


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 10 am to 6 pm



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm Sharing 415pm-5pm	3 Meditation 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 245pm-330pm Range of Motion 330pm-415pm	4 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm Craft 415pm-515pm	5 Chair Workout 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm Leisure 415pm-515pm	6 Blood Pressure 12pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing 430pm-515pm
9 Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Tech 1 245pm-330pm Health Management 330pm-415pm Range of Motion 415pm-5pm	10 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Range of Motion 330pm-415pm Leisure 415pm-515pm	11 Valentine’s Day Luncheon  Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing 430pm-515pm	12 Chair Workout 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Ed/Rec 330pm-415pm Sharing 415pm-5pm	13 Blood Pressure 12pm-1pm LUNCH 1pm-2pm Nutrition 2pm-245pm Tech 1 245pm-330pm Range of Motion 330pm-415pm Craft 415-515pm
16 CENTER CLOSED 	17 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Range of Motion 330pm-415pm Sharing 415pm-5pm	18 Black History Celebration  Meditation 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Tech 1 245pm-330pm Culture 330pm-415pm Bingo 415pm-515pm	19 Chair Workout 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm Sharing 415pm-5pm	20 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing430pm-515pm
23 Chair Workout 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Tech 330pm-415pm Range of Motion 415pm-5pm	24 Kings Plaza Mall Outing Keep on Track 10am-1045am Walking Club 1130am-1215pm Ed/Rec 1215pm-1pm LUNCH 1pm-2pm Sharing 215pm-3pm Health Management 315pm-4pm	25 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm Craft 415pm-515pm	26 Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 245pm-330pm Range of Motion 330pm-415pm Leisure 415pm-515pm	27 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing 430pm-515pm
