

We must never forget that  
Black History is American History.  
The achievements of African  
Americans have contributed to  
our nation's greatness.



# FEBRUARY 2026

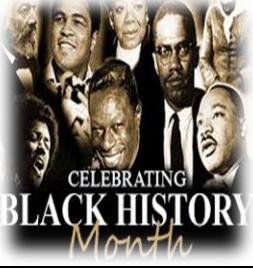
## ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

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Christopher Cipriani Director, Lisbeth Ramos Program Assistance

REMINDER \*\*\*\*\* PLEASE DONATE \$1.00 PER MONTH OR \$12.00 PER YEAR\*\*\*\*\*

### MONTHLY SCHEDULE ACTIVITIES

BLACK HISTORY MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	HAPPY VALENTINE DAY
	2) WORDY STUDY 9:30 AM -10:30 AM EXERCISE 10AM-11AM ARTS & CRAFTS 10AM- 11AM VEGGIE & FRUIT BAGS 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM -5PM CARDS/BILLARDS DOMINOS BINGO	3) EXERCIASE 10AM-11AM HEALTH PRESENTATION 10AM-11PM ARTS & CULTURE 1PM-2PM ELA CLASS ENGLISH AS A SECOND LANGUAGE 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	4) EXERCISE 10 AM-11AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 1PM- 2PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM-2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	5) EXERCISE 10AM-11AM ARTS & CULTURE 12AM-1PM MOVIE DAY 2PM-3PM COMPUTER CLASS 2AM-3PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS BINGO	6) EXERCISE 10AM -11AM ARTS& CRAFTS 11AM -12PM TELL IT LIKE IT IS 2PM-3PM CULTURE MUSIC 4PM 5PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS BINGO	
	9) WORDY STUDY 9:30 AM -10:30 AM EXERCISE 10AM-11AM ARTS & CRAFTS 10AM- 11AM VEGGIE & FRUIT BAGS 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM -5PM CARDS/BILLARDS DOMINOS BINGO	10) EXERCIASE 10AM-11AM ARTS & CULTURE 1PM-2PM ENGLISH AS A SECOND LANGUAGE 2PM-3PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	11) AARP DRIVING CLASS 9AM-4PM EXERCISE 10AM-11AM ARTS & CRAFT 11AM -12PM SENIOR OUTING DAY 11AM  SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM	12) EXERCISE 10AM-11AM HEALTH PRESENTATION 10AM-11PM ARTS & CULTURE 1PM-2PM COMPUTER CLASS 2AM -3PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS BINGO	13) EXERCISE 10AM -11AM ARTS & CRAFT 11AM -12PM VALENTINE CELEBRATION 12PM 	
	16 	17) EXERCISE 10AM-11AM HEALTH PRESENTATION 10AM-11PM ARTS & CULTURE 1PM-2PM ENGLISH AS A SECOND LANGUAGE 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	18) EXERCISE 10 AM-11AM ARTS & CRAFT CLASS 11AM -12PM POKENO-11AM HEALTH MANAGEMENT 1PM- 2PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM-2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	19) EXERCISE 10AM-11AM ARTS & CULTURE 1PM 2PM MOVIE DAY 2PM-3PM COMPUTER CLASS 2AM -3PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	20) EXERCISE 10AM-11AM ARTS & CRAFT 11AM -12PM BLACK HISTORY CELEBRATION 12PM 	
	23) WORDY STUDY 9:30 AM -10:30 AM EXERICISE 10AM-11AM FAN-FOOD 10 AM -2PM VEGGIE & FRUIT BAGS 11AM ARTS & CRAFTS 10AM 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM -5PM CARDS/BILLARDS DOMINOS	24) EXERCISE 10AM-11AM ARTS & CULTURE 11PM-12PM NUTRITION PRESENTATION 1PM  ENGLISH AS A SECOND LANGUAGE 2PM-3PM	25) EXERCISE 10AM-11AM ARTS & CRAFT 11AM -12PM HEALTH PRESENTATION 10AM-11PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS BINGO	26) EXERCISE 10AM-11AM ARTS & CULTURE 1PM-2PM COMPUTER CLASS 2AM -3PM BINGO 1PM-2PM. GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	27) EXERCISE 10AM-11AM ARTS & CRAFT 11AM -12PM HEALTH PRESENTATION 10AM-11PM TELL IT LIKE IT IS 1PM -2PM CULTURE MUSIC 4PM 5PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS B INGO	
						

