



# Van Dyke II Senior Center

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

Reminder: Please donate each month

Your donations make a difference!

## June 2026

Director: Damani McFarlane Program Assistant: Zoe Codrington

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>[1] <b>Breakfast</b> 9:00-10:30 AM <b>Arts &amp; Culture</b> 11 AM-12 PM <b>Lunch</b> 12-1PM <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[2] <b>Breakfast</b> 9:00-10:30 AM <b>Health Management presentation @11am</b> <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>	<p>[3] <b>Breakfast</b> 9:00-10:30 AM <b>Homecare presentation @11am</b> <b>Arts &amp; Culture</b> 11 AM-12 PM <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[4] <b>Breakfast</b> 9:00-10:30 AM <b>Birthday Celebration</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p> 	<p>[5] <b>Breakfast</b> 9:00-10:30 AM <b>Blood pressure Screening @11am</b> <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>
<p>[8] <b>Breakfast</b> 9:00-10:30 AM <b>Arts &amp; Culture</b> <b>Paint &amp; Breakfast</b> 11 AM-12 PM <b>Lunch</b> 12-1pm <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[9] <b>Breakfast</b> 9:00-10:30 AM <b>ThinkFirst presentation @11am</b> <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>	<p>[10] <b>Breakfast</b> 9:00-10:30 AM <b>Arts &amp; Culture</b> 11 AM-12 PM <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[11] <b>Breakfast</b> 9:00-10:30 AM <b>Trip: CITY ISLAND!!</b> <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Bingo: 2-3 PM</b></p> 	<p>[12] <b>Breakfast</b> 9:00-10:30 AM <b>Elder Abuse presentation @11am</b> <b>Blood pressure Screening @11am</b> <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>
<p>[15] <b>Breakfast</b> 9:00-10:30 AM <b>Arts &amp; Culture</b> 11 AM-12 PM <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>  	<p>[16] <b>Breakfast</b> 9:00-10:30 AM <b>Leisure &amp; Fun</b> 10:30 AM-12 PM <b>Blood pressure Screening @11am</b> <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>	<p>[17] <b>Breakfast</b> 9:00-10:30 AM <b>Arts &amp; Culture Culminating Event</b> 10 AM-12 PM <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Movie Time: 2:30 PM</b></p>	<p>[18] <b>Breakfast</b> 9:00-10:30 AM <b>Activity: Juneteenth</b> 10:45AM-12PM <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[19] <b>HAPPY JUNETEENTH</b></p>  <p>Senior Center is Closed</p>
<p>[22] <b>Breakfast</b> 9:00-10:30 AM <b>Leisure &amp; Fun</b> 10:30 AM-12 PM <b>Father's Day Get-Together</b> 12-2pm <b>Chair Exercise</b> 2-3 PM <b>Bingo: 3-3:45 PM</b></p> 	<p>[23] <b>Breakfast</b> 9:00-10:30 AM <b>Leisure &amp; Fun</b> 10:30 AM-12 PM <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>	<p>[24] <b>Breakfast</b> 9:00-10:30 AM <b>Leisure &amp; Fun</b> 10:30 AM-12 PM <b>Lunch</b> 12-1 PM <b>Nutrition presentation @1pm</b> <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[25] <b>Breakfast</b> 9:00-10:30 AM <b>Health Management presentation @11pm</b> <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[26] <b>Breakfast</b> 9:00-10:30 AM <b>Blood pressure Screening @11am</b> <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>
<p>[29] <b>Breakfast</b> 9:00-10:30 AM <b>Leisure &amp; Fun</b> 10:30 AM-12 PM <b>Lunch</b> 12-1 PM <b>Chair Exercise</b> 1-2 PM <b>Bingo: 2-3 PM</b></p>	<p>[30] <b>Breakfast</b> 9:00-10:30 AM <b>Leisure &amp; Fun</b> 10:30 AM-12 PM <b>Lunch</b> 12-1 PM <b>Arts &amp; Craft</b> 1-2 PM <b>Pokeno: 2-3 PM</b></p>			





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

Each Meal is Served with Milk & Juice...

