



Van Dyke Senior Center II Senior Center

430 Dumont Avenue, Brooklyn, NY 11212 Tel: (718)385-1110

Reminder: Please donate each month

MAY 2026

Your donations make a difference!

Director: Damani McFarlane Program Assistant: Zoe Codring ton

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>[1] Breakfast 9:00-10:30 AM Blood pressure Screening @11am Lunch 12-1 PM Chair Exercise 1-2 PM Pokeno: 2-3 PM</p>
<p>[4] Breakfast 9:00-10:30 AM Arts & Culture 11 AM-12 PM Lunch 12-1 PM Chair Exercise 1-2 PM Bingo: 2-3 PM</p>	<p>[5] Breakfast 9:00-10:30 AM <i>Activity: CINCO DE MAYO</i> 10:45-11:30 AM 🇲🇽🇲🇽 Lunch 12-1 PM Arts & Craft 1-2 PM Pokeno: 2-3 PM</p>	<p>[6] Breakfast 9:00-10:30 AM Arts & Culture 11 AM-12 PM Lunch 12-1 PM Chair Exercise 1-2 PM Bingo: 2-3 PM</p>	<p>[7] Breakfast 9:00-10:30 AM Lunch 12-1 PM Arts & Craft 1-2 PM Bingo: 2-3 PM</p>	<p>[8] Breakfast 9:00-10:30 AM Blood pressure Screening @11am Lunch 12-1 PM Chair Exercise 1-2 PM Pokeno: 2-3 PM</p>
<p>[11] Breakfast 9:00-10:30 AM Arts & Culture 11 AM-12 PM Mother's Day Luncheon 12-1:45 PM Chair Exercise 2-3 PM Bingo: 3-4 PM</p>	<p>[12] Breakfast 9:00-10:30 AM Elder Abuse Presentation @11am Lunch 12-1 PM Arts & Craft 1-2 PM Pokeno: 2-3 PM</p>	<p>[13] Breakfast 9:00-10:30 AM Arts & Culture 11 AM-12 PM Lunch 12-1 PM Chair Exercise 1-2 PM Bingo: 2-3 PM</p>	<p>[14] Breakfast 9:00-10:30 AM Lunch 12-1 PM Arts & Craft 1-2 PM Bingo: 2-3 PM</p>	<p>[15] Breakfast 9:00-10:30 AM Blood pressure Screening @11am Lunch 12-1 PM Chair Exercise 1-2PM FUN DAY 🎉 2-3 PM Pokeno: 3-3:45 PM</p>
<p>[18] Breakfast 9:00-10:30 AM Arts & Culture 11 AM-12 PM Lunch 12-1 PM Chair Exercise 1-2 PM Bingo: 2-3 PM</p>	<p>[19] Breakfast 9:00-10:30 AM Lunch 12-1 PM Arts & Craft 1-2 PM Pokeno: 2-3 PM</p>	<p>[20] Breakfast 9:00-10:30 AM Trip: CITY ISLAND!! Arts & Culture 11 AM-12 PM Lunch 12-1 PM Nutrition Presentation @1pm Chair Exercise 1-2 PM Bingo: 2-3 PM</p>	<p>[21] Breakfast 9:00-10:30 AM Lunch 12-1 PM Arts & Craft 1-2 PM Movie Time: Starting at 2:45 PM</p>	<p>[22] Breakfast 9:00-10:30 AM Blood pressure Screening @11am Lunch 12-1 PM Chair Exercise 1-2 PM Pokeno: 2-3 PM</p>
<p>[25] MEMORIAL DAY REMEMBER AND HONOR Senior Center is closed (Memorial Day)</p>	<p>[26] Breakfast 9:00-10:30 AM Lunch 12-1 PM Arts & Craft 1-2 PM Pokeno: 2-3 PM</p>	<p>[27] Breakfast 9:00-10:30 AM Trip: FITNESS DAY!! Arts & Culture 11 AM-12 PM Lunch 12-1 PM Chair Exercise 1-2 PM Bingo: 2-3 PM</p>	<p>[28] Breakfast 9:00-10:30 AM Lunch 12-1 PM Arts & Craft 1-2 PM Movie Time: Starting at 2:45 PM</p>	<p>[29] Breakfast 9:00-10:30 AM Blood pressure Screening @11am Lunch 12-1 PM Chair Exercise 1-2 PM Pokeno: 2-3 PM</p>



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

Each Meal is Served with Milk & Juice...

