

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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# 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 <span style="border: 1px solid black; padding: 2px;">Elder Abuse</span> 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—<b>GENERAL BODY MEETING</b> 12PM—Lunch 1PM—KARAOKE 1PM—Computer Class (Cantonese) 2PM—NYRR Fitness</p>	<p>3. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba <b>Gold</b> 12PM—Lunch 2 PM—BINGO</p> <p>10. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba <b>Gold</b> 12PM—Lunch <u>1PM—NUTRITION ED.</u> 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 <span style="border: 1px solid black; padding: 2px;">CABS Homecare</span> 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—<b>BIRTHDAY CELEBRATION</b> 1PM—KARAOKE 1PM—Computer Class (Cantonese) 2PM—NYRR Fitness</p>	<p>17. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba <b>Gold</b> 12PM—Lunch 1PM—<b>SPRING DANCE</b></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 <b>TRIP—Cherry Blossom</b> 11AM—Line Dancing 12PM—Lunch <span style="border: 1px solid black; padding: 2px;">Health First</span> 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 <b>TRIP—Gil Hodges Bowling</b> 12PM—Lunch 1PM—KARAOKE 2PM—NYRR Fitness</p>	<p>24. 9AM—Breakfast 10AM—Art Creative Circle 11:15AM—AFCBI Zumba <b>Gold</b> 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

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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**

**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 26th*

# *Louis Armstrong Older Adult Center*



# APRIL 2026