

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2025			1. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong	2. 9AM—Breakfast 10AM—Music class 12PM—Lunch 2PM—NYRR Fitness	3. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—Mahjong 2 PM—BINGO
		6. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	7. 9AM—Breakfast 10AM—OATS computer class 11:15am—Line Dancing 11:15am—TRIP [Food Bazar] 12PM—Lunch 1PM—Mahjong 2PM—Sewing Class	8. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong	9. 9AM—Breakfast 10AM—GENERAL BODY MEETING 12PM—Lunch 2PM—NYRR Fitness
10. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO		13. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Nutrition Ed. Class 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	14. 9AM—Breakfast 10AM—HEALTH FAIR 12PM—Lunch 2PM—Sewing Class	15. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong	16. 9AM—Breakfast 10AM—Music Class 10AM—OATS computer class 12PM—Lunch 1PM—Breast Cancer Walk 2PM—NYRR Fitness
17. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO		20. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Nutrition Ed. Class 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	21. 9AM—Breakfast 10AM—OATS computer class 10AM—AETNA TABLING 11:15am—Line Dancing 12PM—Lunch 2PM—Sewing class	22. 9AM—Breakfast 10 AM—NYRR Striders 10AM—TRIP [BOWLING] 11AM—Meditation 12PM— Lunch 2PM—Mahjong	23. 9AM—Breakfast 10AM—Music Class 10AM—OATS computer class 11:30—BIRTHDAY CELEBRATION!!! 2PM—NYRR Fitness 2PM—Mahjong
24. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO		27. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle COMMON PANTRY	28. 9AM—Breakfast 10AM—OATS computer class 11:15am—Line Dancing 12PM—Lunch 1PM—Mahjong 2PM—Sewing Class	29. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong	30. 9AM—Breakfast 10AM—Music Class 10AM—OATS Computer Class 12PM—Lunch 2PM—NYRR Fitness
31. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—Mahjong 2 PM—BINGO					

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

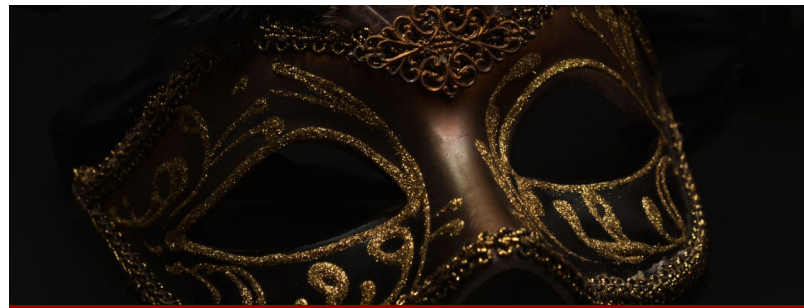
Special Thanks to

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)
OCTOBER 27th, 2025 from 10am—1pm

General Body Meeting – October 9th
Cancer Awareness Week —October 13th—17th
Nutrition Education —October 13th & 20th
HEALTH FAIR—October 14th
BREAST CANCER WALK—October 16th
@ Betsy Head Field
AETNA—October 21st
“Campaign Against Hunger Food” Truck
October 30th

Explore NY Trip Series
FOOD BAZAR - October 7th, 11:15am
Bowling [Gil Hodges Lane] - October 22nd 10am
NY Mets Game - September 18

***BIRTHDAY CELEBRATION
OCTOBER 23RD @11:30 AM***



***Tompkins Park
Older Adult Center***

OCTOBER 2025