

*TILDEN NEIGHBORHOOD OLDER ADULTS CENTER
630 MOTHER GASTON BOULEVARD BROOKLYN, NEW YORK 11212
WANDA JEAN BURRIS, DIRECTOR (718) 498-2990 FAX (718) 345-9666*

MAY 2025

BREAKFAST 9 – 10AM, LUNCH 12:30 – 1:30PM DAILY
TELEVISION – CARDS – BOARD GAMES - DOMINOS & MORE 9AM – 5PM DAILY
EXERCISE/WALKING CLASS – EVERY TUES. 11:30-12:30 AM **MARIA, NYRR INST**
NON-EVIDENCE BASE Every Monday 10:30-11:30 AM Oreta Gaines Inst
Thank You for Your Volunteered Contributions, They Help Enrich the Program
(Decorations, Party Gifts, Musicians, DJ, Trips)

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		02)	01) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	02) Shape Up NYC Fiona, Instructor 10:30 AM
05) Chair Aerobic 10 – 11AM Oreta, Instructor Paint & Sip 11-12 Katherine FAN FOOD DISTRIBUTION 9AM-12PM	06) NYRR Walking Group 11:30–12PM Maria, Instructor Table Pickle Ball 10:30-12:30PM Joanie, Instructor	07) Nutrition Workshop 9:30 AM Technology Class 10:30-12:30PM Stephanie, Instr	08) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	09) Shape Up NYC Fiona, Instructor 10:30 AM Mother’s Day Luncheon 11-2 PM
12) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Lisa & Gloria 10:30AM	13) Table Pickle Ball 10:30-12:30PM Joanie, Instructor NYRR Walking/Exercise 11:30-12:30PM Inst. Maria	14) Technology Class 11:15 - 12:15PM Stephanie, Instr	15) Homecare 10:30 – 11:00AM Obas, Instructor NYRR Striders Fitness 11:30-12:30 Victoria, Instructor DRAMA CLUB 1:30 – 2:30PM	16) Shape Up NYC Fiona, Instructor 10:30 AM Table Pickle Ball 10:30-12:30PM Joanie, Instructor
19) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson	20) NYRR Walking/Exercise 11:30 – 12:30PM Inst. Maria	21) Technology Class 10:30 - 12:30PM Stephanie, Instr	22) NYRR Striders Fitness 11:30-12:30 Victoria, Instructor DRAMA CLUB 1:30 – 2:30PM	23) Shape Up NYC Fiona, Instructor 10:30 AM Table Pickle Ball 10:30-12:30PM Joanie, Instructor
26) MEMORIAL DAY MEMORIAL DAY CENTER CLOSED	27) NYRR Walking/Exercise 11:30 – 12:30PM Inst. Maria Table Pickle Ball 10:30-12:30PM Joanie, Instructor	28) Technology Class 10:30 – 12:30PM Stephanie, Instr	29) NYRR Striders Fitness 11:30-12:30 Victoria, Instructor Drama Club 1:30- 2:30PM	30) Shape Up NYC Fiona, Instructor 10:30 AM Table Pickle Ball 10:30-12:30PM Joanie, Instructor

SPONSORED BY THE WAYSIDE OUT-REACH DEVELOPMENT,
INC FUNDED NYC DFTA IN COOPERATION WITH /NYCHA, NYC DYCD, NYSOFA,
BROOKLYN BORO PRESIDENT & CITY COUNCIL

