



	Activity & Time	Location
<b>Monday 9-22-08</b>	<b>Brooklyn</b>	
	9am DOT Pedestrian Safety Walk - Kick Off Event	Marine Park
	9am City Parks Foundation Outdoor Yoga	Marine Park
	9am Billiards, 9am Walking Club, 11am Wii Bowling Competition	Vandalia
	9:30 Chair Yoga Class (Chair Provided), 11am All in One Exercise, 1pm Wii Bowling	Bergen Beach
	10am Green Thumb Garden Club, 11am Walking Club, 1pm Healthy Baking 101	Midwood
	10:30 Stretch Band Training, 11:30 Tai-Chi Kung, 12:30 Country Western Line Dancing	Marine Park
	11am Wii Bowling, 11am Chair Aerobics, 12:30 Wii Bowling Competition, Billiards Tournament	Abe Stark
	6:30pm Improving Balance & Preventing Falls	Beth Israel 3201 Kings Highway, Brooklyn, NY
	<b>Queens</b>	
9am City Parks Foundation Outdoor Yoga	Roy Wilkins Park—Tennis Courts	
10am City Parks Foundation Fitness Walking	Roy Wilkins Park—Tennis Courts	
10:30 Ballroom Dance Instruction	Russo's On The Bay- 162-45 Cross Bay Blvd., Howard Beach NY	
<b>Tuesday 9-23-08</b>	<b>Brooklyn</b>	
	9am Knitting, 9am Billiards, 10am Crafts & Painting 10:30 Country Western Line Dancing	Vandalia
	9:30 Walking Club	Abe Stark
	10am City Parks Foundation Walking Club	Salt Marsh Nature Center - 3302 Avenue U
	10am Puzzlemania, 11am Poker Tournament, 11 am Billiards Competition	Midwood
	11am Yoga Meditation, 1pm Computer Class	Vandalia
	11am Silver Sneakers Cardio Circuit	Gold's Gym Mill Basin - 6161 Strickland Ave
	1pm RX Laughter, 2pm Wii Bowling Competition	Midwood
	4:30 Staywell Exercise	Glenwood Community Center - 5816 Farragut Rd
	<b>Kings Plaza Shopping Center - Center Court</b>	
10:30 Belly Dancing, 11:30 Ballroom Dancing, 1pm Tai-Chi Kung, 2pm All In One Exercise		
All day events—Wii Sports, Karaoke & Raffles		
<b>Queens</b>		
10am City Parks Foundation Tennis	Roy Wilkins Park—Tennis Courts	
<b>Wednesday 9-24-08</b>	<b>Brooklyn</b>	
	9am City Parks Foundation Outdoor Yoga	Marine Park
	9am Walking Club, 9:30 Billiards, 10am Wii Bowling & Tennis	Vandalia
	9:30 Staywell Exercise, 11am "U got Talent Show" 1pm "Creating A Resume" Workshop	Midwood
	10am First Responders w/Flatlands Volunteer Ambulance Corps.	John Malone Community Center - 2303 Bergen Avenue
	10am City Parks Foundation Tennis Instruction	Marine Park Tennis Courts - East 32 St & Avenue S
	10am Canoeing For Active Adults	Salt Marsh Nature Center - 3302 Avenue U - Meet in Front
	11am Outdoor Yoga & Meditation	Vandalia
	11am Coffee Klutch	New Utrecht Public Library - 1743 86th St. at Bay 17th St.
