

Brownsville

Program Director: Wanda Moore
Program Assistant: Anike Hercules-Julien
528 Mother Gaston Blvd.
Brooklyn, NY 11212
Telephone Number: 917.962.8275
Hours of Operation: Monday – Friday 10am to 6pm

2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED HAPPY LABOR DAY	2 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Tech 3pm-345pm Walk Around 4pm-445pm	3 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Walking Club 345pm-430pm	4 Physical Exercise 1215am-1pm LUNCH 1pm-2pm PSA 2 2pm-3pm Culture 315pm-4pm Health Management 4pm-445pm	5 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 215pm-3pm Craft 3pm-4pm Walk Around 415pm-5pm
8 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Health Management 3pm-345pm Sharing 4pm-445pm	9 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Tech 1 3pm-345pm Walking Club 4pm-445pm	10 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1pm-2pm-245pm Tech 245pm-330pm Leisure 345pm-430pm	11 Physical Exercise 1215pm-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Walking Club 4pm-445pm	12 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 215pm-3pm Craft 3pm-4pm Walking Club 415pm-5pm
15 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-245pm Culture 3pm-345pm Health Management 4pm-445pm	16 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Ed/Rec 3pm-345pm Walk Around 4pm-445pm	17 Meditation 1215am-1pm LUNCH 1pm-2pm Tech 1 2pm-245pm Tech 2 245pm-330pm Walking Club 345pm-430pm	18 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Ed/Rec 2pm-3pm Culture 315pm-4pm Health Management 415pm-5pm	19 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Ed/Rec 215pm-3pm Craft 3pm-4pm Walk Around 415pm-5pm
22 Open House Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Sharing 4pm-445pm	23 Meditation 1215pm-1pm LUNCH 1pm-2pm Health Management 2pm-245pm Tech 3pm-345pm Walking Club 4pm-445pm	24 Birthday Celebration Meditation 1215pm-1pm LUNCH 1pm-2pm Nutrition 2pm-3pm Tech 1 315pm-4pm Bingo 415pm-530pm	25 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Walk Around 4pm-445pm	26 Blood Pressure 1215pm-1pm LUNCH 1pm-2pm Health Management 215pm-3pm Craft 3pm-4pm Walking Club 415pm-5pm
29 Physical Exercise 1215am-1pm LUNCH 1pm-2pm Culture 2pm-245pm Health Management 3pm-345pm Ed/Rec 4pm-445pm	30 Outing Blood Pressure 10am-1045am Sharing 12pm-1pm LUNCH 1pm-2pm Leisure 230pm-330			

Brownsville

Program Director: Wanda Moore
Program Assistant: Anike Hercules-Julien
528 Mother Gaston Blvd.
Brooklyn, NY 11212
Hours of Operation: Monday – Friday 10am to 6pm
All Meals Served with 1%Milk & Whole Wheat Bread

2025



MENU IS SUBJECT TO CHANGE & YOUR DONATED CONTRIBUTION IS USED TO FURTHER IMPROVE QUALITY OF THE PROGRAM.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED 	CHINESE VEGETARIAN STEW EGG NOODLES WHOLE WHEAT BREAD STEAMED ZUCCHINI BANANA 1% LOW FAT MILK	PORK SPARE RIBS WHOLE WHEAT BREAD BAKED POTATO CABBAGE AND APPLE SLAW APPLE 1% LOW FAT MILK	BAKED TURKEY WINGS BAKED MACARONI AND CHEESE WHOLE WHEAT BREAD STEAMED CARROTS ORANGE 1% LOW FAT MILK	BAKED BREADED FISH WHOLE WHEAT BREAD BRUSSEL SPROUTS HOMEMADE MASHED POTATOES CANTALOUPE 1% LOW FAT MILK
8	9	10	11	12
BBQ CHICKEN BREASTS BROWN RICE WITH KIDNEY BEANS CALIFORNIA BLEND VEGETABLES BANANA 1% LOW FAT MILK	ARTISAN BEET VEGGIE BURGERS WHOLE WHEAT BREAD BAKED FRIES STEAMED BROCCOLI APPLE 1% LOW FAT MILK	BEEF SALISBURY STEAK WHOLE WHEAT BREAD YELLOW RICE ITALIAN CUT GREEN BEANS CANTALOUPE 1% LOW FAT MILK	TURKEY WITH GRAVY WHOLE WHEAT BREAD CARROT SALAD MASHED SWEET POTATOES ORANGE 1% LOW FAT MILK	OVEN FRIED FISH BAKED MACARONI AND CHEESE WHOLE WHEAT BREAD ORIENTAL BLEND VEGETABLES CANNED SLICED PEASCHES 1% LOW FAT MILK
15	16	17	18	19
BAKED CHICKEN QUARTERS BROWN RICE WHOLE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL ORANGE 1% LOW FAT MILK	VEGETABLE LO MEIN WITH CRISPY TOFU WHOLE WHEAT BREAD KALE WITH TOMATO APPLE 1% LOW FAT MILK	TUNA SALAD WHOLE WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA 1% LOW FAT MILK	BAKED ZITI WITH CHEESE WHOLE WHEAT BREAD CABBAGE SALAD WITH WHEAT BERRIES CANTALOUPE CANTALOUPE 1% LOW FAT MILK	OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS SPICED MIXED VEGETABLES APPLE 1% LOW FAT MILK
22	23	24	25	26
CURRIED CHICKEN LEGS WHITE RICE WHOLE WHEAT BREAD CABBAGE CARROT SLAW CANTALOUPE 1% LOW FAT MILK	CHINESE VEGETARIAN STEW WHOLE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL APPLE 1% LOW FAT MILK	BAKED CHICKEN QUARTERS MEXICAN STYLE BROWN RICE WITH PIGEON PEAS WHOLE WHEAT BREAD MIXED GREEN SALAD ORANGE 1% LOW FAT MILK	SMOTHERED PORK CHOPS WHOLE WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD WITH DRESSING ORANGE 1% LOW FAT MILK	OVEN FRIED FISH EGG NOODLES WHOLE WHEAT BREAD VEGETABLE MIX APPLESAUCE 1% LOW FAT MILK
29	30			
TURKEY WITH GRAVY WHOLE WHEAT BREAD CARROT SALAD HOMEMADE MASHED POTATOES ORANGE 1% LOW FAT MILK	CALIFORNIA VEGGIE BURGER WHOLE WHEAT BREAD STEAMED BROCCOLI APPLE 1% LOW FAT MILK			