

ALL EVENTS ARE FREE & OPEN TO THE PUBLIC*



YOGA

LED BY AMBEKA - SHAPEUP NYC

6:15 PM | MONDAYS



OPEN RUN NYC

NYC ROAD RUNNERS

9:00 AM | SATURDAYS



APR 11 & 25 YOGA CENTERING SERIES*

LED BY AMBEKA | NEAR TENNIS HOUSE



MAY 9 & 30 9:00 AM - 10:30 AM

Friends' Yoga Centering Series is possible thanks to a grant from NewYork-Presbyterian

APR 18

NIGHT HIKE

URBAN PARK RANGERS | TENNIS HOUSE

8:00 PM - 9:00 PM



APR 25

CORD MEYER PARK CLEANUP

VOLUNTEER EVENT | TENNIS HOUSE THEN GOLDEN POND
 FREE T-SHIRTS & REFRESHMENTS FOR VOLUNTEERS

10:00 AM - 12:00 PM



MAY 9

HELMET GIVEAWAY

NYC DOT & CM PALADINO | PARKING LOT

11:00 AM - 2:30 PM

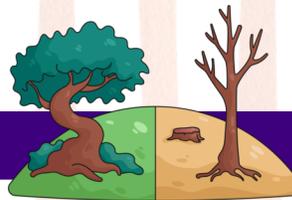


MAY 27

TREE CENSUS*

NYC PARKS | TENNIS HOUSE

11:00 AM



JUN 20

ETERNITY

MOVIES UNDER THE STARS | BIG HILL

8:00 PM



JUN 27

INTERNATIONAL YOGA DAY

YOGA, MEDITATION, NEURO-CHAT & REFRESHMENTS

10:00 AM - 12:30 PM



* REGISTRATION REQUIRED

LOOKING
 AHEAD!

JUL 11 | 9 AM - 12 PM
 JOHN GOLDEN DAY

PARK HISTORY TOUR BY URBAN PARK RANGERS,
 EXHIBIT BY FRIENDS & BAYSIDE HISTORICAL SOCIETY,
 YOGA WITH AMBEKA, AND CPR DEMO BY FDNY



NYC Parks



PREMIER SPONSOR



CORD MEYER
 DEVELOPMENT

FISCAL SPONSOR

