

Gail P. Duke Older Adult Center  
 350 Livonia Avenue  
 Brooklyn, NY 11212  
 Phone 718-942-5345

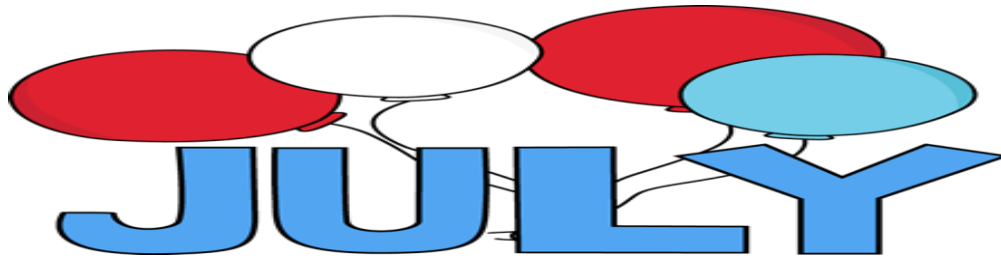
CELEBRATING  
**125**  
 YEARS



## July 2026 Daily Activities

<p><b>Monday</b></p> <p>10:00 – The Tommy Exp. Aerobics        11:00-Group Connections/Horticulture        12:00 –<b>Lunch</b>        1:30PM-Bingo Games        2:30-Social Group-Game Room</p>	<p><b>Tuesday</b></p> <p>11:00-Tai Chi w/Jimmy        12:00-<b>Lunch</b>        1:30-Internet Surfing-Comp Lab        2:00-Writing  <b>July 14-Arts &amp; Crafts</b></p>
<p><b>Wednesday</b></p> <p>10:00-Cardio Fusion w/Yvette        11:00- Let’s Talk (cafeteria)        12:00-<b>Lunch</b>        1:00 – Riverway Chorus w/Brenda        2:00- Arts &amp; Crafts        (see rec schedule)</p> <p><b>July 28<sup>th</sup>-It’s Music @1:30 PM</b></p>	<p><b>Thursday</b></p> <p>10:00-Zhumba with <b>FitWell</b>        -starts <b>July 9<sup>th</sup></b>        11:00 – Self B/P Monitoring        11:00-Google Tablets-Comp Lab        12:00 – <b>Lunch</b>        2:00 –Arts &amp; Crafts</p>
<p><b>Friday</b></p> <p>10:00-Guided Meditation -Game Room        11:00-Nutrition Workshop(7/10&amp;17,)        12:00 –<b>Lunch</b>        1:00-Mental Health Presentation w/        Annie or Coffee Chat        2:00 -Art Class</p> <p><b><i>Cooling Center Friday July 3rd</i></b></p>	<p><b>Please note: Lunch is now served        from 12pm – 1pm</b>  <b><u>Donations \$2 for seniors 60 and        over</u></b></p>

# Activities



## Upcoming Events for July 2026

### Presentations:

July 7- Senior Health w/Grace @10AM

July 10-Ohel Health w/ Annie-Summer & Mental Health@ 1PM

July 24-Coffee Chat w/ Annie @11AM

July 31 Coffee Chat w/Annie@11AM

### Special Events:

July 1-Google Meet @ 2PM

July 7th-Nathan's Hot dog w/ fixings @ 12PM

July 16-July Birthday Party w/DJ John @1:30PM

July 17-July Rec Bingo@1:30 PM

July 21-RAPP GAMA Event for Caregivers @10:30AM

July 28-It's Music @1:30PM

July 31-Paint & Dip-@2:00PM-Please register w/Dorothy

You must make an appointment with Dorothy Craig for Case Assistance.

Please make sure you have a transportation application on file before taking any trip on center vehicles. You must make reservations by the close of business the day before.

**All members must have signed consent form on file to engage in activities including transportation at Gail P Duke. Please see any office staff for consent form. Lunch and info/ referral available to all older adults 60 and older despite membership status.**