

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	2. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Circle	3. 9AM—Breakfast 10 AM—NYRR Striders 10AM—HEALTHFIRST 11AM—Meditation 12PM— Lunch 2PM—Art Class	4. 9AM—Breakfast 10AM—Music class 12PM—Lunch 1PM—KARAOKE 2PM—NYRR Fitness	5. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—NUTRITION EDUCATION 2 PM—BINGO
8. 9AM—Breakfast 10AM—ELITE 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	9. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Circle	10. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class	11. 9AM—Breakfast 10AM—GENERAL BODY MEETING 12PM—Lunch 1PM—KARAOKE 2PM—NYRR Fitness	12. 9AM—Breakfast 10AM—Trip [Kings Plaza] 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—NUTRITION EDUCATION 2 PM—BINGO
15. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	16. 9AM—Breakfast 10AM—NYC CONNECT 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Class	17. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class	18. 9AM—Breakfast 10AM—Music Class 11:30AM—BIRTHDAY PARTY! 1PM—KARAOKE 2PM—NYRR Fitness	19. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1pm—NUTRITION EDUCATION 2 PM—BINGO
22. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	23. 9AM—Breakfast 11AM—Holiday Celebration! 1:45PM—Chair Exercise 2PM—Sewing class	24. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch		Center is Closed!
29. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	30. 9AM—Breakfast 11AM—Line Dancing 11AM—Cornerstone Meet & Greet 1:45PM—Chair Exercise 2PM—Sewing class	31. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch		

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

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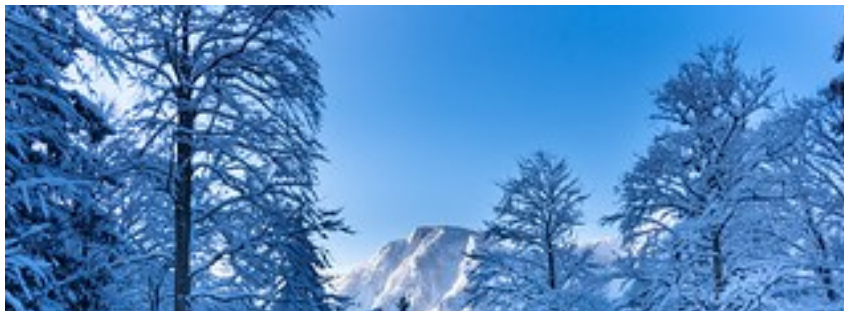
Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

Free Program for Ages 60+



Happy Holidays!

PANTRY
New York Common Pantry
(60+ Must bring ID)
DECEMBER 22nd, 2025 from 10am—1pm

HealthFirst—December 3rd
Nutrition Education —December 5th, 12th, & 19th
Harmony Road—December 5th
Elite—December 8th
General Body Meeting – December 11th
CPA Clinic —December 12th
FLEA MARKET! - December 17th
Cornerstone Residents Meet & Greet—December 30th

Explore NY Trip Series
KINGS PLAZA MALL—December 12th 9:30AM

BIRTHDAY CELEBRATION
DECEMBER 18TH @ 11:30 AM

HOLIDAY CELEBRATION
DECEMBER 23RD @ 11:00 AM

Tompkins Park Older Adult Center



DECEMBER 2025