

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



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Monday	Tuesday	Wednesday	Thursday	Friday
			1 	2 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-3pm Tech 1 315pm-4pm Range of Motion 4pm-445pm
5 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm	6 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Walk Around 330pm-415pm	7 New Year Celebration Keep on Track 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Tech 1 245pm-330pm Range of Motion 330pm-415pm	8 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Meditation 330pm-415pm	9 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-245pm Sharing 245pm-345pm Range of Motion 345pm-430pm
12 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Range of Motion 330pm-415pm	13 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Walk Around 330pm-415pm	14 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm	15 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 245pm-330pm Meditation 330pm-415pm	16 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-245pm Tech 245pm-345pm Range of Motion 345pm-430pm
19 CENTER CLOSED 	20 Meditation 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 245pm-330pm Walk Around 330pm-415pm	21 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm	22 Physical Health 1015am-11am Sharing 1130am-1245pm LUNCH 1pm-2pm Culture 245pm-330pm Meditation 330pm-430pm	23 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Nutrition 2pm-245pm Craft 245pm-345pm Range of Motion 345pm-430pm
26 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Range of Motion 330pm-415pm	27 Green Acres Mall Outing Keep on Track 10am-1045am Tech 1 11am-1145am Walk Around 12pm-1pm LUNCH 1pm-2pm Sharing 2pm-245pm Culture 3pm-345pm	28 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm	29 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Meditation 330pm-415pm	30 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-245pm Ed/Rec 245pm-345pm Range of Motion 345pm-430pm