

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

2026



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm Sharing 415pm-5pm | Meditation 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Ed/Rec 245pm-330pm Range of Motion 330pm-415pm | Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm Craft 415pm-515pm | Chair Workout 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm Leisure 415pm-515pm | Blood Pressure 12pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing 430pm-515pm |
| 9 | 10 | 11 | 12 | 13 |
| Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Tech 1 245pm-330pm Health Management 330pm-415pm Range of Motion 415pm-5pm | Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Culture 245pm-330pm Range of Motion 330pm-415pm Leisure 415pm-515pm | 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 | Chair Workout 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Ed/Rec 330pm-415pm Sharing 415pm-5pm | Blood Pressure 12pm-1pm LUNCH 1pm-2pm Nutrition 2pm-245pm Tech 1 245pm-330pm Range of Motion 330pm-415pm Craft 415-515pm |
| 16 | 17 | 18 | 19 | 20 |
| CENTER CLOSED  | Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 245pm-330pm Range of Motion 330pm-415pm Sharing 415pm-5pm | Black History Celebration  Meditation 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Tech 1 245pm-330pm Culture 330pm-415pm Bingo 415pm-515pm | Chair Workout 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Health Management 245pm-330pm Range of Motion 330pm-415pm Sharing 415pm-5pm | Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing 430pm-515pm |
| 23 | 24 | 25 | 26 | 27 |
| Chair Workout 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 245pm-330pm Tech 330pm-415pm Range of Motion 415pm-5pm | 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 | Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Range of Motion 330pm-415pm Craft 415pm-515pm | Chair Workout 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 245pm-330pm Range of Motion 330pm-415pm Leisure 415pm-515pm | Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Range of Motion 245pm-330pm Craft 330pm-430pm Sharing 430pm-515pm |

