



Van Dyke II Senior Center

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

Reminder: Please donate each month

August 2026

Your donations make a difference!



Director: Damani McFarlane Program Assistant: Zoe Codrington



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
[3] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[4] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Pokeno: 2-3 PM</u>	[5] <u>Breakfast</u> 9:00-10:30 AM Health Management presentation @10am <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[6] <u>Breakfast</u> 9:00-10:30 AM Nutrition presentation @11am <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[7] <u>Breakfast</u> 9:00-10:30 AM <u>Chair Exercise</u> 11-12 AM Blood pressure Screening @11am <u>Lunch</u> 12-1 PM Fun with Interns 1-2 PM <u>Pokeno: 2-3 PM</u>
[10] <u>Breakfast</u> 9:00-10:30 AM Activity: ICE CREAM DAY @11AM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[11] <u>Breakfast</u> 9:00-10:30 AM Healthcare presentation @11am <u>Lunch</u> 12-1 PM <u>Art & Craft</u> 1-2 PM <u>Pokeno: 2-3 PM</u>	[12] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[13] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[14] <u>Breakfast</u> 9:00-10:30 AM Blood pressure Screening @11am <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM
[17] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[18] <u>Breakfast</u> 9:00-10:30 AM Farmer's Market @9:30 AM <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Pokeno: 2-3 PM</u>	[19] <u>Breakfast</u> 9:00-10:30 AM Activity: S'more Fun Day @10am <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[20] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[21] <u>Breakfast</u> 9:00-10:30 AM Blood pressure Screening @11am <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Pokeno: 2-3 PM</u>
[24] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[25] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Pokeno: 2-3 PM</u>	[26] <u>Breakfast</u> 9:00-10:30 AM TRIP: BOWLING WITH ROSETTA @ 10AM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Movie Time: 2:30 PM</u>	[27] <u>Breakfast</u> 9:00-10:30 AM Health Management presentation @11am BIRTHDAY CELEBRATION <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Bingo: 2-3 PM</u>	[28] <u>Breakfast</u> 9:00-10:30 AM Blood pressure Screening @11am <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Pokeno: 2-3 PM</u>
[31] <u>Breakfast</u> 9:00-10:30 AM Trip: MTA Museum @10AM <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo: 2-3 PM</u>	ANTI-GUN VIOLENCE <u>VAN DYKE II Family & Friends' Day</u> August 15th, 1pm-6pm Join us at 430 Dumont for a day of laughter, music, and refreshments!			



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





Van Dyke II Senior Center

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

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

Each Meal is Served with Milk & Juice...

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WENESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
[3] - Cantaloupe - Yogurt parfait with blueberries - Wheat flake cereal - Whole wheat bagel	[4] - Applesauce - Scrambled eggs with red peppers & onions - Oatmeal - Whole wheat English muffin	[5] Continental Breakfast	[6] - Banana - Hard boiled egg - Whole wheat cinnamon pancakes	[7] - Apple - Grits - Salmon cakes - Whole wheat bread
[10] - Apple - Grits - Egg white omelette with peppers & onions - Whole wheat bagel	[11] - Cantaloupe - Hard boiled egg - Wheaties cereal - Whole wheat cinnamon pancakes	[12] - Banana - Breakfast English muffin pizzas	[13] - Orange - Home fries - Oatmeal -Sautéed chicken liver with onions -Whole wheat bread	[14] - Baked apple - Creamy apple-raisin oatmeal - Salmon cakes - Whole wheat bread
[17] - Apple - Whole wheat grilled cheese - Bran flakes cereal	[18] - Banana - Bran muffin - