

Tompkins & Armstrong Senior Center Activities and Events of FEB/ Sponsored by Wayside Out-Reach Development / Funded by NYC Aging 2025

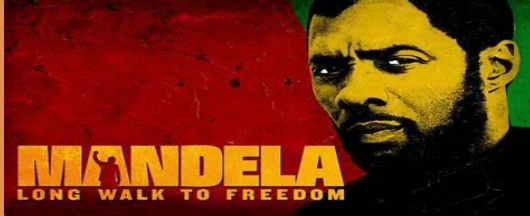
February 2025

MONDAY	WEDNESDAY	FRIDAY
<p><u>3</u></p> <p>Chair Yoga 9AM – 10AM</p> <p>Beading 1:30 PM – 2PM</p> <p>Yoga 2PM-3PM @TOMPKINS PARK</p> <p>Bingo Mondays 2PM – 3PM</p>	<p><u>5</u></p> <p>Chair Yoga 9AM – 10AM</p> <p>Healthy Relationship @TOMPKINS PARK 11:30AM-12:30PM</p> <p>Beading 1:30 PM – 2PM</p>	<p><u>7</u></p> <p>Chair Yoga 9AM – 10AM</p> <p> Movie Screening: Shirley The Shirley Chisholm Story 1:30PM- 3:00PM</p>
<p><u>10</u></p> <p>Card Games 10 AM – 11 AM</p> <p>Let's Talk 1PM – 2PM</p> <p>Chair Yoga 2PM – 3PM</p>	<p><u>12</u></p> <p>Chair Work Out 10AM – 11AM</p> <p>Age Tactic 10:30AM – 11:30AM</p> <p>Let's Talk 1:30 PM – 2PM</p>	<p><u>14</u></p> <p>Karaoke 10AM – 11AM</p> <p>Dominoes 11AM – 12PM</p>
<p><u>17</u></p> 	<p><u>19</u></p> <p>Puzzles 10AM – 11AM</p> <p>Let's Talk 1:30PM – 3:00PM</p>	<p><u>21</u></p> <p>Chair Work Out 10AM – 11AM</p> <p>Age Tactic 11AM – 12PM</p> <p>Movie Day 1:30PM – 3PM</p>

24

Let's Talk 10AM – 11AM

BLACK HISTORY MONTH MOVIE SHOWING:



Movie Screening: Mandela

26

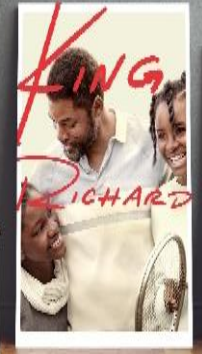
**Let's Talk 10AM – 11AM
Healthy Relationship @TOMPKINS PARK
11:30AM-12:30PM**

Chair Work Out 11:30-12:30

Memory Exercise 1PM-2PM

28

Memory Exercise 10AM-12PM



**Movie Day: King Richard
1:30PM- 3:00PM**

Louis Armstrong Social Club

**Address: 360 Nostrand Avenue,
Brooklyn, NY 11216
Phone: (347) 425-1078**

**Center Hours
Monday/ Wednesday/ Friday
: 8AM-3:00PM**

Suggested Meal Contributions:

Tompkins Park Center uses the membership contributions for the following:

- Performances
 - DJ's/Musicians
 - Parties
 - Gifts
 - Trips
 - Decorations
- ❖ Tompkins Park & Louis Armstrong Social Club appreciates any and all contributions given by the membership. Have a great day!

**PLEASE VISIT THE
CENTER TO SIGN UP FOR
TRIPS ON January 3rd TO
January 13th.**

Tompkins Park Senior Center

**Address: 550 Greene Avenue
Brooklyn, NY 11221
Phone: (718) 638-3000**

**Center Hours
Monday – Friday: 8AM – 3PM**