



Van Dyke Senior Center II Senior Center

430 Dumont Avenue, Brooklyn, NY 11212 Tel: (718)345-5665

Reminder: Please donate \$1 per month

APRIL 2026

Your donations make a difference!



Director: Damani McFarlane Program Assistant: Zoe Codrington

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AUTISM AWARENESS MONTH		<p>[1] Congregate</p> <p> Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30 PM</p> <p>Lunch 12-1PM</p> <p>Chair Exercise 1-2 PM</p> <p>Bingo: 3-3:45 PM</p>	<p>[2] Hat Pageant meet up @9AM</p> <p>Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[3] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Blood pressure Screening @11am</p> <p>Chair Exercise 1-2pm</p> <p>Bingo: 2-3pm</p>
<p>[6] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30 PM</p> <p>Lunch 12-1 PM</p> <p>Chair Exercise 1-2 PM</p> <p>Bingo 2-3 PM</p>	<p>[7] Breakfast 9:00-10:30 AM</p> <p>Blood pressure Screening @11am</p> <p> Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[8] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30PM</p> <p>Lunch 12-1 PM</p> <p>Nutrition EDU. 1-2 PM</p> <p>Chair Exercise 2-3 PM</p> <p>Bingo: 3-3:45 PM</p>	<p>[9] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[10] Breakfast 9:00-10:30 AM</p> <p>Blood pressure Screening @11am</p> <p>Lunch 12-1 PM</p> <p> Easter Egg Hunt</p> <p>Chair Exercise 1-2 PM</p> <p>Pokeno: 2-3 PM</p>
<p>[13] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30 PM</p> <p>Lunch 12-1 PM</p> <p>Chair Exercise 1-2 PM</p> <p>Homecare presentation @2PM</p> <p>Bingo: 2:30-3:30 PM</p>	<p>[14] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[15] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30 PM</p> <p>Lunch 12-1pm</p> <p>Chair Exercise 1-2pm</p> <p>Bingo 2-3 PM</p>	<p>[16] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2pm</p> <p>Pokeno 2-3 PM</p>	<p>[17] Breakfast 9:00-10:30 AM</p> <p>Blood pressure Screening @11am</p> <p>Lunch 12-1pm</p> <p>Chair Exercise 1-2pm</p> <p>Storytime 2-3pm</p> <p>Bingo: 3-3:45pm</p>
<p>[20] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30 PM</p> <p>Lunch 12-1 PM</p> <p>Chair Exercise 1-2 PM</p> <p>Bingo 2-3 PM</p>	<p>[21] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[22] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30 PM</p> <p>Lunch 12-1 PM</p> <p>Chair Exercise 1-2 PM</p> <p> Bingo 2-3 PM</p>	<p>[23] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[24] Breakfast 9:00-10:30 AM</p> <p>Blood pressure Screening @11am</p> <p>Lunch 12-1 PM</p> <p>Birthday Party</p> <p>Chair Exercise 1-2pm</p> <p>Bingo: 2-3pm</p>
<p>[27] Food Pantry @ Rosetta Gaston</p> <p>Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30PM</p> <p>Lunch 12-1pm</p> <p>Chair Exercise 1-2pm</p> <p>Bingo: 2-3 PM</p>	<p>[28] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	<p>[29] Breakfast 9:00-10:30 AM</p> <p>Arts & Culture 11:30AM-12:30PM</p> <p>Lunch 12-1 PM</p> <p>Chair Exercise 1-2 PM</p> <p>Bingo 2-3 PM</p>	<p>[30] Breakfast 9:00-10:30 AM</p> <p>Lunch 12-1 PM</p> <p>Arts & Craft 1-2 PM</p> <p>Pokeno 2-3 PM</p>	 SEXUAL ASSAULT AWARENESS MONTH





Van Dyke Senior Center II Senior Center

430 Dumont Avenue, Brooklyn, NY 11212 Tel: (718)345-5665

Breakfast serving Time: 9:00-10:30am

Each Meal is Served with Milk & Juice...

