

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

MARCH, 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 Medicare FYI 11:30 – 12:30PM Lovecora, Instr.	04) Plant Base Cookoff NY Aging 12 – 3PM Fresh Fruit &Vegetable Truck 1PM-3PM	05) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Black History 12 – 2PM	06) Shape Up NYC Fiona, Instructor 10:30 – 11:30AM Harley Care Solutions 12PM Vita, Instr
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)Jazzercise 11 – 12PM Teresa Webb Lula Phillips Homeland Security Emergency Preparedness Sgt D’Vorin 12Noon	12) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Black History Thursday Drama Club 12 – 2PM Howie, Comedian 1:30 – 2PM	13) Shape Up NYC Fiona, Instructor 10:30 Nutritionist True Care 11:30-12:30PM Simone, Instr
16) Chair Aerobic 10 – 11AM Oreta, Instructor	17) NYRR Walking Group 11:30–12PM Maria, Instructor	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
30) Chair Aerobic 10 – 11AM Oreta, Instructor	31) Walking/Exercise 11:30-12:30PM Inst. Maria			

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

**MARCH, 2026
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
02) Grilled Cheddar Cheese Slice Tomato Sandwich Farina Canned Pineapple	03) Egg Salad Cheerios Plain Pita Bread Cheerios Canned Mandarin Oranges	04) Cheesy Grits Sauteed Chicken Livers w/Onions Apple	05) Halved Avocado Bagel Fiber One Cereal Greek Yogurt Banana	06) Home Fries Homemade Fish Cake Mango
09) Scrambled Eggs Cheesy Grits Banana	10) Bran Flakes Cereal English Muffin Pizza Orange	11) Cottage Cheese Oatmeal Bagel Sliced Peaches	12) Blueberry Pancakes Yogurt Cheerios Banana	13) WW Peanut Butter & Jelly Sandwich Raisin Bran Cereal Applesauce
16) Cinnamon French Toast Oatmeal Apple	17) Homemade Fish Cake Grits Canned Pineapple	18) Bran Flakes Cereal Grilled Cheddar Cheese Slice Tomato Sandwich Orange	19) Blueberry Pancakes Cheerios Banana	20) English Muffin Omelett w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
23) Bran Flakes Cereal Home Fries Sweet & Sour Chicken Breasts Apple	24) Scrambled Eggs Grits Fruit Cocktail	25) Blueberries Cheerios Cinnamon French Toast 2 Tangerines	26) Homemade Fish Cake Grits Banana	27) Pancakes Veggie Sausage Patty Raisin Bran Cereal Applesauce
30) Cottage Cheese Plain Oatmeal Cantaloupe	31) Bran Muffin Cheerios 2 Tangerines Greek Yogurt			

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
02) Arroz con Gandules Mexican Style (Brown Rice w/Pigeon Peas) Boiled Greens Canned Pineapple	03) Beef & Turkey Meatloaf w/Mushroom Gravy Kaiser Roll Broccoli & Red Peppers Garlic Mash Potato Cantaloupe	04) Stuffed Peppers w/Turkey Meat Classic Garlic Bread Steamed Carrots Honeydew	05) Stewed Chicken Breast Seasoned Rice Stewed Beans Tossed Salad w/Dressing Orange	06) Baked Salmon w/Lemon Tarragon & Thyme Steamed Cabbage Sweet Baked Yams Banana
09) All American Loaded Baked Potato Garlic Bread Spinach, Apple & Red Onion Salad Honeydew Melon	10) Baked Chicken Thighs Yellow Rice Israeli Salad Banana	11) Beef Hamburger Saute Onions & Peppers Kale w/ Slice Tomato Roasted Sweet Potato Fries Apple	12) Bake Chicken Quarters Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	13) Oven Fried Fish Pasta Vegetable Mix Orange
16) Tex-Mex Barley Bean & Corn Salad Garlic Bread Breaded Eggplant Cutlets Steam Carrots Grapes	17) Beef Meatloaf w/Mushroom Gravy Garlic Mashed Potato Green Beans w/onions Cantaloupe	18) Tuna Cakes Cooked Cabbage w/Shredded Carrots Lettuce & Tomato Applesauce	19) Pernil (Pork Shoulder) Brown Rice Stewed Kidney Beans Plantains Mixed Green Salad Honeydew Melon	20) Fish w/Creole Sauce Rice w/Chickpeas California Blend Vegetables Fresh Pineapple
23) Creamy Chickpea Potato Curry Brown Rice Garlic Bread Cabbage Orange	24) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow Rice California Blend Vegetables Banana	25) Chicken Parmesan Penne Saute Spinach Tossed w/Dressing Honey Dew	26) Pork Spare Ribs Mash Sweet Potato Collard Greens Cantaloupe	27) Fish w/ Lemon Garlic Butter Sauce Baked Steak Fries California Blend Vegetables Grapes
30)Caribbean Rice Stewed Red Beans Tossed Salad w/ Dressing Cantaloupe	31) Sweet & Sour Chicken Tenders Garlic mash Potato Steam Broccoli Dinner Rolls Orange			

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