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COOPERATION WITH NEW YORK CITY HOUSING AUTHORITY

Every great dream begins  
with a dreamer.  
Always  
remember, you  
have within you  
the strength, the  
passion to reach  
for the stars to  
change the world.

BREAKFAST ALL SERVED 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) BAKED BANANA WALNUT OATMEAL PLAIN FRENCH TOAST HONEYDEW	3) CHEESE GRITS VEG SAUSAGE PATTY W.W MINI BAGEL CANTALOUPE	4) MULTIGRAIN CEREAL W.W ENGLISH MUFFIN PIZZA ORANGE	5) EGG WHITE OMELETTE W/PEPPERS AND ONIONS OATMEALS WHEAT BREAD	6) HOME FRIES HOMEMADE FISH CAKE W.W BREAD CANTALOUPE
9) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	10) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	11) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY W.W BREAD BANANA	12) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	13) BAKED BREADED CHICKEN CUTLET OATMEAL WHEAT WAFFLES ORANGE
	17) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	18) EGG FRITTATA W/POTATOES& PEAS W.W ENGLISH MUFFIN CANTALOUPE	19) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE PLAIN GREEK YOGURT	20) HOME FRIES WHEAT BREAD CHICKEN LIVERS W/ONIONS FRESH PINEAPPLE
23) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE	24) WHEAT FRENCH TOAST OATMEAL Canned PINEAPPLE	25) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA	26) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE	27) GRILLED MOZZARELLA AND TOMATOES SANDWICH WHEAT BREAD CANTALOUPE
				

LUNCH ALL SERVED 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) TURKEY WITH GRAVY CARROT SALAD MASHED POTATOES ORANGE WHEAT BREAD ORANGE	3) POLISH STYLE STUFFED PEPPERS BROWN RICE WHEAT BREAD APPLE	4) BBQ CHICKEN MAC & CHEESE BLEND VEGETABLE BANANA	5) SALISBURY STEAK YELLOW RICE WHEAT BREAD GREEN BEANS CANTALOUPE	6) OVEN FRIED FISH BROWN RICE WITH RED BEANS BLEND VEGETABLE CANNED SLICED PEACHES
9) STEWED CHICKEN BREAST BROWN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	10) VEG LO MEIN W/ CRISPY TOFU BEETS AND BABY CARROTS WITH DILLS APPLE W.W BREAD APPLE	11) STEWED PORK CHOPS BABY CARROTS AND PARSLEY SWEET BAKED YAM ORANGE	12) PORK SPARERIBS YELLOW RICE CABBAGE & APPLE SLAW APPLE	13) FISH W/ CREOLE SAUCE CABBAGE CARROT SLAW PARMESAN ROSEMARY MASHED POTATOES NECTARINE.
	17) BUDDHA'S DELIGHT EGG NOODLES STEAMED ZUCCHINI BANANA	18) PORK SPARERIBS BAKED POTATO CABBAGE & APPLE SLAW APPLE	19) BAKED TURKEY WINGS MAC & CHEESE STEAMED CARROTS ORANGE	20) BAKED BREAD FISH BRUSSEL SPROUTS MASHED POTATOES CANTALOUPE
23) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE	24) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	25) SALISBURY STEAK YELLOW RICE CARROTS SALAD ORANGE	26) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE	27) OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED
				