

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. NYConnect 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	3. Assisted Home Care 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle	4. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class Plant-Based Competition	5. 9AM—Breakfast 10AM—Music class 12PM—Lunch 1PM—KARAOKE 1:30PM—Comp. Class (Cantonese) 2PM—NYRR Fitness	6. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM— NUTRITION ED. 2 PM—BINGO
9. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	10. 9AM—Breakfast 10AM— TRIP — <i>Food Bazaar</i> 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle	11. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class HARMONY ROAD	12. 9AM—Breakfast 10AM— GENERAL BODY MEETING 12PM—Lunch 1PM—KARAOKE 1:30PM—Comp. Class (Cantonese) 2PM—NYRR Fitness	13. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM— NUTRITION ED. 2 PM—BINGO
16. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	17. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Circle	18. Special Touch Home Care 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class	19 9AM—Breakfast 10AM—Music class 11:30AM— BIRTHDAY CELEBRATION 1PM—KARAOKE 2PM—NYRR Fitness	20. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—OMNY PRESENTATION 2 PM—BINGO
23. COMMON PANTRY 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	24. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Circle	25. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class CABS Tabling	26. High Standard Home Care 9AM—Breakfast 10AM—Music class 11AM—WOMEN IN WHITE 1PM—KARAOKE 2PM—NYRR Fitness	27. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 2 PM—BINGO
30. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	31. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Circle	<h1 style="font-family: cursive; font-size: 4em; color: gray; text-shadow: 2px 2px 0px gray;">March 2026</h1>		

Tompkins Park Older Adult Center

550 Greene Avenue
Brooklyn, NY 11216
(718) 638 – 3000

OPEN

MONDAY – FRIDAY
9:00 AM – 4:00 PM

Our Team

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Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

Free Program for Ages 60+

Bring Proof of ID for Enrollment

**WOMEN'S
HISTORY
MONTH**



PANTRY

New York Common Pantry

(60+ Must bring ID)

MARCH 23RD, 2026 from 10am—1pm

NYConnect - March 2nd

Assisted Home Care—March 3rd

Plant-Based Competition—March 4th

Nutrition Education—March 6th

Harmony—March 11th

General Body Meeting—March 12th

Nutritional Education—March 13th

Special Touch Home Care—March 18th

CABS (Blood Pressure Screening)—March 25th

Women in White (Celebration of Women's HERstory Month)—

March 26th

High Standard Home Care— March 26th

TRIPS

FOOD BAZAAR—March 10th

Birthday Celebration
March 19th, 2026

*Tompkins Park
Older Adult Center*



MARCH 2026