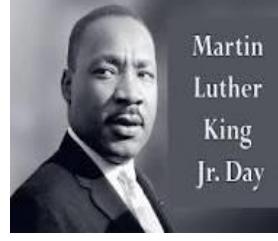


Brownsville

2026

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
			 CENTER CLOSED	1 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-3pm Tech 1 315pm-4pm Range of Motion 4pm-445pm
Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm	5 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Walk Around 330pm-415pm	6 New Year Celebration Keep on Track 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Tech 1 245pm-330pm Range of Motion 330pm-415pm	7 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Meditation 330pm-415pm	8 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-245pm Sharing 245pm-345pm Range of Motion 345pm-430pm
Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Range of Motion 330pm-415pm	12 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Walk Around 330pm-415pm	13 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm	14 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 245pm-330pm Meditation 330pm-415pm	15 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	Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm	21 Physical Health 1015am-11am Sharing 1130am-1245pm LUNCH 1pm-2pm Culture 245pm-330pm Meditation 330pm-430pm	22 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Nutrition 2pm-245pm Craft 245pm-345pm Range of Motion 345pm-430pm
Physical Exercise 1215am-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Range of Motion 330pm-415pm	26 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	Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm	28 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Meditation 330pm-415pm	29 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Craft 2pm-245pm Ed/Rec 245pm-345pm Range of Motion 345pm-430pm
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