

TILDEN NEIGHBORHOOD OLDER ADULTS CENTER
630 MOTHER GASTON BOULEVARD BROOKLYN, NEW YORK 11212
WANDA JEAN BURRIS, DIRECTOR (718) 498-2990 FAX (718) 345-9666
AUGUST 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>
				01) Shape Up NYC Fiona, Instructor 10:30 AM Lunch Time Drama Older Adult Cast 12 – 1 PM
04) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Lisa & Gloria 10:30AM	05) NYRR Walking Group 11:30–12PM Maria, Instructor National Night Out NYPD 3PM – 7PM	06) Technology Class 11:15 - 12:15PM Stephanie, Instr White Glove Ella Brown 11:30AM	07) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	08) Shape Up NYC Fiona, Instructor 10:30 AM Lunch Time Drama Older Adult Cast 12 – 1 PM
11) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Lisa & Gloria 10:30AM Fruit & Vegetable Truck 11AM	12) Paint & Sip Tech World Katherine 10:30 – 12PM NYRR Walking/Exercise 11:30-12:30PM Inst. Maria	13) Technology Class 11:15 - 12:15PM Stephanie, Instr	14) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	15) Shape Up NYC Fiona, Instructor 10:30 AM
18) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson	19) Table Pickle Ball 10:30-12:30PM Joanie, Instructor NYRR Walking/Exercise 11:30-12:30PM Inst. Maria	20) Technology Class 10:30 - 12:30PM Stephanie, Instr Ventriloquist & Comedian Howie 12:30–1:30PM	21) NYRR Striders Fitness 11:30-12:30 Victoria, Instructor DRAMA CLUB 1:30 – 2:30PM	22) Shape Up NYC Fiona, Instructor 10:30 AM
25) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson	26) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria	27) Technology Class 10:30 - 12:30PM Stephanie, Instr	28) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	29) Shape Up NYC Fiona, Instructor 10:30 AM Labor Day Cook Out/In Dance To The Music Z Best Homecare 11AM – 2PM

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

**AUGUST, 2025
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
				01) Oatmeal English Muffin Pizza w/Onion & Green Peppers Applesauce
04) Grilled Cheddar Cheese Sliced Tomato Sandwich Farina Pineapple	05) Egg Salad Pita Bread Pita Bread Mandarin Orange Slices	06) Sauteed Chicken Livers w/Onions Cheesy Grits Toast Apple	07) Halved Avocado Toasted Bagel Fiber One Cereal Banana	08) Home Fries Homemade Fish Cake Toast Mango Slices
11) Scrambled Eggs Cheesy Grits Toast Banana	12) Bran Flakes English Muffin Pizza w/Onion & Peppers Orange	13) Cottage Cheese Oatmeal Toasted Bagel Sliced Peaches	14) Blueberry Pancakes Yogurt Cheerios Banana	15) Peanut Butter & Jelly Sandwich Raisin Bran Cereal Applesauce
18) Cinnamon Challah French Bread Oatmeal Apple	19) Homemade Fish Cake Grits Canned Pineapple	20) Bran Flakes Cereal Grilled Cheddar Cheese & Tomato Sandwich Orange	21) Blueberry Pancakes Cheerios Banana	22 English Muffin Egg Omelette w/Onions & Peppers Raisin Bran Cereal Fruit Cocktail
25) Bran Flakes Home Fries Sweet & Sour Chicken Breast Apple	26) Scrambled Eggs Grits Toast Fruit Cocktail	27) Blueberry Cheerios French Toast Tangerine	28) Homemade Fish Cake Grits Toast Banana	29) Veggie Sausage Pancake Raisin Bran Cereal Applesauce

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				01) Banana Baked Fish w/Lemon Butter Garlic Sauce Onion & Pepper Yellow Rice Glazed Carrots
04) Beef & Turkey Meatloaf w/Mushroom Gravy Garlic Mashed Broccoli w Red Peppers Cantaloupe	05) Brown Rice w/Pigeon Peas Collard Greens Cornbread Pineapple	06) Stuffed Pepper w/Turkey Meat Classic Garlic Bread Glazed Carrots Honeydew Melon	07) Stewed Chicken Breast Rice w/Lima Beans Tossed Salad w/Dressing Orange	08) Baked Salmon w/Lemon Tarragon & Thyme Cabbage Baked Yam Corn Muffin Banana
11) Chicken Salad Israel Salad Potato Salad Kaiser Roll	12) Loaded Baked Potato Spinach, Apple Red Onion Salad Garlic Bread Watermelon	13) Baked Chicken Leg, Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	14) Beef Hamburger Onions & Peppers Kale w/Tomato Roasted Sweet Potato Fries Apple	15) Oven Fried Fish Pasta w/Sauce Cornbread Vegetable Mis Orange
18) Beef Meatloaf w/Mushroom Gravy Garlic Mashed Potato Green Beans w/Onions Cantaloupe	19) Tex-Mex Barley Beans & Corn Salad Garlic Bread Breaded Eggplant Cutlet Carrot Grapes	20) Tuna Salad Cole Slaw Lettuce & Tomato Kaiser Roll Applesauce	21) Pernil (Roast Pork) Brown Rice w/Kidney Beans Plantains Mixed Green Salad Watermelon	22) Fish w/Creole Sauce Rice w/Chickpeas Cabbage Fresh Pineapple
25) Turkey & Beef Salisbury Steak Yellow Rice California Blend Banana	26) Creamy Chickpeas w/Potato Brown Rice Cabbage Garlic Bread Orange	27) Chicken Parmesan Penne w/Sauce Tossed Salad w/Dressing Honeydew Melom	28) Pork Spare Ribs Garlic Mashed Potato Collard Green Cantaloupe	29) Fish w/Creole Sauce Baked Fries Califo9rnria Blend Vegetables Grapes

**ALL MENUS ARE SUBJECT TO CHANGE DUE TO SOME PROGRAMING
ALL MEALS ARE SERVED W/ MILK WW BREAD AND CONDIMENTMS**