


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 9AM—Breakfast 11AM—Dance w/ Kuniko 12PM—Lunch 1PM—Writing Class 2:00PM—Knitting/Crochet Circle	3. CABS Tabling 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. ELITE Tabling 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. NYConnect 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— <u>BLACK HISTORY MONTH CELEBRATION</u> 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. HARMONY ROAD 9AM—Breakfast 10 AM—NYRR Striders 11AM— <u>Elder Abuse (NYPD)</u> 11AM—Meditation 12PM—Lunch 2PM—Mahjong 2PM—Art Class	19 9AM—Breakfast 10AM—Music class 11:30AM— <u>BIRTHDAY CELEBRATION</u> 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. Lunch & Learn 9AM—Breakfast 11AM—Line Dancing 12PM—Lunch 1:30PM—Comp. Class (Cantonese) 1:45PM—Chair Exercise 2PM—Sewing Circle	25. HSHC 9AM—Breakfast 10 AM—NYRR Striders 11AM— <u>LUNAR NEW YEAR CELEBRATION</u> 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

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

Manuel Alls, Jr. – malls@wordnyc.org

Shara Yarde—syarde@wordnyc.org

Dominiq Hill—dhill@wordnyc.org

Edward Stevens

Terrence Jordan

Donald Cheatham

Shelton Davis

Special Thanks to

Ms. Arlene Murray

Ms. Theresa Hui

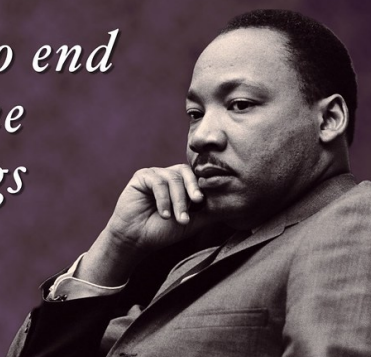
Funded by NYC Aging

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

Tompkins Park Older Adult Center



FEBRUARY 2026