

Brownsville

2025

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Workout 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Culture 330pm-415pm	4 Meditation 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 245pm-330pm Health Management 330pm-415pm Walking Club 415pm-5pm	5 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Ed/Rec 345pm-430pm Walking Club 430pm-515pm	6 Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 3pm-345pm Tech 345pm-430pm Walking Club 430pm-515pm	7 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 245pm-345pm Walking Club 345pm-430pm
10 Chair Workout 1215am-1pm LUNCH 1pm-2pm Nutritional Education 2pm-245pm Culture 245pm-330pm Ed/Rec 330pm-415pm	11 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Ed/Rec 330pm-415pm Walking Club 415pm-5pm	12 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-3pm Tech 2 3pm-345pm Ed/Rec 345pm-430pm Walking Club 430pm-515pm	13 Chair Workout 1215pm-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Health Management 245pm-330pm Ed/Rec 330pm-415pm Walking Club 415pm-5pm	14 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 245pm-345pm Walking Club 345pm-430pm
17 Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 245pm-330pm Health Management 330pm-415pm	18 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Culture 330pm-415pm Walking Club 415pm-5pm	19 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-3pm Tech 2 3pm-345pm Ed/Rec 345pm-430pm Walking Club 430pm-515pm	20 Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 245pm-330pm Health Management 330pm-415pm Walking Club 415pm-5pm	21 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 245pm-345pm Walking Club 345pm-430pm
24 Chair Workout 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Ed/Rec 330pm-445pm	25 Meditation 1215pm-1pm LUNCH 1pm-2pm Tech 2pm-245pm Health Management 245pm-330pm Ed/Rec 330pm-415pm Walking Club 415pm-5pm	26 THANKSGIVING LUNCHEON Keep on Track 1130am-1215pm Meditation 1215pm-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Bingo 245pm-345pm	27 CENTER CLOSED 	28 
