

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

**OCTOBER, 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) Technology Class 11:15 - 12:15PM Stephanie, Instr	02) <b>NYRR STRIDERS</b> 11:30 -12:30PM <b>VICTORIA, INST</b>	03) <b>Shape Up NYC</b> <b>Fiona, Instructor</b> 10:30 AM <b>Council Member</b> <b>Darlene Mealy</b> <b>Presents</b> <b>41<sup>ST</sup> DISTRICT</b> <b>SENIOR CRUISE</b> 10AM – 4PM
06) <b>Chair Aerobic</b> 10 – 11AM <b>Oreta, Instructor</b>  Arts & Craft Gloria, Instructor 10:30AM Fan Food Pick Up’ 9AM – 12PM	07) NYRR Walking Group 11:30–12PM Maria, Instructor  <b>Campaign Against</b> <b>Hunger</b> <b>Fruit &amp; Vegetable</b> <b>Truck</b> 10AM – 12Pm	08) Technology Class 11:15 - 12:15PM Stephanie, Instr  <b>Weil Cornell CTSC</b> <b>Clinical</b> <b>Translational</b> <b>Science Center</b> <b>Lula Phillip, Instr</b>	09)  <b>NYRR STRIDERS</b> 11:30 -12:30PM <b>VICTORIA, INST</b>  <b>DRAMA CLUB</b> 1:30 – 2:30PM	10) <b>Shape Up NYC</b> <b>Fiona, Instructor</b> 10:30 13 <b>Board of Health</b> <b>Education</b> <b>Introduction</b> <b>Thianna Welch</b> 12 – 12:30PM
13) <b>Chair Aerobic</b> 10 – 11AM <b>Oreta, Instructor</b>  Arts & Craft Lisa & Gloria 10:30AM	14) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria  <b>Zumba Gold</b> <b>Kunikom Instr.</b> 11AM-12PM	15) Technology Class 11:15 - 12:15PM Stephanie, Instr  <b>National Grid</b> <b>Present</b> 11AM – 12:30PM	16) <b>NYRR STRIDERS</b> 11:30 -12:30PM <b>VICTORIA, INST</b> <b>BETSY HEAD</b> <b>PARK</b> <b>CANCER</b> <b>AWARENESS</b> <b>WALK 1PM-3PM</b>	17) <b>Shape Up NYC</b> <b>Fiona, Instructor</b> 10:30 AM  <b>Health First</b> <b>Narlande, Instr</b> 11 – 12;30PM
20)  <b>Chair Aerobic</b> 10 – 11AM <b>Oreta, Instructor</b>  <b>HAVE YOUR SAY</b> 10:30 – 11:30AM <b>Juanita Jackson</b>	21) <b>Chronic Disease</b> <b>Self Management</b> <b>Health Ed Classes</b> <b>Dept of Health</b> 10 – 12;30PM  NYRR Walking/Exercise 11:30-12:30PM Inst. Maria	22) Technology Class 10:30 - 12:30PM Stephanie, Instr  <b>Brooklyn, North</b> <b>NYPD</b> <b>Cancer Awareness</b> <b>Luncheon PO Astin</b>	23)  NYRR Striders Fitness 11:30-12:30 Victoria, Instructor  <b>DRAMA CLUB</b> 1:30 – 2:30PM	24)  <b>Shape Up NYC</b> <b>Fiona, Instructor</b> 10:30 AM  <b>Metro Plus</b> <b>Zumba</b> 11- 12:30PM <b>Natalie, Instr</b>
27) <b>Chair Aerobic</b> 10 – 11AM <b>Oreta, Instructor</b>  <b>HAVE YOUR SAY</b> 10:30 – 11:30AM <b>Juanita Jackson</b>	28) <b>Health Ed Classes</b> <b>Dept of Health</b> 10 – 12;30PM  NYRR Walking 11:30-12:30PM Inst. Maria <b>Zumba Gold</b> 11:30 – 12:30PM <b>Kunico, Instructor</b>	29)  Technology Class 10:30 - 12:30PM Stephanie, Instr	30  NYRR Striders Fitness 11:30-12:30 Victoria, Instructor  <b>DRAMA CLUB</b> 1:30 – 2:30PM	31)  <b>Shape Up NYC</b> <b>Fiona, Instructor</b> 10:30 AM

