

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

JUNE, 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) Chair Aerobic & Cycling 10 – 11AM Oreta, Instructor	02) Fan Food Distribution 9AM – 12PM OATS Technology 10AM – 11:15PM Chair Exercise Kuni, Instructor	03) Arts Workshop Annie, Instructor 10:30AM 12:PM Nutritional Workshop 10AM – 11am Claudia, instr	04) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Who's That Man 12:30PM _ 3:00PM OATS Technology 10AM – 11:15PM	05) Shape Up NYC Fiona, Instructor 10:30 – 11:30AM Arts Workshop Annie, Instructor 10:30AM
08) Chair Aerobic & Cycling 10 – 11AM Oreta, Instructor	09) NYRR Walking Group 11:30–12PM Zumba Gold Kunikom Instr. 11AM-12PM Fruit & Vege Truck 11AN – 2PM OATS Technology 10AM – 11:15PM	10) Arts & Craft Annie, Instructor 10:30AM Nutritional Workshop 10AM – 11am Claudia, instr	11) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Who's That Man 12:30PM _ 3:00PM OATS Technology 10AM – 11:15PM	12) Shape Up NYC Fiona, Instructor 10:30 Arts Workshop Annie, Instructor 10:30AM
15) Chair Aerobic 10 – 11AM Oreta, Instructor Securepath FYI Pierre, Instruct 11:30AM	16) NYRR Walking Group 11:30–12PM Maria, Instructor OATS Technology 10AM – 11:15PM Chair Exercise Kuni, Instructor	17) Arts & Craft Gloria, Instructor 10:30AM Juneteeth Presentation 11”30 – 12:30PM Mr. Nubian, Instr	18) OATS Technology 10AM – 11:15PM NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Fathers Day Luncheon	19) Juneteeth Center Closed
22) Chair Aerobic 10 – 11AM Oreta, Instructor	23) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Zumba Gold Kunikom Instr. 11AM-12PM OATS Technology 10AM – 11:15PM	24) . , Arts & Craft Gloria, Instructor 10:30AM	25) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST OATS Technology 10AM – 11:15PM Story Presentation Telling Our Story This Way & That 11:30AM	26) Arts & Craft Annie, Instructor 10:30AM Shape Up NYC Fiona, Instructor 10:30
29) Chair Aerobic 10 – 11AM Oreta, Instructor	30) Walking/Exercise 11:30-12:30PM Inst. Maria OATS Technology 10AM – 11:15PM Chair Exercise Kuni, Instructor			

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

**JUNE, 2026
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
01) Scrambled Eggs Cheesy Grits Banana	02) Bran Flakes Cereal English Muffin Pizza	03) Cottage Cheese Oatmeal Bagel Sliced Peaches	04) Blueberry Pancakes Yogurt Cheerios Banana	05) Peanut Butter & Jelly Sandwich Raisin Bran Cereal Applesauce
08) Cinnamon Challah French Toast Oatmeal Apple	09) Homemade Fish Cakes Grits Canned Pineapple	10) Bran Flakes Cereal Grilled Cheddar Cheese w/Tomato Orange	11) Blueberry Pancakes Cheerios Banana	12) English Muffins WW Omelette w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
15) Bran Flakes Cereal Home Fries S&S Chicken Breast Apple	16) Scrambled Eggs Grits Fruit Cocktail	17) Blueberries Cheerios Cinnamon Challah French Toast Tangerines (2)	18)  Homemade Fish Cakes Gritts Banana	19) Pancakes Veggie Sausage Patty Raisin Bran Cereal Applesauce
22) Cottage Cheese Plain Oatmeal Cantaloupe	23) Bran Muffin Cheerios Greek Yogurt Tangerines (2)	24) Chicken Livers w/Onions Grits Canned Pear Halves	25) Bran Flakes Scrambled Eggs WW Roll Banana	26) Breaded Fish Fillet WW English Muffin Raisin Bran Cereal Apple
29) Cheesy Grits Scramble Eggs Banana	30) Bran Flakes Cereal WW English Muffin Pizza/Cream Cheese Orange			

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
01) Loaded Potato Spinach/Apple/Red Onion Salad Classic Garlic Bread Watermelon	02) Baked Chicken Thigh Baked Potato Israeli Salad Banana	03) Beef Hamburger Onion & Peppers WW Kaiser Roll Sweet Potato Fries Kale & Tomato Apple	04) Baked Chicken Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	05) Oven Fried Fish Creole Sauce Egg Noodle Vegetable Mix Orange
08) Tex-Mex Barley Bean/Corn Salad Breaded Eggplant Steamed Carrots Garlic Bread Grapes	09) Beef Meatloaf w/Mushroom Gravy Garlic Mash Potato Green Beans w/Onions Cantaloupe	10) Tuna Cakes Cooked Cabbage w/Shredded Carrots Lettuce & Tomato Applesauce	11) Roasted Pork Shoulder Brown Rice Kidney Bean Stew Plantains Mixed Green Salad Watermelon	12) Fish w/Creole Sauce Rice w/Chickpeas Broccoli Fresh Pineapple
15) Creamy Chickpea Potato Curry Brown Rice Steamed Cabbage Orange	16) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow Rice California Blend Banana	17) Chicken Parmesan Penne Spinach Tossed Salad Honeydew Mellon	18) Pork Spare Ribs Mashed Sweet Potato Collard Greens Cantaloupe	19) Fish w/Lemon & Butter Sauce Baked Fries California Blend Orange
22) Caribbean Rice w/Stewed Red Beans Tossed Salad w/Dressing Cantaloupe	23) Sweet & Sour Chicken Tenders Garlic Mash Potato Broccoli Orange	24) Braised Short Ribs of Beef Baked Potato Brussel Sports Watermelon	25) Baked Chicken Breast w/Yogurt Baked Yams Cabbage Apple	26) Baked Fish w/Limon Garlic Butter Sauce Yellow Rice Glazed Carrots Canned Peaches
29) All American Loaded Bake Potato Spinach/Apple/Red Onion Salad Garlic Bread Watermelon	30) Baked Turkey Wings Yellow Rice Israeli Salad Banana			

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