

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	4. 9AM—Breakfast 10AM—OATS computer class 10AM—VNS HEALTH 11:15am—Line Dancing 12PM—Lunch 2PM—Sewing Circle FUNDRAISER	5. 9AM—Breakfast 10 AM—NYRR Striders 10AM—HEALTHFIRST 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class	6. 9AM—Breakfast 10AM—Music class 10AM—OATS computer class 12PM—Lunch 1PM—KAREOKE 2PM—NYRR Fitness	7. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—NUTRITION EDUCATION 2 PM—BINGO
10. 9AM—Breakfast 10AM—HARMONY ROAD 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	11. 9AM—Breakfast 10AM—TRIP [WALMART] 11AM—Line Dancing 12PM—Lunch 2PM—Sewing Circle 2:30PM—Chair Exercise	12. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class	13. 9AM—Breakfast 10AM—GENERAL BODY MEETING 12PM—Lunch 1PM—KAREOKE 2PM—NYRR Fitness Salina's Day!!	14. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—NUTRITION EDUCATION 2 PM—BINGO
17. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	18. 9AM—Breakfast 11AM—TRIP [DAVE & BUSTERS] 11AM—Line Dancing 12PM—Lunch 2PM—Sewing Class 2:30PM—Chair Exercise	19. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class	20. 9AM—Breakfast 10AM—Music Class 11:30AM—BIRTHDAY PARTY! 1PM—KAREOKE 2PM—NYRR Fitness	21. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—Mahjong 2 PM—BINGO
24. COMMON PANTRY 9AM—Breakfast 10AM—NEW YORK CONNECT 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	25. 9AM—Breakfast 11AM—THANKSGIVING HARVEST 2PM—Sewing class 2:30PM—Chair Exercise VNS HEALTH	26. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class		

Center is Closed!

NOVEMBER 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

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Terrence Jordan

Donald Cheatham

Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

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



Happy Thanksgiving!

PANTRY

New York Common Pantry

(60+ Must bring ID)

NOVEMBER 24th, 2025 from 10am—1pm

Election Day Fundraiser—November 4th

VNS —November 4th

HealthFirst—November 5th

Nutrition Education —November 7th & 14th

Harmony Road—November 10th

General Body Meeting – November 13th

Salina's Day! - November 13th

Harmony Road—November 10th

Explore NY Trip Series

WALMART—November 11th, 10 AM

DAVE & BUSTERS—November 18th, 11 AM

***BIRTHDAY CELEBRATION
NOVEMBER 20TH @ 11:30 AM***

***THANKSGIVING HARVEST CELEBRATION
NOVEMBER 25TH @ 11:00 AM***

Tompkins Park Older Adult Center



NOVEMBER 2025