

Brownsville

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

DECEMBER
2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Walk Around 330pm-415pm	2 Meditation 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 245pm-330pm Walk Around 330pm-415pm	3 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Keep on Track 330pm-415pm	4 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Walk Around 330pm-415pm	5 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 245pm-345pm Walk Around 345pm-430pm
8 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 245pm-330pm Walking Around 330pm-415pm	9 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Walk Around 330pm-415pm	10 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Walking Club 330pm-415pm	11 Golden Corral Trip Meditation 10am-1045am Sharing 1130am-1245pm LUNCH 1pm-2pm Culture 245pm-330pm Leisure 330pm-430pm	12 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 245pm-345pm Walking Club 345pm-430pm
15 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Walking Around 330pm-415pm	16 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Walk Around 330pm-415pm	17 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Walking Club 330pm-415pm	18 Christmas & Birthday Celebration Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Bingo 245pm-4pm	19 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Craft 245pm-345pm Walking Club 345pm-430pm
22 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Walking Club 330pm-415pm	23 Meditation 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health M 245pm-330pm Walking Club 330pm-415pm	24 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Walking Club 330pm-415pm	25 CENTER CLOSED 	26
29 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Culture 330pm-415pm	30 Meditation 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Leisure 245pm-330pm Walk Around 3330pm-415pm	31 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Walking Club 330pm-415pm		