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

OCTOBER, 2025  
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		01) Bran Flakes Grilled Cheddar Cheese w/Sliced Tomato Sandwich Orange	02) Blueberry Pancakes Cheerios Banana	03) English Muffin Omelette w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
06) Bran Flakes Home Fries Sweet & Sour Chicken Breast Apple	07) Scrambled Eggs Grits Fruit Cocktail	08) Blueberries Cheerios Cinnamon Challah French Toast Tangerines (2)	09) Homemade Fish Cake Grits Banana	10) Pancakes Veggie Sausage Raisin Bran Applesauce
13) Cottage Cheese Oatmeal Cantaloupe	14) Bran Muffin Cheerios Tangerines (2)	15) Chicken Livers w/Onions Grits Canned Pears	16) Bran Flakes Scrambled Eggs Banana	17) Easy Breaded Fish Filets English Muffin Raisin Bran Apple
20) Baked Breaded Chicken Cutlet Cream of Wheat Waffles Orange	21) Tuna Cakes Grits Banana	22) Home Fries Scrambled Eggs Apple	23) Blueberry Pancake Cheerios Great Yogurt Canned Pears	24) English Muffin Pizza w/Veggies Applesauce
27) Grilled Cheddar Cheese w/Tomato Farina Canned Pineapple	28) Egg Salad Cheerios Pita Bread Canned Mandarin Oranges	29)Chicken Livers w/Onion Cheesy Grits Apple	30) Halved Avocado Toasted Bagel Fiber One Cereal Banana	31) Home Fries Homemade Fish Cake Mango

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		01) Tuna Salad w/Onion & Peppers Cole Slaw Lettuce & Tomato Kaiser Roll Applesauce	02) Pernil Brown Rice Kidney Beans Plantains Mixed Green Salad Watermelon	03) Fish w/Creole Sauce Rice w/Chickpeas Steam Cabbage Cornbread Fresh Pineapple
06) Tex-Mex Barley Bean & Corn Salad Classic Garlic Bread Breaded Eggplant Cutlets Glazed Carrots Grapes	07) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow Rice California Blend Banana Pudding	08) Chicken Parmesan Penne Sauted Spinach Tossed Salad Honeydew	09) Pork Spare Ribs Mashed Sweet Potato Collard Greens Cantaloupe	10) King Fish w/Tomato Onions & Peppers Yellow Rice Glazed Carrots Cornbread Sliced Peaches
13) Caribbean Rice Red Beans Tossed Salad w/Dressing Cantaloupe	14) Sweet & Sour Chicken Tenders Garlic Mashed Potatoes Broccoli Orange	15) Braised Short Ribs of Beef Baked Potato w/Sour Cream Brussels Sprouts Watermelon	16) Baked Chicken Breast w/Yogurt Steamed Cabbage Sweet Baked Yams Apple	17) Baked Fish w/Mushrooms & Peppers Cornbread Yellow Rice Sauted String Beans Grapes
20) Black Bean Burger Roasted Sweet Potato Fries Tossed Salad w/Dressing Apple	21) Baked Korean Chicken Wings Mac & Cheese String Beans Pear	22) Stewed Pork Chops Brown Rice Steamed Garlic Spinach Orange	23) Beef Hamburger Cheese Onions & Peppers Baked Fries Cabbage Carrot Slaw Honeydew Melon	24) Baked Fish w/Lemon Garlic Butter Sauce Yellow Rice Glaze Carrots Corn Bread Sliced Peaches
27) Arroz con Gandules Mexican Style Brown Rice Southern Greens Canned Pineapple	28) Beef & Turkey Meatloaf w/Mushrooms Gravy Garlic Mash Potato Broccoli & Red Pepp Cantaloupe	29) Stuff Peppers w/Turkey Glazed Carrots Classic Garlic Bread Honeydew Melon	30) Stewed Chicken Rice & Beans Tossed Salad w/Dressing Orange	31) Baked Salmon w/Lemon Tarragon & Thyme Steamed Cabbage Sweet Baked Yams Banana Pudding

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