

# Brownsville

Program Assistant: Anike Hercules-Julien

528 Mother Gaston Blvd.

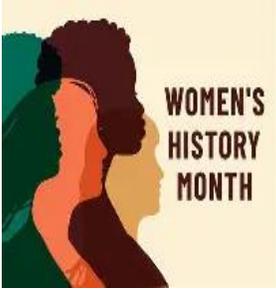
Brooklyn, NY 11212

Telephone Number: 917.962.8275

Hours of Operation: Monday – Friday 10am to 6pm

2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-215pm Ed/Rec 215pm-3pm Culture 315pm-4pm	3 Range of Motion 1215pm-1pm LUNCH 1pm-2pm Health Management 215pm-3pm Ed/Rec 315pm-4pm	4 Meditation 1215pm-1pm LUNCH 1pm-2pm Tech 1 215pm-3pm Tech 2 315pm-4pm	5 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm Health Management 215pm-3pm Ed/Rec 315pm-4pm	6 Blood Pressure 12:15-1pm LUNCH 1pm-2pm <b>Craft 2pm-3pm</b> Sharing 3pm-345pm Range of Motion 345pm-430pm
9 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-215pm Ed/Rec 215pm-3pm Culture 315pm-4pm	10 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 215pm-3pm Ed/Rec 315pm-4pm	11 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 215pm-3pm Tech 1 315pm-4pm	12 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm Health Management 215pm-3pm Tech 2 315pm-4pm	13 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm <b>Craft 2pm-3pm</b> Sharing 3pm-345pm Range of Motion 345pm-430pm
16 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm Ed/Rec 215pm-3pm Culture 315pm-4pm	17 Range of Motion 1215pm-1pm LUNCH 1pm-2pm Health Management 215pm-3pm Tech 1 315pm-4pm	18 <b>Keep on Track</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm <b>Ed/Rec</b> <b>215pm-3pm</b> Tech 2 315pm-4pm	19 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm <b>Nutrition</b> <b>215pm-3pm</b> Health Management 315pm-4pm	20 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm <b>Craft 2pm-3pm</b> Sharing 3pm-345pm Range of Motion 345pm-430pm
23 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm Ed/Rec 215pm-3pm Culture 315pm-4pm	24 Meditation 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 215pm-3pm Health Management 315pm-4pm	25 Meditation 1215pm-1pm LUNCH 1pm-2pm Tech 1 215pm-3pm Tech 2 315pm-4pm	26 <b>Birthday &amp; Women's History Luncheon</b> <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm Sharing 215pm-3pm Bingo 315pm-4pm	27 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm <b>Craft 2pm-3pm</b> Sharing 3pm-345pm Range of Motion 345pm-430pm
30 <b>Chair Workout</b> <b>1215pm-1pm</b> LUNCH 1pm-2pm Health Management 215pm-3pm Ed/Rec 315pm-4pm	31 Range of Motion 1215-1pm LUNCH 1pm-2pm Sharing 215-3pm Leisure 315pm-4pm			

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