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
		[1]  CONTINENTAL BREAKFAST	[2] - Baked apple - Salmon cakes - Waffles - Bran flakes cereal	[3] - Orange - Cheesy grits - Sautéed chicken liver & onions -Whole wheat bread
[6] - Pear - Banana French toast casserole with whole wheat bread - Hardboiled egg	[7] - Orange - Salmon cakes - Grits Whole wheat bread	[8] - Apples - English whole wheat muffin - Scrambled eggs - Bran flakes cereal	[9] - Pineapples - Oatmeal - Plain nonfat yogurt - Whole wheat mini bagels	[10] - Banana - Grits - Home fries - Sautéed chicken liver & onions
[13] - Cantaloupe - Whole wheat mini bagel - Yogurt parfait & blueberries - Wheat flakes cereal	[14] - Applesauce - Oatmeal - Scrambled eggs with red peppers & onions -English whole wheat muffin	[15] - Pineapple - Baked egg omelet - Whole grain waffle	[16] - Bananas - Hardboiled egg - Multigrain Cheerios -Whole wheat cinnamon pancakes	[17] - Apple - Salmon cakes - Grits - Whole wheat bread
[20] - Apple - Whole wheat mini bagel - Egg white omelet with peppers & onions - Grits	[21] - Cantaloupe - Hardboiled egg - Wheaties cereal - Whole wheat cinnamon pancakes	[22] - Banana - Baked breaded chicken cutlet - Home fries - Multigrain Cheerios	[23] - Baked apple - Salmon cakes - Creamy apple-raisin oatmeal - Whole wheat bread	[24] - Orange - Oatmeal - Sautéed chicken liver & onions - Whole wheat bread
[27] - Apples - Whole wheat grilled cheese - Bran flakes cereal	[28] - Banana - Bran muffins - Grits - Plain nonfat yogurt	[29] - Sliced peaches - English whole wheat muffin - Scrambled eggs - Multigrain Cheerios	[30] - Orange - Hard boiled eggs - Oatmeal - Cinnamon whole wheat French toast	

Lunch Serving Time: 12:00-1:00pm

Each Meal is Served with 1% lowfat Milk...

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
		[1] - Cantaloupe - Caribbean style BBQ chicken - Whole wheat Bread - Baby spinach with lemon vinaigrette - Garlic mash potatoes	[2] - Fresh fruit salad - Braised beef short ribs -Whole wheat bread Yellow rice Steamed Collard Greens	[3] - Banana - Baked Marinated Fish -whole wheat bread - Winter blend vegetables Yuca with onions
[6] - Pear - Turkey burger with cheese - Whole wheat hamburger bun -Caribbean coleslaw - Sweet potato fries	[7] -Honeydew - Vegetable soup - Southwestern black bean fajitas - Multigrain flatbread - Tossed salad with dressing	[8] - Papaya - Brown stew chicken -Rice and beans - Whole wheat bread - Steamed carrots	[9] - Sliced peaches - Stewed pork chops - Brown rice - Whole wheat bread - Steamed broccoli	[10] BBQ SPECIAL 
[13] - Fruit Salad - Braised beef short ribs - Whole wheat dinner roll - Garlic Mashed Potatoes - Sautéed spinach	[14] - Cantaloupe - Arroz con gandules (Pigeon peas) - Whole bread - Arugula salad & balsamic vinaigrette	[15] - Watermelon - Stewed chicken breast - Rice and beans -Whole wheat bread - Broccoli & red peppers - Yellow plantains	[16] - Orange - Baked turkey meatballs - Spaghetti -Whole wheat hamburger bun - Spinach salad & lemon vinaigrette	[17] -Pear - Baked salmon & lemon, thyme, tarragon - Rice Pilaf -Whole wheat bread - Tossed salad & dressing
[20] - Apple - Baked breaded lamb chops - Whole wheat bread Garlic mash potatoes - Sautéed Asparagus - Spinach, apple & red onion salad	[21] - Banana - Caribbean curry with chickpeas & Spinach - Brown rice - Whole wheat bread - Winter blend vegetables	[22] - Peach - Beef hamburger Whole wheat hamburger bun - Sautéed onions & peppers - Baked fries - Kale and tomatoes	[23] - Orange - Baked chicken quarters Arroz con gandules (pigeon peas) - Whole wheat bread - Steamed red or green cabbage	[24] - Cantaloupe - Baked Salmon - Baked ziti - Whole wheat bread - Italian cut green beans
[27] - Orange - Turkey burger & cheese - Whole wheat hamburger bun - Baked red potato wedge - Sliced tomatoes, cucumbers & Italian dressing	[28] - Apple - Classic Lentil Soup - Classic Garlic Bread - White rice - California Blend vegetable	[29] - Cantaloupe - Pernil (roasted pork shoulder) - Whole wheat bread - Cooked cabbage & shredded carrots - Garlic mash potatoes	[30] - Pineapple - Caribbean style BBQ chicken - Whole wheat bread - baked sweet potatoes -Boiled Southern Greens	

Please be Advised: Menus are Subject to Change

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