

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAY 2026

4. **Vita Valens**
 9AM—Breakfast
 11AM—Dance w/ Kuniko
 12PM—Lunch
 1PM—Writing Class
 2PM—Knitting/Crochet Circle

5. 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—FDNY Fire Safety
 12PM—Lunch **Health First**
 1PM—Computer Class (Cantonese)
 1:45PM—Chair Exercise
 2PM—Sewing Circle

6. 9AM—Breakfast
 10 AM—NYRR Striders
 11AM—Meditation
 12PM—Lunch
 2PM—Art Class
Davita Home Dialysis

7. **ElderPlan**
 9AM—Breakfast
 10AM—Music Class
 12PM—Lunch
 1PM—KARAOKE
 1PM—Computer Class (Cantonese)
 2PM—NYRR Fitness

1. 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—AFCBI Zumba **Gold**
 12PM—Lunch
 2 PM—BINGO

8. 10AM—**Mother's Day Brunch**
 2 PM—BINGO

11. **NYConnect**
 9AM—Breakfast
 11AM—Dance w/ Kuniko
 12PM—Lunch
 1PM—Writing Class
 2PM—Knitting/Crochet Circle

12. 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—Line Dancing
 12PM—Lunch
 1PM—Computer Class (Cantonese)
 1PM—**MOVIE DAY!**
 2PM—Sewing Circle

13. 9AM—Breakfast
 10 AM—NYRR Striders
 11AM—Meditation
 12PM—Lunch
 2PM—Mahjong
 2PM—Art Class

14. 9AM—Breakfast
 10AM—**General Body Meeting**
 12PM—Lunch
 1PM—KARAOKE
 1PM—Computer Class (Cantonese)
 2PM—NYRR Fitness

15. 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—AFCBI Zumba **Gold**
 12PM—Lunch
 1PM—**UNDERSTANDING MEDICARE**
 2PM—BINGO

18. **CPA Clinics**
 9AM—Breakfast
 11AM—Dance w/ Kuniko
 12PM—Lunch
 1PM—Writing Class
 2PM—Knitting/Crochet Circle

19. 9AM—Breakfast
 10AM—Art Creative Circle
 10:30AM **TRIP—Gateway Mall**
 11AM—Line Dancing
 12PM—Lunch
 1PM—Computer Class (English)
 1:45PM—Chair Exercise
 2PM—Sewing Circle

20. 9AM—Breakfast
 10 AM—NYRR Striders
 11AM—Meditation
 12PM—Lunch
 2PM—Mahjong
 2PM—Art Class

21. 9AM—Breakfast
 10AM—Music class
 11:30AM—**BIRTHDAY CELEBRATION**
 1PM—KARAOKE
 1PM—Computer Class (English)
 2PM—NYRR Fitness

22. 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—AFCBI Zumba **Gold**
 12PM—Lunch
1PM—NUTRITION ED.
 2 PM—BINGO



Center's Closed.

26. **Team Care**
 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—Line Dancing
 12PM—Lunch
 1:45PM—Chair Exercise
 2PM—Sewing Circle

27. **CPA Clinics**
 9AM—Breakfast
 10 AM—NYRR Striders
 10AM—**Trip—HEALTH DAY!!**
 11AM—Meditation
 12PM—Lunch
 1PM—**CPA Clinics presentation**
 2PM—Art Class

28. 9AM—Breakfast
 10AM—Music class
 12PM—Lunch
 1PM—KARAOKE
 1PM—Computer Class (English)
 2PM—NYRR Fitness

29. 9AM—Breakfast
 10AM—Art Creative Circle
 11AM—AFCBI Zumba **Gold**
 12PM—Lunch
 2 PM—BINGO

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



PANTRY

New York Common Pantry

(60+ Must bring ID)

May 27th, 2026 from 10am—1pm

Vita Valens — May 4th

FDNY [Fire Safety]—May 5th

Health First —May 5th

Davita Home Dialysis —May 6th

Elder Plan—May 7th

Mother's Day Brunch—May 8th

NY Connect—May 11th

MOVIE NIGHT—May 12th

General Body Meeting—May 14th

Understanding Medicare—May 15th

CPA Clinics — May 18th

Nutrition Education Class — May 22nd

Team Care—May 26th

CPA Clinics — May 27th

GATEWAY MALL—May 19th

HEALTH DAY—May 27th

BIRTHDAY CELEBRATION May 21st

Tompkins Park Older Adult Center



MAY 2026