

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 2. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle | 3. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle | 4. 9AM—Breakfast 10 AM—NYRR Striders 11AM— Mail Phishing (NYPD) 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class | 5. 9AM—Breakfast 10AM—Music class 12PM—Lunch 1PM—KARAOKE 1:30PM—Comp. Class (Cantonese) 2PM—NYRR Fitness | 6. 9AM—Breakfast 10AM— SNAP RECERTIFICATION 11:15AM—AFCBI Zumba Gold 12PM—Lunch 2 PM—BINGO URGENT WAY |
| 9. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle | 10. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle | 11. 9AM—Breakfast 10 AM—NYRR Striders 11AM— BLACK HISTORY MONTH CELEBRATION 2PM—Mahjong 2PM—Art Class | 12. 9AM—Breakfast 10AM— GENERAL BODY MEETING 12PM—Lunch 1PM—KARAOKE 1:30PM—Comp. Class (Cantonese) 2PM—NYRR Fitness | 13. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—NUTRITION ED. 2 PM—BINGO |
|  Center's Closed | 17. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle | 18. 9AM—Breakfast 10 AM—NYRR Striders 11AM— Elder Abuse (NYPD) 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class | 19 9AM—Breakfast 10AM—Music class 11:30AM— BIRTHDAY CELEBRATION 1PM—KARAOKE 1:30PM—Comp. Class (Cantonese) 2PM—NYRR Fitness | 20. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 1PM—OMNY PRESENTATION 2 PM—BINGO |
| 23. COMMON PANTRY 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle | 24. 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle | 25. 9AM—Breakfast 10 AM—NYRR Striders 11AM— LUNAR NEW YEAR CELEBRATION 12PM—Lunch 2PM—Mahjong 2PM—Art Class | 26. 9AM—Breakfast 10AM—Music class 12PM—Lunch 1PM—KARAOKE 1:30PM—Comp. Class (Cantonese) 2PM—NYRR Fitness | 27. 9AM—Breakfast 11:15AM—AFCBI Zumba Gold 12PM—Lunch 2 PM—BINGO |

February 2026

Tompkins Park Older Adult Center

550 Greene Avenue
Brooklyn, NY 11216
(718) 638 – 3000

OPEN

MONDAY – FRIDAY
9:00 AM – 4:00 PM

Our Team

WORDNYC.ORG

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Donald Cheatham

Shelton Davis

Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

Free Program for Ages 60+
Bring Proof of ID for Enrollment

*Our lives begin to end
the day we become
silent about things
that matter.*

Martin Luther King, Jr.

BLACK HISTORY MONTH

PANTRY
New York Common Pantry
(60+ Must bring ID)

FEBRUARY 23RD, 2026 from 10am—1pm

C.A.B.S (Blood Pressure Screening) - February 3rd

Mail Phishing NYPD—February 4th

Elite—February 5th

Urgent Way—February 6th

SNAP recertification—February 6th

NYConnect—February 10th

Black History Month Celebration—February 11th

General Body Meeting—February 12th

Nutrition Ed.—February 13th

Harmony Road—February 18th

Elder Abuse presentation NYPD— February 18th

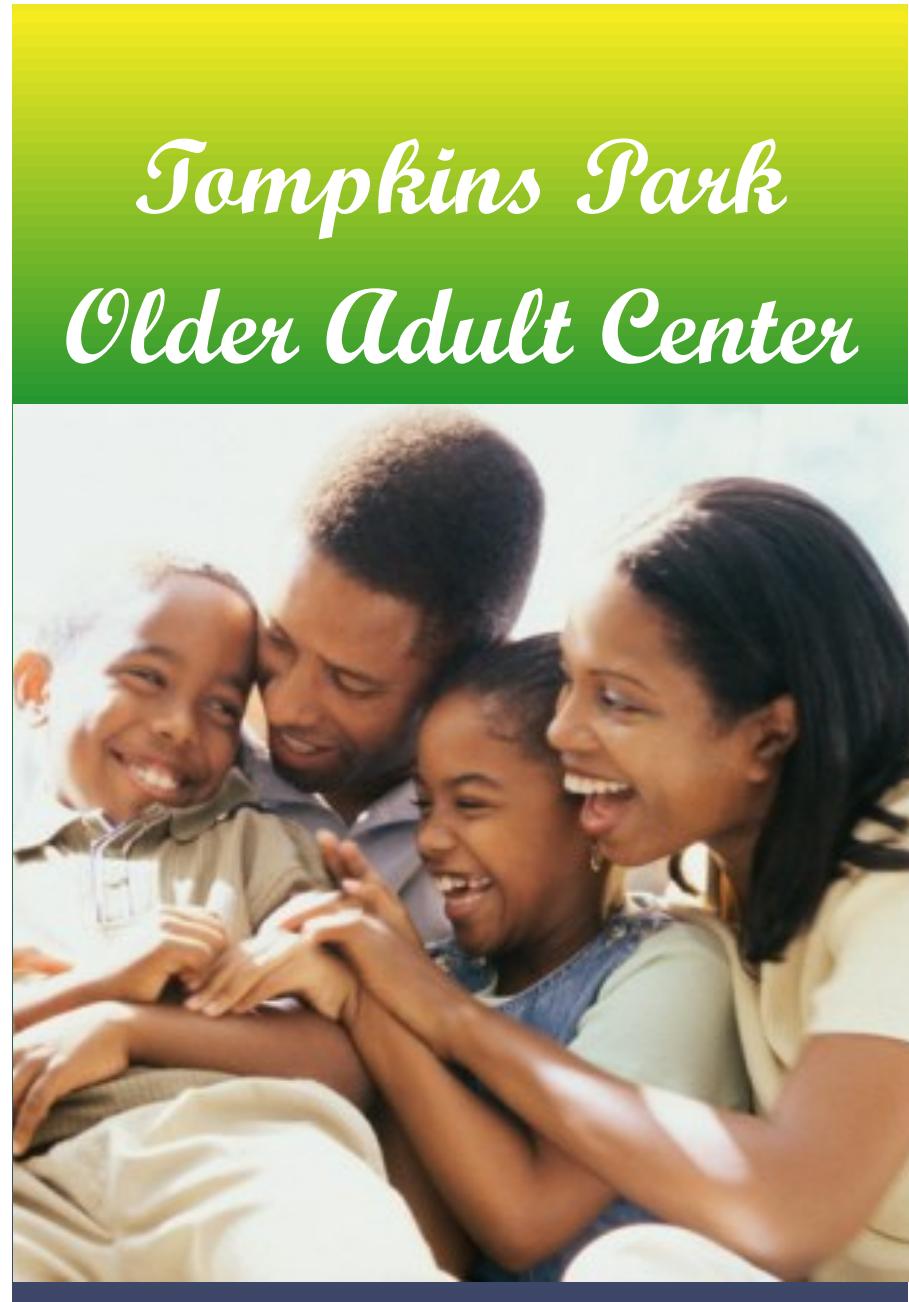
OMNY presentation—February 20th

Lunch & Learn—February 24th

Lunar New Year Celebration—February 25th

High Standard Home Care—February 25th

Birthday Celebration
February 19th, 2026



FEBRUARY 2026