



WEEK-LONG SCHEDULE

(Monday, September 30 - Sunday, October 6, 2024)

"Get Back in the Game!"

DATE	THEME	ACTIVITY
MON SEPT. 30	VOCATIONAL WELLNESS 10:00 AM - 2:00 PM	Active Aging Week KICKOFF Restoration Plaza 1368 Fulton Street
TUES OCT. 1	ENVIRONMENTAL WELLNESS 9:30 AM - 11:30 AM Senior Games @ Von King Park 670 Lafayette Avenue	1:00 PM - 4:00 PM Celebrating 100 Years of Parks! Shirley Chisholm State Park 1750 Pennsylvania Avenue
WED OCT. 2	INTELLECTUAL WELLNESS 9:30 AM - 12:00 PM Breast Cancer Pink Ribbon Walk Fulton Park, 70 Chauncey Street	1:00 PM - 4:00 PM Lunch & Lifestyle Choices Woodhull Hospital 760 Broadway
THURS OCT. 3	SOCIAL WELLNESS 2:00 PM - 4:30 PM Fashion by Courtney Washington 307 Hancock Street	7:00 PM - 9:00 PM Live Jazz Concert Weeksville Heritage Center 158 Buffalo Avenue
FRI OCT. 4	EMOTIONAL WELLNESS 11:00 AM - 2:00 PM Voter Info & Registration 1360 Fulton Street	5:00 PM - 7:00 PM Music Therapy w/Eric Frazier Sistas' Place 456 Nostrand Avenue
SAT OCT. 5	PHYSICAL WELLNESS 7:30 AM - 5:00 PM	Intergenerational Fun + Fitness Sunken Meadow State Park Suffolk County, New York
SUN OCT. 6	SPIRITUAL WELLNESS 2:00 PM - 6:00 PM	Reflections + Recommitment 275 Park Comedy Club 275 Park Avenue

TO RSVP & FOR MORE INFORMATION:
<https://bit.ly/afcbactiveaging2024>

SCAN

