

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

APRIL, 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>
		01) EASTER EGG HUNT LUNCHEON 12PM-1PM	02) Fruit & Vegetable Truck 9AM – 1PM NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST	03) Shape Up NYC Fiona, Instructor 10:30 – 11:30AM
06) Chair Aerobic & Cycling 10 – 11AM Oreta, Instructor Fan Food Distribution 9AM – 12PM	07) NYRR Walking Group 11:30–12PM Maria, Instructor Zumba Gold Kunikom Instr. 11AM-12PM	08) Medication Management 11AM-12PM Lula Phillips,	09) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Drama Club 12 – 2PM	10) Shape Up NYC Fiona, Instructor 10:30 Harley Care Solutions Vita, Instr. 11:30-12:30PM
13) Chair Aerobic 10 – 11AM Oreta, Instructor Arts & Craft Gloria, Instructor 10:30AM	14) NYRR Walking Group 11:30–12PM Maria, Instructor	15) WIND CREEK SHOP + EAT BUS LEAVE 9AM	16) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Drama Club 12 – 2PM	17) Shape Up NYC Fiona, Instructor 10:30 AM
20) Chair Aerobic 10 – 11AM Oreta, Instructor HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson Arts & Craft Gloria, Instructor 10:30AM	21) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Zumba Gold Kunikom Instr. 11AM-12PM Harmony Road PATIENT CARE 12PM – 12:30 PM Aron Zelcer, Rep	22) HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson Arts & Craft Gloria, Instructor 10:30AM	23) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Drama Club 12 – 2PM	24) Shape Up NYC Fiona, Instructor 10:30 AM
27) Chair Aerobic 10 – 11AM Oreta, Instructor	28) Walking/Exercise 11:30-12:30PM Inst. Maria	29) SENIOR SERVICES NA 11:45-12:30PM INDRA & EMILY INSTRUCTORS SENIOR SCAM	30) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Drama Club 12 – 2PM	

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

**APRIL, 2026
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
		01) Chicken Livers w/Onions Grits Canned Pears	02) Bran Flakes Cereal Scrambled Eggs Toast Banana	03) Breaded Fish Cakes Toasted English Muffin Raisin Bran Cereal Apple
06) Baked Breaded Chicken Cutlet Waffles Cream of Wheat Orange	07) Tuna Cakes Grits Toast Banana	06) Home Fries Scrambled Eggs Apple	09) Blueberry Pancakes Plain Yogurt Cheerios Canned Pears	10) Oatmeal English Muffin Pizzas Applesauce
13) Grilled Cheddar Cheese Tomato Sandwich Farina Canned Pineapple	14) Egg Salad Plain Pita Canned Mandarin Oranges	15) Cheesy Grits Chicken Liver w/Onion Apple	16) Halve Avocado Toasted Bagel Fiber One Cereal Banana	17) Home Fries Fish Cake Mango
20) Scramble Eggs Cheesy Grits Banana	21) Bran Flakes Cereal English Muffin Pizzas Orange	22) Cottage Cheese Oatmeal Bagel Canned Sliced Peaches	23) Blueberry Pancakes Plain Yogurt Cheerios Banana	24) Peanut Butter & Jelly Sandwich Raisin Bran Cereal Applesauce
27) Cinnamon Challah French Toast Oatmeal Apple	28) Homemade Fish Cake Grits Canned Pineapple	29) Grilled Cheddar Tomato Sandwich Bran Flakes Cereal Orange	30) Blueberry Pancakes Cheerios Banana	

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		01) Braised Short Rib Baked Potato Brussels Sprout Watermelon	02) Grill Chicken Breast w/Yogurt Cabbage Sweet Baked Yams Apple	04) Baked Fish w/Mushrooms & Peppers Yellow Rice Green Beans
06) Black Bean Teriyaki Burger Hamburger Bun Roasted Sweet Potato Fries Tossed Salad w/Dressing Apple	07) Baked Chicken Wings Baked Mac & Cheese Green Beans Pear	08) Stewed Pork Chops Brown Rice Steam Leaf Spinach Orange	09) Turkey Burger w/Cheese Hamburger Bun Baked Fries Cabbage Carrot Slaw Honeydew Mellon	10) Baked Fish w/Lemon Garlic Butter Sauce Saute Onions & Peppers Yellow Rice Glazed Carrots Sliced Peaches
13) Arroz Con Gandules (Mexican Style) Brown Rice w/Pigeon Peas Southern Greens Canned Pineapple	14) Beef & Turkey Meatloaf w/Mushroom Gravy Broccoli & Red Peppers Garlic Mashed Potato Cantaloupe	15) Stuffed Peppers W/Turkey Garlic Bread Glazed Carrots Honeydew Mellon	16) Stewed Chicken Breast Rice Stewed Beans Tossed Salad w/Dressing Orange	17) Baked Salmon w/Lemon, Tarragon & Thyme Cabbage Sweet Baked Yams Banana
20) All American Loaded Baked Potato Spinach Apple Red Apple Salad Garlic Bread Watermelon	21) Baked Chicken Thighs Yellow Rice Israel Salad Banana	22) Beef Hamburger Saute Onions & Peppers Hamburger Bun Kale w/ Tomato Roasted Sweet Potato Fries Apple	23) Baked Chicken Quarters Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	24) Oven Fried Fish Pasta w/Sauce Vegetable Mix Orange
27)Tex-Mex Barley Bean & Corn Salad Breaded Eggplant Cutlets Glazed Carrots Garlic Bread	28) Beef Meatloaf w/Mushroom Gravy Garlic Mashed Potato Green Beans Cantolope	29) Tuna Cakes Cooked Cabbage w/Shredded Carrots Lettuce & Tomato Applesauce	30) Pernil Brown Rice w/Stewed Kidney Beans Plantains Mixed Green Salad Watermelon	

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