

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

FEBUARY, 2026

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>
02) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Gloria, Instructor 10:30AM	03) NYRR Walking Group 11:30–12PM Maria, Instructor NA Session 11AM-12PM Mr. Eddie, Instr	04) Fresh Fruit &Vegetable Truck 10AM-12PM	05) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Black History Thursday Drama Club 12 – 2PM	06) FYI Medicare Home Care Vita, Instructor 11:30-12:30PM
09) Fan Food Distribution 9AM – 1PM Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Gloria, Instructor 10:30AM	10) NYRR Walking Group 11:30–12PM Maria, Instructor Zumba Gold Kunikom Instr. 11AM-12PM	11) HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson Arts & Craft Lisa & Gloria 10:30AM	12) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Black History Thursday Drama Club 12 – 2PM	13) Shape Up NYC Fiona, Instructor 10:30 2026 MARDI GRAS BALL CROWNING KING & QUEEN
16) CENTER CLOSED OBSERVING PRESIDENT DAY	17) MARDI GRAS CELEBRATION 9AM – 3PM LIVE MUSIC DANCING EXERCING 25.00 Donation Zumba Gold Kunikom Instr.	18) HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson Arts & Craft Lisa & Gloria 10:30AM	19) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Black History Thursday Drama Club 12 – 2PM	20) Shape Up NYC Fiona, Instructor 10:30 AM
23) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson Arts & Craft Gloria, Instructor 10:30AM	24) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Zumba Gold Kunikom Instr. 11AM-12PM	25) HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson Arts & Craft Gloria, Instructor 10:30AM	26) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Black History Thursday Drama Club 12 – 2PM	27) Shape Up NYC Fiona, Instructor 10:30 AM Memorial Services 2025 Honoring Our Soldiers Who Has Transitioned

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

FEBUARY, 2026
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
02) Cinnamon French Toast Oatmeal Apple	03) Homemade Fish Cake Grits Canned Pineapple	04) Bran Flakes Cereal Grilled Cheddar Cheese/Tomato Sandwich Orange	05) Blueberry Pancakes Cheerios Banana	06) English Muffin Omelette w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
09) Bran Flakes Cereal Home Fries Sweet & Sour Chicken Breast Apple	10) Scrambled Eggs Grits Fruit Cocktail	11) Blueberries Cheerios Cinnamon French Toast 2 Tangerines	12) Homemade Fish Cakes Grits Banana	13) Pancakes Veggie Sausage Patty Raisin Bran Cereal Applesauce
16) ¾ cup Cottage Cheese Oatmeal Cantaloupe	17) Bran Muffin Cheerios Greek Yogurt 2 Tangerines	18) Sauteed Chicken Livers w/Onions Grits Canned Pears	19) Bran Flakes Cereal Scrambled Eggs Banana	20) Breaded Fish Fillets English Muffin Raisin Bran Apple
23) Baked Breaded Chicken Cutler Waffles Cream of Wheat Orange	24) Tuna Cakes Grits Banana	25) Home Fries Scrambled Eggs Apple	26) Blueberry Pancakes Cheerios Greek Yogurt Canned Pears	27) English Muffin Pizzas Oatmeal Applesauce

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
02) Tex-Mex Barley, Bean & Corn Salad Breaded Eggplant Cutlets Steamed Carrots Garlic Bread Grapes	03) Beef Meatloaf w/Mushroom Gravy Garlic Mashed Potato Saute Green Beans w/Onions Cantaloupe	04) Tuna Cakes Cooked Cabbage w/Shredded Carrots Lettuce & Tomato Hamburger Bun Applesauce	05) Pernil (Roast Pork) Brown Rice Stewed Kidney Beams Plantains Mixed Green Salad	06) Fish w/Creole Sauce Rice w/Chickpeas California Blend Vegetables Fresh Pineapple
09) Creamy Chickpea Potato Curry Brown Rice Garlic Bread Steam	10) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow rice California Blend Vegetables Banana	11) Chicken Parmesan Penne Spinach Tossed Salad w/Dressing	12) Pork Spare Ribs Mashed Sweet Potato Collards Cantaloupe	13) Fish w/Creole Sauce Baked Fries Broccoli Grapes
16) Caribbean Rice Stewed Red Beans Tossed Salad w/Dressing Cantaloupe	17) Sweet & Sour Chicken Tenders Garlic Mashed Potato Broccoli Orange	18) Braised Short Ribs Baked Potato Brussels Sprouts Honey Dew Melon	19) Baked Chicken Breast w/Yoqurt Cabbage Sweet Baked Yams Apple	20) Baked Fish w/Mushrooms & Peppers Yellow Rice String Beans Grapes
23) Black Bean Teriyaki Burger Hamburger Bun Roasted Sweet Potato Fries Tossed Salad w/Dressing Apple	24) Baked Korean Chicken Wings Baked Mac & Cheese String Beans Pear	25) Stewed Pork Chops Brown Rice Spinach Orange	26) Turkey Burger w/Cheese Hamburger Bun Baked Fries Cabbage Carrot Slaw Honeydew Melon	27) Baked Fish w/Onions & Peppers Yellow Rice Glazed Carrots Canned Sliced Peaches

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