**MAY, 2025
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MENUS ARE SUBJECT TO CHANGE DUE TO SOME PROGRAMING	ALL MEALS ARE SERVED W/ MILK WW BREAD AND CONDIMENTMS	02) Grits Chicken Liver w/Onions Canned Pears	01) Blueberry pancakes Cheerios Banana	02) Fruit Cocktail WW English Muffins Omelette/ Peppers/Onions Cereal
05) Bran flakes Cereal Home fries Sweet and Sour Chicken Breast	06) Scramble Eggs Grits Fruit Cocktail WW Bread	07) Blueberries French Toast Tangerines Cherrios	08) Homemade Fishcakes Grits Banana	09) Applesauce Oatmeal Veggie Sausage Pattie Pancakes
12) Cottage Cheese Oatmeal WW Bread Cantaloupe	13) Bran Muffins Cheerios Tangerines Yogurt	14) Sauteed Chicken Liver w/Onions Grits Canned Pears WW Bread	15) Bran Flakes Cereal Scramble Eggs WW Bread Banana	16) Fish Fillets English Muffins Raisin Bran Cereal Apple
19) Chicken Cutlet Cream of Wheat Waffles Oranges	20) Tuna Cakes WW Bread Grits Banana	21) Home Fries Scramble Eggs WW Bread Apple	22) Blueberry Pancakes Yogurt Cheerios Canned Pears	23) Oatmeal WW English Muffin Pizzas Applesauce
26) Can Pineapple Grilled Cheddar Cheese Sandwich WW/Sl. Tomatoes Farina	27) Egg Salad Cheerios Plain Pita Mandarin Oranges	28)Cheesy Grits Chicken Livers/Onions WW Bread Apples	29) Halved Avocado WW Mini Bagel Fiber One Cereal Banana Yogurt	30) Home Fries Homemade Fish Cakes WWBread Mango

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MENUS ARE SUBJECT TO CHANGE DUE TO SOME PROGRAMING	ALL MENUS ARE SUBJECT TO CHANGE DUE TO SOME PROGRAMING	02) Braised Beef Short Ribs Yellow Rice Brussels Sprouts Fruit Salad Fruited Jello	01) Homemade Tomato Soup Turkey Meatballs Spaghetti WW Bread Toss Salad Cantaloupe	02) Fish with Creole Sauce Rice with Chickpeas Steamed Cabbage/Red or Green Pineapple
05) Turkey/Beef Salisbury Steak/ Mushroom Gravy Yellow Rice California Blend Veg. Banana	06) Creamy Chickpea Potato Curry urger Brown Rice Garlic Bread Steamed Red Or Green Cabbage Orange	07) Garlic Chicken Meatballs Multigran Bread Penne Spinach Toss Salad Banana	08) Turkey/Gravy Stuffing Mashed Sweet Potatoes Collard Greens Cantaloupe	09) Fish w/Lemon Garlic Butter Sauce WW Bread Baked French Fries California Blend Veg Sl. Peaches Grapes
12) Sweet & Sour Chicken Tenders Broccoli Garlic Mash Potato Orange Dinner Roll	13) Vegetable Soup Eggplant Toss Salad WW Bread Cantaloupe	14) Beef Short Ribs WW Bread Yellow Rice Brussels Sprouts Fruit Salad	15) Baked Apple Baked Chicken Breast WW Bread Steam Red or Green Cabbage Baked Yams	16) Baked Fish /W Mushrooms/Peppers Baked Potato String Beans Cantaloupe
19) Chicken Wings Macaroni & Cheese String Beans pears	20) Apple Butter Nut Soup Black Bean Teriyaki Burger WW Hamburger Bun Toss Salad	21) Stewed Pork Chops Brown Rice Steamed Spinach Orange	22) Turkey Burger /Cheese WWHamburger Bun Baked Potato Cabbage Honeydew	23) Baked Fish w Lemon Garlic Sauce Mashed Potatoes Steamed Carrots Sl. Peaches
26) Beef Meatloaf w/Mushroom Gravy Garlic Mash Potato Broccoli/Red Pepper Cantaloupe	27) Pineapples Black Bean Soup Brown Rice w Pigeon Peas Southern Greens WW Bread	28) Stuff Peppers w Turkey Garlic Bread Steamed Carrots Honeydew	29) Orange Stewed Chicken Breast Red Beans/Rice WW Bread Toss Salad	30) Banana Salmon wLemon&Tarragon/ Thyme Baked Sweet Yams Steam Cabbage