

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

APRIL 2026

<p>6. 9AM—Breakfast 10AM—Rainbow Presentation 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2PM—Knitting/Crochet Circle</p>	<p>7. 9AM—Breakfast 10AM—Art Creative Circle 11AM—Line Dancing 12PM—Lunch Elder Abuse 1PM—Computer Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle</p>	<p>8. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class</p>	<p>9. 9AM—Breakfast 10AM—GENERAL BODY MEETING 12PM—Lunch 1PM—KARAOKE 1PM—Computer Class (Cantonese) 2PM—NYRR Fitness</p>	<p>3. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba Gold 12PM—Lunch 2 PM—BINGO</p>
<p>13. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class <u>1PM—NUTRITION ED.</u> 2PM—Knitting/Crochet Circle</p>	<p>14. 9AM—Breakfast 10AM—Art Creative Circle 11AM—Line Dancing 12PM—Lunch CABS Homecare 1PM—Computer Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle</p>	<p>15. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class</p>	<p>16. 9AM—Breakfast 10AM—Music class 11:30AM—BIRTHDAY CELEBRATION 1PM—KARAOKE 1PM—Computer Class (Cantonese) 2PM—NYRR Fitness</p>	<p>17. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—SPRING DANCE</p>
<p>20. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2PM—Knitting/Crochet Circle</p>	<p>21. 9AM—Breakfast 10AM—Art Creative Circle 10:30AM TRIP—Cherry Blossom 11AM—Line Dancing 12PM—Lunch Health First 1:45PM—Chair Exercise 2PM—Sewing Circle</p>	<p>22. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class</p>	<p>23. 9AM—Breakfast 10AM—Music class 10:30AM TRIP—Gil Hodges Bowling 12PM—Lunch 1PM—KARAOKE 2PM—NYRR Fitness</p>	<p>24. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba Gold 12PM—Lunch 2 PM—BINGO</p>
<p>27. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2PM—Knitting/Crochet Circle</p>	<p>28. 9AM—Breakfast 10AM—Art Creative Circle 11AM—Line Dancing 12PM—Lunch 1:45PM—Chair Exercise 2PM—Sewing Circle</p>	<p>29. 9AM—Breakfast 10 AM—NYRR Striders 11AM—Meditation 12PM— Lunch 2PM—Mahjong 2PM—Art Class</p>	<p>30. 9AM—Breakfast 10AM—Music class 12PM—Lunch 1PM—KARAOKE <u>1PM—NUTRITION ED.</u> 2PM—NYRR Fitness</p>	

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

WORDNYC.ORG

Manuel Alls, Jr. – malls@wordnyc.org

Shara Yarde—syarde@wordnyc.org

Dominiq Hill—dhill@wordnyc.org

Edward Stevens

Terrence Jordan

Donald Cheatham

Shelton Davis

Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

**Free Program for Ages 60+
Bring Proof of ID for Enrollment**

**DON'T WATCH THE CLOCK;
DO WHAT IT DOES.**

KEEP GOING.



PANTRY

New York Common Pantry

(60+ Must bring ID)

April 27th, 2026 from 10am—1pm

Elder Abuse—April 7th

General Body Meeting—April 9th

CABS Homecare—April 14th

Spring Dance—April 17th

Health First—April 21st

Cherry Blossom Trip—April 21st

Gil Hodges Bowling Trip—April 23rd

Nutrition Ed—April 10th,13th,30th

Computer Class—Every Tuesdays & Thursdays

Art Creative Class—Every Tuesdays & Fridays

Birthday Celebration

April 16th

Tompkins Park Older Adult Center



APRIL 2026