

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

DECEMBER, 2025

BREAKFAST 9 – 10AM, LUNCH 12:30 – 1:30PM DAILY
 TELEVISION – CARDS – BOARD GAMES - DOMINOS & MORE 9AM – 5PM DAILY
 EXERCISE/WALKING CLASS – EVERY TUES & THURS. 11:30-12:30 AM 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) FOOD & NUTRITION DISTRIBUTION 9AM – 12PM Chair Aerobic 10 – 11AM Oreta, Instructor	02) NYRR Walking Group 11:30–12PM Maria, Instructor Health Education Classes NYC Health Chronic Disease Program 10AM-12:30PM	03) Exercise Teresa Webb 11AM – 12PM	04) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Campaign Against Hunger Fruit & Vegetable Truck 10AM – 12Pm DRAMA CLUB 1:30 – 2:30PM	05) Shape Up NYC Fiona, Instructor 10:30 AM FYI MEDICARE 11:30 – 12:30PM Lovecora, Instr
08) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Gloria, Instructor 10:30AM	09) NYRR Walking Group 11:30–12PM Maria, Instructor Zumba Gold Kunikom Instr. 11AM-12PM	10) High Standard Home Care Tai Chi 11-12PM	11) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	12) Shape Up NYC Fiona, Instructor 10:30 NIA Production XMAS SHOW 11:30 – 2PM Evria, Director
15) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Lisa & Gloria 10:30AM	16) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Holiday Luncheon IL Villagio Resturant 2PM – 6PM	17) NYPD SAFTEY FOR OLDER ADULTS TRAINING 10:30 AM – 12PM	18) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DRAMA CLUB 1:30 – 2:30PM	19) Shape Up NYC Fiona, Instructor 10:30 AM R&B XMAS PARTY 11:30 2PM Johnny Director
22) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson	23) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria	24) Technology Class 10:30 - 12:30PM Stephanie, Instr	25) CENTER CLOSED OBSERVING CHRISTMAS HOLIDAYS	26) CENTER CLOSED OBSERVING CHRISTMAS HOLLIDAYS
29) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson	30) Zumba Gold Kunikom Instr. 11AM-12PM-	31) NEW YEARS EVE GALA Rev Johnny,		

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

DECEMBER, 2025
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
01) Chicken Cutlet Waffles Cream of Wheat Orange	02) Tuna Cakes Grits Banana	03) Home Fries Scrambled Eggs Apple	04)Blueberry Pancakes Cheerios Greek Yogurt Pears	05) Oatmeal English Muffin Vegetable Pizza Applesauce
08) Grill Cheese w/Sliced Tomato Farina Canned Pineapple	09) Egg Salad Cheerios Plain Pita 2 Mandarin	10) Cheesy Grits Saute Chicken Liver w/Onions Apple	11) Halved Avocado WW Bagel Fiber One Cereal Banana	12) Home Fries Homemade Fish Cake Mango
15)Scramble Eggs Cheesy Grits Banana	16) Bran Flakes Cereal English Muffin Vegetable Pizza Orange	17)Cottage Cheese Oatmeal Bagel Canned Peaches	18) Blueberry Pancakes Plain Yogurt Cheerios Banana	19) Peanut Butter & Jelly Sandwich Raisin Bran Cereal Applesauce
22) Challah Cinnamon French Toast Oatmeal Apple	23) Homemade Fish Cake Grits Canned Pineapple	24) Bran Flakes Cereal Grilled Cheddar Cheese w/ Slice Tomato Sandwich Orange	25) Blueberry Pancakes Cheerios Banana	26)English Muffin Omelet w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
29)Bran Flakes Home fries Grilled Chicken Breast Apple	30) Scramble Eggs Grits Fruit Cocktail	31)Blueberries Cheerios French Toast 2Tangerines		

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
01) Black Bean Teriyaki Burger Roasted Sweet Potato Fries Tossed Salad w/Dressing	02) Baked Korean Chicken Wings Baked Macaroni & Cheese Saute String Beans Pears	03) Stewed Pork Chops Brown Rice Steamed Spinach Orange	04) Turkey Burger w/Cheese Baked Fries Cabbage Carrots Slaw Honeydew Mellon	05) Baked Fish w/Lemon Garlic Butter Sauce Onions & Peppers Yellow Rice Steamed Carrots Sliced Peaches
08) Arroz con Gandules (Brown Rice w/Pigeon Peas Boiled Southern Greens Canned Pineapple Garlic Bread	09)Beef & Turkey Meatloaf w/Mushroom Gravy Kaiser Roll Broccoli & Red Peppers Garlic Mash Potato Cantaloupe	10) 8tuff Peppers w/Turkey Meat Steamed Carrots Honeydew Mellon Classic Garlic Bread	11) Stewed Chicken Breast Rice & Stewed Beans Tossed Salad w/Dressing Orange	12) Baked Salmon w/Lemon Tarragon & Thyme Steamed Cabbage Sweet Baked Yams Corn Bread Banana
15) All Loaded Potato Classic Garlic Bread Spinach Apple & Red Onion Salad Honeydew Mellon	16) Baked Chicken Thighs Baked Potato Israeli Salad Banana	17) Beef Hamburger Saute Onions & Peppers Kale w/Tomato Roasted Sweet Potato Fries Apple	18) Baked Chicken Quarters Brown Rice w/Pigeon Peas Normandy Blend	19) Oven Fried Fish Pasta w/Sauce Vegetable Mix Orange
22) Tex-Mex Barley Bean & Corn Salad Classic Garlic Bread Breaded Eggplant Cutlets Steamed Carrots Grapes	23) Beef Meatloaf w/Mushroom Gravy Garlic Mash Potato Green Beans w/Onions Cantaloupe	24) Tuna Cakes Cooked Cabbage w/Shredded Carrots Lettuce & Tomato Applesauce	25) Pernil,Roasted Pork) Brown Rice w/Kidney Beans Stew Plantains Mixed Green Salad Honeydew Mellon	26) Fish w/Creole Sauce Rice w/Chickpeas California Blend Vegetables Fresh Pineapple
29) Creamy Chickpeas Potato Curry Brown Rice Classic Garlic Bread Steamed Cabbage Orange	30) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow Rice Blended Vegetables Banana	31) Chicken Parmesan Benne Pasta Saute Spinach Tossed Salad w/Dressing Honeydew Mellon		

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