



age friendly
CENTRAL BROOKLYN

ACTIVE AGING WEEK (October 3 -9, 2022)

Schedule of Events

Monday, October 3rd (Emotional)

10 AM - 1 PM | Active Aging Week Kickoff | Restoration Plaza, 1368 Fulton St. (under the Tent)

Tuesday, Oct. 4th, (Intellectual & Physical)

10 AM - 11 AM | Chair Yoga with Tameeka Nicole (Virtual)

11 AM - 12 PM | Aging Policy & Quality of Life with NYAM (Virtual)

1 PM-3 PM | Lunch & Learn NYS Utilities | 1456 Fulton St. (Masks Required)

Wednesday, October 5th (Social)

12 PM - 4 PM | Outdoor Social | Myrtle Avenue Plaza, 484-550 Myrtle Ave.

6:30 PM | Movie Screening: The Woman King | BAM 30 Lafayette Ave. (Fee \$5)

Thursday, Oct. 6th (Environment & Physical)

10 AM - 11 AM | Chair Yoga with Tameeka Nicole (Virtual)

11 AM-2 PM | Food is Medicine Farm Tour | Tranquility Farms 659 Willoughby

Friday October 7th (Professional)

11 AM - 1 PM | Encore Career Fair | Restoration Plaza, 1368 Fulton St.

Saturday, October 8th (Physical)

9:30 AM - 4 PM | Senior Games @ Governors Island | Pickup from

Restoration Plaza, 1368 Fulton St. and Myrtle Plaza, 484-550 Myrtle Ave

Sunday, October 9th (Spiritual)

3 PM - 6 PM | Reflections of Active Aging Week | Restoration Plaza

1368 Fulton St. (Lunch provided)

Masks are strongly encouraged at all indoor events.

Funding for
Active Aging Week
provided by



**CITIZENS
COMMITTEE
FOR NEW
YORK CITY**



Active Aging Week
is sponsored by
Assembly Member
Stefani L. Zinerman
56th Assembly District

Active Aging Week
Partners

**MYRTLE
AVE BKLYN**

**THE
NEW YORK
ACADEMY
OF MEDICINE**