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
				[1] - Banana - Whole wheat peanut butter & jelly sandwich - Bran flakes cereal
[4] - Apple - Scrambled eggs with red peppers & onions -English whole wheat muffin - Raisin bran cereal	[5] - Cantaloupe - Baked egg omelet - Waffles - Oatmeal	[6] - Oranges - Sautéed chicken livers with onions - Whole wheat bread - Grits	[7] - Banana - Whole wheat cinnamon pancakes - Raisin bran cereal	[8] - Tangerines - Hard boiled eggs - Oatmeal - Cinnamon raisin bagel
[11] - Strawberries - Nonfat plain Greek yogurt - Cream of wheat - Whole grain blueberry muffin	[12] - Bananas - Apple pancakes - Bran flakes cereal	[13] - Pineapple - Oatmeal - Scrambled eggs with red peppers & onions -English whole wheat muffin	[14] - Baked apple - Tuna cakes - Bran flakes cereal - Waffles	[15] - Orange - Sautéed chicken liver with onions - Cheesy grits - Whole wheat bread
[18] - Pear - Hardboiled egg - Banana French toast casserole with whole wheat bread	[19] - Orange - Grits - Tuna cakes - Whole wheat bread	[20] - Apple - English whole wheat muffin - Scrambled eggs - Bran flakes cereal	[21] - Pineapple - Oatmeal - Plain low fat yogurt - Whole wheat bagel	[22] - Banana - Grits - Sautéed chicken liver & onions - Home Fries
[25] - Cantaloupe - Whole wheat bagel - Wheat flake cereal - Yogurt parfait with blueberries	[26] - Applesauce - Oatmeal - Scrambled eggs with red peppers & onions - English whole wheat muffin	[27] - Pineapple - Baked egg omelet - Whole grain waffles	[28] - Banana - Hard boiled eggs - Cinnamon whole wheat French toast - Multigrain Cheerios	[29] - Apple - Grits - Salmon cakes - Whole wheat bread

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

Each Meal is Served with 1% low fat Milk...

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
				[1] - Pear - Fish with creole sauce - Whole wheat bread - Yellow rice - Tossed salad & dressing
[4] - Banana - Turkey meatloaf with mushroom gravy - Whole wheat bread - Pasta - Steamed carrots	[5] - Watermelon - Homestyle vegan whole wheat grain Mac & Cheese - Baby spinach salad with lemon vinaigrette - Whole wheat bread	[6] - Pineapple - Beef stew - White rice - Whole wheat bread - Balsamic roasted Brussel sprouts	[7] - Orange - Curried chicken legs - Garlic mash potatoes - Whole wheat bread - Steamed red or green cabbage	[8] - Cantaloupe - Fish in creole sauce - Baked potatoes - Italian blend vegetables -Whole wheat dinner roll
[11] Mother's Day Luncheon **Special Menu**	[12] - Orange - Dominican vegan Sancoho (Root vegetable stew) - White rice - Whole wheat bread - Tossed salad & dressing	[13] - Cantaloupe - Caribbean styled BBQ chicken - Garlic mash potatoes - Whole wheat bread - Baby spinach salad with lemon vinaigrette	[14] - Fresh fruit salad - Braised beef short ribs - Yellow rice - Whole wheat bread - Steamed collard greens	[15] - Banana - Baked marinated fish - Whole wheat bread - Winter blend vegetables - Yuca with onions
[18] - Pear - Turkey burger &cheese - Whole wheat hamburger bun - Caribbean coleslaw - Roasted sweet potato fries	[19] - Honeydew - Southwestern black bean fajitas - Multigrain flatbread - Tossed salad with dressing - Fruited-flavor jello	[20] - Papaya - Brown stew chicken - Whole wheat bread - Steamed carrots - Rice and beans - Kale and tomatoes	[21] - Peaches - Stewed pork chops - Brown rice - Whole wheat bread - Steamed Broccoli - Fruited-flavor jello	[22] - Cantaloupe - Fish with creole sauce - Sautéed onions and peppers - Whole wheat bread - Steamed kale - Garlic and rosemary roasted potatoes
[25] - Fresh fruit salad - Braised beef short ribs - Whole wheat dinner roll - Garlic mash potatoes - Sautéed spinach	[26] - Cantaloupe - Classic Lentil Soup - Whole wheat Bread - White rice - California Blend vegetable	[27] - Watermelon - Pencil (roasted pork shoulder) - Whole wheat bread - Cooked cabbage & shredded carrots - Garlic mash potatoes	[28] - Orange - Caribbean style BBQ chicken - Whole wheat bread - baked sweet potatoes -Boiled Southern Greens	[29] - Pear - Baked salmon with lemon, tarragon & thyme - Rice Pilaf - Creamy spinach - Tossed salad & dressing

Please be Advised: Menus are Subject to Change

Sponsored by Wayside Out-Reach Development, Inc and Funded by NYC Dept. of Aging