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WENESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
[1] - Apple - Grits - Egg white omelet with peppers & onions - Whole wheat mini bagel	[2] - Cantaloupe - Hard boiled eggs - Whole wheat cinnamon pancakes - Wheaties cereal	[3] - Banana - Baked breaded chicken cutlet - Home fries - Multigrain Cheerios	[4] - Baked apple - Salmon cakes - Creamy apple-raisin oatmeal - Whole wheat bread	[5] - Orange - Sautéed chicken liver & onions - Oatmeal - Whole wheat bread
[8] - Apple - Whole wheat grilled cheese - Bran flake cereal	[9] - Banana - Grits - Muffin - Plain non-fat yogurt	[10] - Sliced peaches - Scrambled eggs - Whole wheat English muffin - Multigrain Cheerios	[11] - Orange - Hardboiled egg - Oatmeal - Cinnamon whole wheat French toast	[12] - Banana - Whole wheat peanut butter and jelly sandwich - Bran flake cereal
[15] - Apple - Scrambled eggs with red peppers & onions - Whole wheat English muffin - Raisin bran cereal	[16] - Cantaloupe - Baked egg omelet - Oatmeal - Waffles	[17] - Mandarin orange - Grits - Sautéed chicken liver & onions - Whole wheat bread	[18] - Banana - Whole wheat cinnamon pancakes - Raisin bran cereal	[19] - Tangerine - Hardboiled egg - Oatmeal - Cinnamon raisin bagel
[22] - Strawberries - Whole wheat blueberry muffin - Cream of wheat	[23] - Banana - Apple pancakes - Bran flakes cereal	[24] - Pineapple - Scrambled eggs with red peppers & onions - Oatmeal - Whole wheat English muffin	[25] - Baked apple - Tuna cakes - Waffles - Bran flakes cereal	[26] - Orange - Cheesy Grits - Sautéed chicken liver & onions - Whole wheat bread
[29] - Apple - Grits - Whole wheat bagel - Egg white omelet with peppers & onions	[30] - Cantaloupe - Whole wheat cinnamon pancakes - Wheaties cereal - Hardboiled egg	 <b>eat well • live healthy</b>		

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

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WENESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
[1] - Orange - Baked chicken quarter - Arroz con gandules (Pigeon peas) - Steamed cabbage - Whole wheat bread	[2] - Banana - Caribbean curry with chickpeas & spinach - Brown rice - Winter blend vegetables - Whole wheat bread	[3] - Peaches - Beef Hamburger - Sautéed onions & peppers - Baked fries - Whole wheat hamburger bread	[4] - Apple - Baked breaded lamb chops - Garlic mash potatoes - Sautéed asparagus - Spinach, apple & red onion salad - Whole wheat bread	[5] - Cantaloupe - Baked Salmon - Baked Ziti with cheese - Italian cut green beans - Whole wheat bread
[8] - Orange - Turkey burger with cheese - Baked red potato wedges - Sliced tomatoes & cucumber with dressing - Whole wheat hamburger bun	[9] - Apple - Classic lentil soup - White rice - California vegetable blend - Classic garlic bread	[10] - Cantaloupe - Pernil (Roasted pork shoulder) - Garlic mash potatoes - Cabbage & carrots - Whole wheat bread	[11] - Pineapple - Caribbean style BBQ chicken - Baked sweet potato - Boiled southern greens - Whole wheat bread	[12] - Pear - Fish in creole sauce - Yellow rice - Tossed salad with dressing - Whole wheat bread
[15] - Banana - Turkey meatloaf in mushroom gravy - Pasta - Steamed carrots - Whole wheat bread	[16] - Watermelon - Vegan whole grain Mac & cheese - Baby spinach salad & lemon vinaigrette - Whole wheat bread	[17] - Pineapple - Beef stew - White rice - Balsamic roasted Brussel sprouts - Whole wheat bread	[18] - Orange - Curried chicken legs - Garlic mash potatoes - Steamed cabbage - Whole wheat bread	[19] - Cantaloupe - Fish in creole sauce - Baked potato - Italian blend vegetables - Whole wheat dinner roll
[22] <b>Father's Day Get-Together</b>  **Special Menu**	[23] - Orange - Dom. vegan Sancocho (Root vegetable stew) - White rice - Tossed salad with dressing - Whole wheat bread	[24] - Cantaloupe - Caribbean style BBQ chicken - Garlic mash potatoes - Baby spinach salad & lemon vinaigrette - Whole wheat bread	[25] - Fresh fruit salad - Braised beef short ribs - Yellow rice - Steamed collard greens - Whole wheat bread	[26] - Banana - Baked marinated fish - Yuca with onions - Winter blend vegetables - Whole wheat bread
[29] - Apple - Baked chicken thighs - Whole wheat bread - Garlic mash potatoes - Sautéed Asparagus - Spinach, apple & red onion salad	[30] - Banana - Caribbean curry with chickpeas & spinach - Brown rice - Challah bread - Asian cucumber salad - Steamed kale/callaloo	<b><u>Please be Advised: Menus are Subject to Change</u></b>		

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