



Activity & Time

Location

Monday 9-21-09

Brooklyn

9am Yoga - City Parks Foundation
9am Billiards, **10am** Walking Club, **11am** Wii Bowling
10am Blood Pressure Screening, **11am** Exercise in Dance, 1pm Healthy Baking 101
10:30am Stretch Band Exercise, **11:30am** Tai-Chi Kung, **12pm** Canoeing, **12:30pm** Zumba
10:30am Chair Yoga & Meditation
11:00am Wii Bowling / Exercise Class
1:30pm Chair Yoga & Meditation
2:15pm Stretch Band Exercise
4pm Staywell Exercise

Marine Park
Vandalia
Midwood
Marine Park
Canarsie Library - 1580 Rockaway Pkwy (718)257-6547
Abe Stark
Spring Creek Library - 12143 Flatlands Ave (718)257-6571
Mill Basin Library - 2385 Ralph Ave (718)241-3973
Glenwood Community Center - 5816 Farragut Rd. - Outdoor

Queens

10am Silver Sneakers Cardio Circuit
11am Staywell Exercise
1pm Staywell Exercise

Gold's Gym Howard Beach - 157-05 Cross Bay Blvd
Broad Channel Park - Cross Bay Blvd & 100th Place
St. Helen's Golden Age - 83-09 157th Ave

Tuesday 9-22-09

Brooklyn

9am Billiards / Knitting, **10am** Blood Pressure Screening / Crafts and Painting, **1pm** Computer
9:30am Staywell Exercise
10am Walking - City Parks Foundation
10:30am Chair Exercise, **11:30am** Yoga
11am Dancin Feet, **1pm** Wii Bowling / Mah-Jongg Instruction
11am Silver Sneakers Cardio Circuit
11am Wii Bowling Tournament
12pm Stretch Band Exercise
2pm Staywell Exercise

Vandalia
Amersfort Park - Avenue I & E 38th St
Marine Park
JM Community Center
Midwood
Gold's Gym Mill Basin - 6161 Strickland Ave
Abe Stark
Our Lady of Grace - 430 Ave W
Phillip Howard - 1655 Flatbush Ave

Queens

9am Aerobics Exercise
9am Fitness Walk - City Parks Foundation
10am Tennis - City Parks Foundation
10:30am Silver Sneakers Cardio Circuit
11am Active Adult Fitness Class, **12:00pm** Intergenerational Gardening
12:45pm Staywell Exercise

Tribute Park - Beach Channel Drive & Beach 118th St
Ft. Totten Park - Fort Totten & Cross Island Blvd
Roy Wilkins Park - Baisley Blvd & 177th St
Gold's Gym Howard Beach - 157-05 Cross Bay Blvd
Bayside Playground - Beach Channel Drive & Seaside Ave
St Thomas Moore Church - 204-25 Rockaway Pt. Blvd.

Wednesday 9-23-09

Brooklyn

9am Yoga, **10am** Tennis - City Parks Foundation
9am Billiards, **10:30am** Jokersize, **11am** Wii Bowling
10:30am Staywell Exercise, **11am** Red Hat Cotillion Dance, **1pm** Tai-Chi / Computer Time
1pm Bridge Tournament / Computer Instruction
1:15pm Staywell Exercise
3pm Staywell Exercise

Marine Park
Vandalia
Midwood
Abe Stark
New Utrecht Library - 1743 86th St. at Bay 17th St. (718)236-4086
Gravesend Library - 303 Ave X (718)382-5792

Queens

9am Yoga
10:30am Silver Sneakers Cardio Circuit
11am Yoga - City Parks Foundation
1:30pm Yoga

Fort Tilden - 1st right turn off Marine Park Bridge
Gold's Gym Howard Beach - 157-05 Cross Bay Blvd
Roy Wilkins Park - Baisley Blvd & 177th St
St Camillus Church - 99-15 Rockaway Beach Blvd.

Thursday 9-24-09

Brooklyn

9am Billiards, **9:30am** Knitting, **10:45am** Chair Yoga & Meditation
9am Puzzlemania, **11am** Chair Aerobics Video, **1pm** Walking Club / Mah-Jongg Marathon
10am Walking Club, **1:15pm** Wii Bowling
10am Walking - City Parks Foundation
10am Yoga
11am Photography
11am Yoga, **1pm** Bridge Instruction
11am Silver Sneakers Cardio Circuit
2:30pm Yoga & Meditation
7:30pm Dancing Under the Stars

Vandalia
Midwood
JM Community Center
Marine Park
Strickland Park
Salt Marsh Nature Center
Abe Stark
Gold's Gym Mill Basin - 6161 Strickland Ave
Sheepshead Bay Library - 2636 East 14th St. (718)368-1815
Salt Marsh Nature Center

Kings Plaza Shopping Center - Center Court

10:30am Chair Aerobics, **11:30am** Chair Yoga, **12:30pm** Line Dancing, **1:30pm** Ballroom Dance **2:30pm** Stretch Band, **3:30pm** Karate

Queens

9am Fitness Walk - City Parks Foundation
10am Tennis - City Parks Foundation
10:30am Silver Sneakers Cardio Circuit

Ft Totten Park - Fort Totten & Cross Island Blvd
Roy Wilkins Park - Baisley Blvd & 117th St
Gold's Gym Howard Beach - 157-05 Cross Bay Blvd

Friday 9-25-09

Brooklyn

9am Billiards, **10am** Walking Club, **10am** Computer Class
10am Tennis Instruction
10am Stretch Band Exercise
11am Chair Yoga & Meditation
11am Staywell Exercise, **11:30am** Wii Bowling, **1pm** Dominoes Tournament
10am Armchair Yoga, **11am** Ballroom Dance, **1pm** Dance Contest
11:30 Stretch Band Exercise
1:30pm Wii Bowling Tournament - Multi Center Final

Vandalia
Marine Park
L&B Spumoni Gardens - 2725 86th St. - Outdoor
Paerdegat Library - 850 East 59th St. (718)241-3994
Abe Stark
Midwood
Marlboro Playground - West 11th St & Ave W
JM Community Center

Queens

11am Yoga - City Parks Foundation

Roy Wilkins Park - Baisley Blvd & 117th St

Daily (Sept. 21 Sept. 25)

CURVES (Marine Park)
Call ahead for a free trial.

2976 Quentin Road - (718) 627 - 0118

Millennium Development Active Aging Centers

	Abe Stark 103-15 Farragut Road Brooklyn, NY 11236 718-272-9515 Nathan Williams or Mariana Hernandez	Bergen Beach JM Community Center 2303 Bergen Ave 718-444-0101 ext.115 Larry Janoff	Marine Park Salt Marsh Nature Center 3302 Avenue U Brooklyn, NY 11234 718-444-0101 Ext 110 Tiffany Wong	Midwood 4815 Avenue I Brooklyn, NY 11234 718-253-5557 Jackie Florio or Nicole	Vandalia 47 Vandalia Ave Brooklyn, NY 11239 718-272-3905 Dee Pozzuoli or Andrew
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If you have any questions about the programs or classes in this brochure please feel free to contact us at 718-444-0101 Ext 110.