

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

JULY, 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) Arts Workshop Annie, Instructor 10:30AM 12:PM Fruit & Vegetable Truck 10AM -12PM	02) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST DEMO CLASS Embroidery & Needle Point	03) Shape Up NYC Fiona, Instructor 10:30 – 11:30AM
06) CENTER 04 of JULY CLOSED	07) NYRR Walking Group 11:30–12PM	08) Arts & Craft Annie, Instructor 10:30AM-12:30PM Chair Exercise 11AM – 12PM Nundiah	09) Organization Picnic Park Valley Stream State 9AM Sharp	10) Shape Up NYC Fiona, Instructor 10:30
13) Fan Food Distribution 9AM – 12PM Healthfirst OBH Kevin Community Food Pantry 9AM – 12PM	14) NYRR Walking Group 11:30–12PM Maria, Instructor Chair Exercise 11:30 – 12:30 Kuni, Instructor	15) Senior Scam 11:30 - 12:30PM Indra, Instructor Arts Workshop Annie, Instructor 10:30AM 12:PM	16) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Homeland Security 11- 12:30PM Sgt D’Vorin	17) Shape Up NYC Fiona, Instructor 10:30
20) Chair Aerobic 10 – 11AM Oreta, Instructor	21) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Joker-A-Cise 12PM – 1PM Howie	22) . Arts Workshop Annie, Instructor 10:30AM 12:PM	23) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST	24) Shape Up NYC Fiona, Instructor 10:30
27) Chair Aerobic 10 – 11AM Oreta, Instructor	28) Walking/Exercise 11:30-12:30PM Inst. Maria Chair Exercise 11 – 12PM Kuni, Instructor	29) Arts Workshop Annie, Instructor 10:30AM 12:PM FYI Medicare 11 – 12PM Lovecora, Instruct	30) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST	31) Shape Up NYC Fiona, Instructor 10:30

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

**JULY, 2026
BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
		01) Cottage Cheese Oatmeal Bagel Sliced Peaches	02) Blueberry Pancakes Yogurt Cheerios Banana	03) Peanut Butter & Jelly Sandwich Raisin Bran Cereal Applesauce
06) Cinnamon Challah French Toast Oatmeal Apple	07) Homemade Fish Cakes Grits Canned Pineapple	08) Bran Flakes Cereal Grilled Cheddar Cheese w/Tomato Orange	09) Blueberry Pancakes Cheerios Banana	10) English Muffins WW Omelette w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
13) Bran Flakes Cereal Home Fries S&S Chicken Breast Apple	14) Scrambled Eggs Grits Fruit Cocktail	15) Blueberries Cheerios Cinnamon Challah French Toast Tangerines (2)	16) Homemade Fish Cakes Gritts Banana	17) Pancakes Veggie Sausage Patty Raisin Bran Cereal Applesauce
20) Cottage Cheese Plain Oatmeal Cantaloupe	21) Bran Muffin Cheerios Greek Yogurt Tangerines (2)	22) Chicken Livers w/Onions Grits Canned Pear Halves	23) Bran Flakes Scrambled Eggs WW Roll Banana	24) Breaded Fish Fillet WW English Muffin Raisin Bran Cereal Apple
27) Baked Breaded Chicken Cream of Wheat Waffles Orange	28) Tuna Cakes Grits Banana	29)Scrambled Eggs Home Fries Apple	30) Blueberry Pancakes Cheerios Yogurt Pears	31) Oatmeal English Muffin 2 Slices of Cheese Applesauce

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		01) Beef Hamburger Onion & Peppers WW Kaiser Roll Sweet Potato Fries Kale & Tomato Apple	02) Stewed Chicken w/Tomato Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	03) Oven Fried Fish Creole Sauce Egg Noodle Vegetable Mix Orange
06) Tex-Mex Barley Bean/Corn Salad Breaded Eggplant Steamed Carrots Garlic Bread Grapes	07) Beef Liver w/Onions & Mushroom Gravy Garlic Mash Potato Green Beans w/Onions Cantaloupe	08) Tuna Salad w/Eggs Pickled Beet Salad Lettuce & Tomato Applesauce	09) Roasted Pork Shoulder Brown Rice Kidney Bean Stew Plantains Mixed Green Salad Watermelon	10) Fish w/Creole Sauce Rice w/Chickpeas Broccoli Fresh Pineapple
13) Creamy Chickpea Potato Curry Brown Rice Steamed Cabbage Orange	14) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow Rice California Blend Banana	15) Chicken Parmesan Penne Spinach Tossed Salad Honeydew Mellon	16) Pork Spare Ribs Mashed Sweet Potato Collard Greens Cantaloupe	17) Fish w/Lemon & Butter Sauce Baked Fries California Blend Orange
20) Caribbean Rice w/Stewed Red Beans Tossed Salad w/Dressing Cantaloupe	21) Sweet & Sour Chicken Tenders Garlic Mash Potato Broccoli Orange	22) Braised Short Ribs of Beef Baked Potato Brussel Sports Watermelon	23) Curry Chicken Breast w/Yogurt Baked Yams Cabbage Apple	24) Baked Fish w/Limon Dill Garlic Butter Sauce Yellow Rice Glazed Carrots Canned Peaches
27) White Beans Veggie Pot Pie w/Cornbread Crust Tossed Salad w/Dressing Apple	28) Baked Korean Wings Mac & Cheese String Beans Pear	29) Stewed Pork Chops Brown Rice Leaf Spinach Orange	30) Turkey Burger w/Cheese Hamburger Bun Baked Fries Cabbage Carrots Slaw Honeydew Melon	31) Steamed Fish w/Onion & Peppers Yellow Rice Glazed Carrots Watermelon

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