

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

**MAY, 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)  Shape Up NYC Fiona, Instructor 10:30 – 11:30AM
04) Chair Aerobic & Cycling 10 – 11AM Oreta, Instructor  Fan Food Distribution 9AM – 12PM	05) NYRR Walking Group 11:30–12PM Maria, Instructor Zumba Gold Kunikom Instr. 11AM-12PM  Fruit & Vege Truck 11AN – 2PM	06) <b>WIND CREEK SHOP + EAT BUS LEAVE</b> 9AM	07) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST  MOTHER’S DAY ANNUAL LUNCHEON 12:30=2:30PM	08) Shape Up NYC Fiona, Instructor 10:30 Mother’s Day Luncheon 11 – 2:30PM PSA 2 Det. Rallo
11) Chair Aerobic 10 – 11AM Oreta, Instructor  Arts & Craft Gloria, Instructor 10:30AM	12) NYRR Walking Group 11:30–12PM Maria, Instructor  Walmart 9:30 – 1:30pm	13) HOMELAND SECURITY 12PM – 1PM SGT D’VORIN	14) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST  Drama Club 12 – 2PM Walmart 9:30 – 1:30pm	15) Shape Up NYC Fiona, Instructor 10:30 AM MAY BIRTHDAY Extravaganza Music Fun Dancing Bring A Friend
18) Chair Aerobic 10 – 11AM Oreta, Instructor  HAVE YOUR SAY 10:30 – 11:30AM Juanita Jackson  Arts & Craft Gloria, Instructor 10:30AM	19) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria  Zumba Gold Kunikom Instr. 11AM-12PM  OATS Technology 10AM – 11:15PM	20) Nutritional Workshop 10AM – 11am Claudia, instr.  EYE HEALTH 11 -12PM Lula Phillip,	21)  NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST  Drama Club 2PM  OATS Technology 10AM – 11:15PM	22)  Shape Up NYC Fiona, Instructor 10:30 AM  FDNY Presentation 11:30 – 12:30
25)  <b>CENTER CLOSE IN OBSERVANCE OF MEMORIAL DAY</b>	26) Walking/Exercise 11:30-12:30PM Inst. Maria  OATS Technology 10AM – 11:15PM	27) HEALTH PROMOTION. WORKSHOP 10AM	28) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST  Drama Club 12 – 2PM  OATS Technology 10AM – 11:15PM	29)  Shape Up NYC Fiona, Instructor 10:30 AM  CLIENTS PICTURE DAY 10:30 – 3:30PM Dress to Impress

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

**MAY, 2026  
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>01) Omelet w/Peppers &amp; Onions English Muffin Raisin Bran Cereal Fruit Cocktail</b>
<b>04) Bran Flakes Home Fries Sweet &amp; Sour Chicken Breast Apple</b>	<b>05) Scrambled Eggs Grits Toast Bread Fruit Cocktail</b>	<b>06) Blueberries Cheerios Cinnamon Challah French Toast Tangerine</b>	<b>07) Homemade Fish Cakes Grits Toast Banana</b>	<b>08) Pancake Veggie Sausage Patty Raisin Bran Cereal Applesauce</b>
<b>11) Cottage Cheese Plain Oatmeal Cantaloupe</b>	<b>12) Bran Muffin Cheerios Yogurt Tangerines (2)</b>	<b>13) Sauteed Chicken Liver w/Onions Grits Toast Canned Pear Halves</b>	<b>14) Bran Flakes Cereal Scrambled Eggs Toast Banana</b>	<b>15) Breaded Fish Filets English Muffin Raisin Bran Cereal Apple</b>
<b>18) Breaded Chicken Cutlet Waffles Cream of Wheat Orange</b>	<b>19) Tuna Cakes Grits Toast Banana</b>	<b>20) Home Fries Scrambled Eggs Toasted Bagel Apple</b>	<b>21) Blueberry Pancakes Plain Greek Yogurt Cheerios Canned Pears</b>	<b>22) Oatmeal English Muffin Pizza Applesauce</b>
<b>25) Grilled Cheese w/Sliced Tomato Farina Canned Pineapple</b>	<b>26) Egg Salad Cheerios Pita Bread Canned Mandarin Oranges</b>	<b>27) Saute Chicken Liver w/Onions Grits Toast Apple</b>	<b>28) Halved Avocado Toasted Bagel Fiber One Cereal Greek Yogurt</b>	<b>29) Homemade Fish Cakes Home Fries Toast Mango</b>

**LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>01) Fish w/Creole Sauce Rice Chickpea Stew California Blend Vegetables Fresh Pineapple</b>
<b>04) Creamy Chickpea Potato Curry Brown Rice Classic Garlic Bread Steamed Cabbage Orange</b>	<b>05) Turkey &amp; Beef Salisbury Steak w/Mushroom Gravy Yellow Rice California Blend Vegetables Banana</b>	<b>06) Chicken Parmesan Penne w/Sauce Saute Leaf Spinach Tossed Salad w/Dressing Honeydew Melon</b>	<b>07) Pork Spare Ribs Mashed Sweet Potato Collard Greens Cantaloupe</b>	<b>08) Fish w/Creole Sauce Baked Steal Fries Broccoli Corn Bread Grapes</b>
<b>11) Caribbean Rice Stewed Red Beans Tossed Salad w/Dressing Cantaloupe</b>	<b>12) Sweet &amp; Sour Chicken Tenders Garlic Mashed Potato Broccoli Dinner Roll Orange</b>	<b>13) Braised Beef Short Ribs Baked Potato Brussels Sprouts Watermelon</b>	<b>14) Baked Chicken Breast w/Yogurt Steamed Cabbage Baked Sweet Yams Apple</b>	<b>15) Baked Fish w/Mushrooms, Onions &amp; Peppers Yellow Rice French String Beans Grapes</b>
<b>18) Black Bean Teriyaki Burger Roasted Sweet Potato Fries Tossed Salad w/Dressing Apple</b>	<b>19) Baked Korean Chicken Wings Baked Macaroni &amp; Cheese French Style String Beans Pear</b>	<b>20) Stewed Pork Chops Brown Rice Leaf Spinach Orange</b>	<b>21) Turkey Burges w/Cheese Baked Steak Fries Cabbage Carrot Slaw Honeydew</b>	<b>22) Baked Fish w/Limon Garlic Butter Sauce Yellow Rice Glazed Carrots Canned Peaches</b>
<b>25) Arroz con Pigeon Peas Collard Greens Canned Pineapple</b>	<b>26) Beef &amp; Turkey Meatloaf w/Mushroom Gravy Broccoli Garlic Mashed Cantaloupe</b>	<b>27) Stuff Peppers w/Turkey Glazed Carrots Honeydew Melon Garlic bread</b>	<b>28) Stewed Chicken Rice &amp; Beans Tossed Salad w/Dressing Orange</b>	<b>29) Baked Salmon w/Lemon, Tarragon &amp; Thyme Cabbage Baked Yams Banana</b>

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