjong 2PM—Sewing Class	10. 9AM—Breakfast 9:30AM—TRIP [Staten Island Ferry] 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong	11. 9AM—Breakfast 10AM—OATS Computer Class 11AM—GENERAL BODY MEETING 12PM—Lunch 2PM—NYRR Fitness MHC Pantry	12. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO
15. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Nutrition Ed. Class 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	16. 9AM—Breakfast 10AM—HealthFirst Tabling 11:15am—Line Dancing 12PM—Lunch 1PM—Mahjong 2PM—Sewing Class	17. 8AM—TRIP [Healthy Aging] 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong	18. 9AM—Breakfast 11AM—TRIP [METS GAME] 12PM—Lunch 2PM—NYRR Fitness	19. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO
22. 9AM—Breakfast 10AM—TRIP [Am/Indian Museum] 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	23. 9AM—Breakfast 11:15am—Line Dancing 12PM—Lunch 2PM—Sewing class	24. 9AM—Breakfast 10 AM—NYRR Striders 12PM—Lunch 2PM—Mahjong	25. 9AM—Breakfast 11:30—BIRTHDAY CELEBRATION!!! 2PM—NYRR Fitness 2PM—Mahjong MHC Tabling	26. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO
29. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle COMMON PANTRY	30. 9AM—Breakfast 11:15am—Line Dancing 12PM—Lunch 1PM—Mahjong 2PM—Sewing Class	September 2025		

Tompkins Park Older Adult Center

550 Greene Avenue

Brooklyn, NY 11216

(718) 638 – 3000

OPEN

MONDAY – FRIDAY

9:00 AM – 4:00 PM

Our Team

WORDNYC.ORG

Manuel Alls, Jr. – malls@wordnyc.org

Willeslie Hyman—whyman@wordnyc.org

Shara Yarde—syarde@wordnyc.org

Edward Stevens

Terrence Jordan

Donald Cheatham

Patrick Pierre

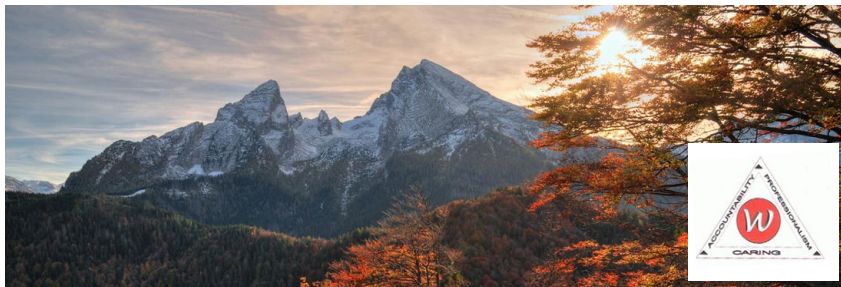
Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

**Free Program for Ages 60+
Bring Proof of ID for Enrollment**



PANTRY

New York Common Pantry

(60+ Must bring ID)

SEPTEMBER 29th, 2025 from 10am—1pm

Harmony Road—September 4th

Music Class Workshop—September 4th

Hospice of NY—September 8th

Mark's Home Care—September 11th & 25th

General Body Meeting—September 11th

HealthFirst—September 16th

Explore NY Trip Series

Staten Island Ferry & Mall - Sept. 10th, 9:30am

Healthy Aging Fair - September 17th 8am

NY Mets Game - September 18

National American Indian Museum

September 22nd, 10am

***BIRTHDAY CELEBRATION
SEPTEMBER 25TH @ 11:30 AM***

Tompkins Park Older Adult Center



**SEPTEMBER
2025**