	1pm Computer Workshop	Abe Stark
3pm Staywell Exercises	Phillip Howard Houses Community Center - 1655 Flatbush Avenue	
<b>Queens</b>		
9am City Parks Outdoor Yoga, 10am Walking Club	Roy Wilkins Park—Tennis Courts	
9am Yoga with a Skylineview, 10am Fitness Walk	Tribute Park 116th Street, Rockaway, NY	
11am Tai-Chi	World Champion Karate Center - 112-20 Beach Channel Drive	
130pm Staywell Exercise	St. Camillus Senior Center - 99-15 Rockaway Beach Boulevard	
2pm Fitness Nature Walk, 3pm Stretch Band Training	Forest Park - Visitor's center Enter on Northwest Corner of Woodhaven Blvd & Forest Park Drive	
<b>Thursday 9-25-08</b>	<b>Brooklyn</b>	
	9am All Day Health Fair	Vandalia
	9am Knitting, 10am Game Day, 10:45 Chair Yoga & Meditation	Vandalia
	9:30 Walking Club, 11am Wii Bowling	Abe Stark
	10am City Parks Foundation Walking Club	Salt Marsh Nature Center - 3302 Avenue U
	10am Ballroom Dancing, 11am All in One Exercises, 11am Photography	Marine Park
	10:30 Senior Sing, 1pm Mah-Jongg Marathon	Midwood
	11am Advance Senior Aerobics	Marine Park
	12:30 Billiards Tournament Final between Abe Stark & Vandalia	Abe Stark
	1pm Book Club - partners w/Brooklyn Public Library	Midwood
1pm Wii Bowling Competition	Bergen Beach	
7:30pm Lawn Chair Theater—Movie - "Field of Dreams" - Bring a chair or blanket	The Salt Marsh Nature Center	
<b>Queens</b>		
9am Fun & Fitness	Connelly Dance Center - 102-10 159th Road	
10am City Parks Foundation Tennis	Roy Wilkins Park—Tennis Courts	
11am Silver Sneakers Cardio Circuit	Gold's Gym in Howard Beach - 157-05 Cross Bay Blvd	
12:30 Staywell Exercise	Christ Presbyterian Church - 102 Noel Road	
<b>Friday 9-26-08</b>	<b>Brooklyn</b>	
	9am Walking Club, 9:30 Billiards, 10am Computer Class, 11am Game Day	Vandalia
	10am City Parks Foundation Tennis Instruction	Marine Park Tennis Courts - East 32st & Avenue S
	10am Brain Aerobics 10am Intro to Drama & Skits, 11am Ballroom Dancing, 1pm Dance Contest	Midwood
	12:30 Wii Bowling Tournament - Multi Center Final	Bergen Beach
	1pm Bridge Tournament	Abe Stark
	<b>Queens</b>	
	9am Beach Chair Yoga, 10 am Fitness Beach Walk	Beach 17th Street, Rockaway - Promenade in front of Park House
	10:30 Chair Aerobics	Sorrentino's Recreation Center - 18-48 Cornaga Avenue
	11:45 Stretch Band Training	Ocean Bay Senior Center - 441 Beach 51 Street
<b>Daily (Sept. 22-Sept. 26) Times Vary</b>	<b>CURVES (Marine Park)</b>	2976 Quentin Road - (718) 627 - 0118
	<b>CURVES (Bensonhurst)</b>	7203 20th Avenue - (718) 232 - 6306
Call ahead to one of the two Curves Fitness Centers near you for a free trial session		

Millennium Active Aging Centers	Other Partnering Locations
<p>Abe Stark 103-15 Farragut Road Brooklyn, NY 11236 718-272-9515 Marine Park 3302 Avenue U Brooklyn, NY 11234 718-444-0101 Ext 10</p> <p>Midwood 4815 Avenue I Brooklyn, NY 11234 718-253-5557 Vandalia 47 Vandalia Ave Brooklyn, NY 11239 718-272-3905 Bergen Beach JM Community Center 2303 Bergen Ave 718-968-1068</p>	<p><b>Brooklyn</b></p> <p>The Salt Marsh Nature Center 3302 Avenue U, Brooklyn, NY 11234 Gold's Gym - Mill Basin 6161 Strickland Ave Brooklyn, NY 11234 Beth Israel - Kings Highway 3201 Kings Highway Brooklyn, NY 11234 New Utrecht Library 1743 86 Street Brooklyn, NY 11214 Glenwood Community Center 5816 Farragut Road Brooklyn, NY 11234</p> <p>Roy Wilkins park Tennis Courts Batsley Blvd &amp; 177th St Queens, NY 11434</p> <p>Gold's Gym - Howard Beach 157-05 Cross Bay Blvd Howard Beach, NY 11414</p> <p>World Champion Karate Center 112-20 Beach Channel Drive Far Rockaway, NY 11694</p> <p>Sorrentino Recreational Center 18-48 Cornaga Avenue Far Rockaway, NY 11691</p> <p><b>Queens</b></p> <p>Russos's on the Bay 162-45 Crossbay Boulevard Howard Beach, NY 11414</p> <p>Connelly Dance Center 102-10 159th Road Howard Beach, NY 11414</p> <p>St. Helen's Golden Age 83-09 157th Avenue Howard Beach, NY 11414</p> <p>St. Camillus Senior Center 99-15 Rockaway Beach Blvd. Rockaway Park, NY 11694</p> <p>Ocean Bay Senior Center 441 Beach 51 Street Rockaway, New York 11692</p> <p>Forest Park 101 Forest Park Drive Jamaica, NY 11385</p> <p>Christ Presbyterian Church 102 Noel Road Brooklyn, NY 11693</p> <p>Tribute Park - On the Bay B 116th St &amp; Beach Channel Dr Far Rockaway, NY 11694</p>