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PEP for Seniors NORC Program is
funded by NYC Aging

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: The MTA van is at Macy's on the 2nd Wednesday of each month from 10am-2pm for OmniCard issues				
2 Chair Exercise with Cheryl 10:30-11:30am	3 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Men's Group with Marlon 10am-12pm Crafting with Recycled Materials with Carmen 1-3pm	4 <u>Financial Counselor at PEP by appointment</u> <u>Income Tax Preparation at PEP by Appointment</u>	5 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	6 Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
9 Chair Exercise with Cheryl 10:30-11:30am <u>Book Club with Verna 1:30-3pm</u>	10 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Mark Adelman: Sleep Health & Aging 11am-12pm</u>	11 <u>Financial Counselor at PEP by appointment</u> <u>Income Tax Preparation at PEP by Appointment</u>	12 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	13 Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
16 PEP CLOSED President's Day	17 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Men's Group with Marlon 10am-12pm Crafting with Recycled Materials with Carmen 1-3pm	18 <u>Financial Counselor at PEP by appointment</u> <u>Income Tax Preparation at PEP by Appointment</u>	19 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	20 <u>Black History Month Read-In 10-11:30am</u> Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn 2:30-4:30pm
23 Chair Exercise with Cheryl 10:30-11:30am Movie: Daughters of the Dust 1-3pm	24 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Alzheimer's Association with Jamel: Impact of Alz. In Black Communities 10:30-11:30am</u> Crafting with Recycled Materials with Carmen 1-3pm	25 <u>Financial Counselor at PEP by appointment</u> <u>Income Tax Preparation at PEP by Appointment</u>	26 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	27 <u>Reflexology with Rhonda by appointment</u> Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm