

October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
29 WAYSIDE OUTREACHED DEVELOPMENT INC. VAN-DYKE II SENIOR CENTER 430 DUMONT AVE BROOKLYN, NEW YORK 11212	30	1 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	2 ARTS & CRAFT (11AM-1PM) EDUCATION REC	3 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)
6 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	7 GARDENING (10AM-11AM) POKENO (12-1PM)	8 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	9 ARTS & CRAFT (11AM-1PM) EDUCATION REC	10 JASA ELDER JUSTICE 12PM
13 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	14 EMERGENCY PREPAREDNESS AND GIVEAWAY	15 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	16 FITNESS & HEALTH PRESENTATION (10-12PM)	17 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)
20 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	21 GARDENING (10AM-11AM) POKENO (12-1PM)	22 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	23 ARTS & CRAFT (11AM-1PM) EDUCATION REC	24 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)
27 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	28 GARDENING (10AM-11AM) POKENO (12-1PM)	29 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	30 ARTS & CRAFT (11AM-1PM) EDUCATION REC	31 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)

