



VAN DYKE II SENIOR CENTER

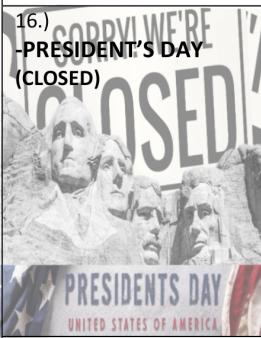
430 DUMONT AVE

BROOKLYN NY

TELE (718-385-1110)

FUNDED BY NEW YORK CITY



MONDAY 2.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	TUESDAY 3.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	WEDNESDAY 4.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	THURSDAY 5.) - ARTS & CRAFT (1PM-2PM) EDUCATION/REC (2-3PM)	FRIDAY 6.) Nutrition ed (12:30 –1:00 pm)- CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)
9.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	10.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	11.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM) -CPA CLINICS PRESENTATION/GIFTS (DIABETES)	12.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	13.) <b>VALENTINE'S DAY</b> - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM) Valentine day give away 
16.) <b>-PRESIDENT'S DAY (CLOSED)</b>  <b>PRESIDENTS DAY</b> UNITED STATES OF AMERICA	17.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	18.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM) -CPA CLINICS PRESENTATION/GIFTS (HYPERTENSION)	19.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	20.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)
23.) <b>-MARTIN LUTHER KING DAY</b> <b>-SENIOR CENTER CLOSED</b>	24.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	25.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	26.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM)	27.) - CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)

DIRECTOR: DAMANI MCFARLANE

"FEBRUARY IS A TIME TO SHARE LOVE, SMILES, AND KINDNESS!"