



## Activity & Time

## Location

Monday 9-20-10

### Brooklyn

9am Yoga - City Parks Foundation  
9am Billiards / Exercise Stations, **10am** Treadmill Exercise / Wii Bowling  
10am Pain Management / Wii Bowling, **11am** Fitness Workout Video, **1pm** Nutrition Lecture, **2pm** Healthy Baking 101  
11:00am Low-Impact Zumba / Wii Bowling, **1pm** Bridge Instruction  
2:00pm Chair Yoga & Meditation

Marine Park  
Vandalia  
Midwood  
  
Abe Stark  
Paerdegat Library - 850 East 59th St. (718)241-3994

### Kings Plaza Shopping Center - Center Court

10:30am Stretch Band Exercise, **11:30am** Tai Chi, **12:30pm** Zumba, **1:30pm** Line Dancing, **2:30pm** Yoga

Tuesday 9-21-10

### Brooklyn

9am Billiards / Knitting / Exercise Stations, **10am** Blood Pressure Screening / Crafts and Painting / Wii Bowling, **1pm** Computers  
9am Cardio Sculpt, **10am** Chair Cardio, **11am** Yoga/Tennis **1pm** Line Dancing  
9am Fitness Walk, **10am** Stretch Band Exercise, **11am** Yoga, **12pm** Chair Cardio  
9:30am Walking Club, **11am** Wii Bowling, **1pm** Bridge Instruction  
10am Armchair Yoga / Wii Bowling, **11am** Brain Aerobics, **1pm** Mah-Jongg, **2pm** Checkers  
10am Fitness Walk - City Parks Foundation  
4pm Staywell Exercise

Vandalia  
  
JM Community Center  
Lowe's Parking Lot - Avenue U & East 56 Street  
Abe Stark  
Midwood  
Marine Park  
Glenwood Community Center - 5816 Farragut Road

### Queens

9am Fitness Walk - City Parks Foundation  
10am Tennis - City Parks Foundation

Ft. Totten Park - Fort Totten & Cross Island Blvd  
Roy Wilkins Park - Baisley Blvd & 177th St

Wednesday 9-22-10

### Brooklyn

9am Yoga, **10am** Tennis - City Parks Foundation  
9am Billiards / Knitting / Exercise Stations, **10am** Wii Bowling, **10:30am** Walking Club  
9am Walking Club, **10am** Armchair Aerobics / Wii Bowling, **10:30am** Staywell Exercise, **11am** Computers, **1pm** Tai-Chi, **2pm** Puzzle Mania  
11am Line Dancing / Wii Bowling, **1pm** Bridge Tournament / Computer Instruction  
3pm Staywell Exercise

Marine Park  
Vandalia  
Midwood  
  
Abe Stark  
Phillip Howard Houses - 1655 Flatbush Avenue

### Queens

9am Yoga, **10am** Aerobic Exercise, **11am** Stretch Band Exercise  
11am Yoga - City Parks Foundation

Rockaway Beach Boardwalk - Beach 125th Street  
Roy Wilkins Park - Baisley Blvd & 177th St

Thursday 9-23-10

### Brooklyn

9am Billiards / Exercise Stations, **9:30am** Knitting, **10:45am** Chair Yoga & Meditation  
10am Walking Club, **1:30pm** Wii Bowling Tournament - Multi Center Final  
10am Fitness Walk - City Parks Foundation  
10am Walk NYC, **10:30am** Cardio Sculpt, **11:30am** Chair Cardio, **12:00pm** Bocce Tournament / Come Fly with Midwood, **12:30pm** Yoga  
11am Canoeing for Active Adults in the Gerritsen Inlet  
11am Yoga, **1pm** Bridge Instruction / Billiards Tournament

Vandalia  
JM Community Center  
Marine Park  
Salt Marsh Nature Center  
  
Salt Marsh Nature Center  
Abe Stark

### Queens

9am Fitness Walk - City Parks Foundation  
10am Tennis - City Parks Foundation

Ft Totten Park - Fort Totten & Cross Island Blvd  
Roy Wilkins Park - Baisley Blvd & 117th St

Friday 9-24-10

### Brooklyn

10:30am Chair Aerobics, **11:30am** Chair Yoga, **12:30pm** Zumba, **1:30pm** Stretch Band Exercise  
9am Billiards / Exercise Stations, **10am** Treadmill Exercise  
10am Tennis Instruction  
12pm Staywell Exercise  
1pm Bridge Tournament, **2pm** Billiards Tournament  
2pm Chair Yoga & Meditation

Canarsie Pier - Exit 13 Rockaway Pkwy  
Vandalia  
Marine Park  
Mill Basin Library - 2385 Ralph Ave (718)241-3973  
Abe Stark  
Spring Creek Library - 12143 Flatlands Ave (718)257-6571

### Queens

11am Yoga - City Parks Foundation

Roy Wilkins Park - Baisley Blvd & 117th St

## 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 Brooklyn, NY 11234 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
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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.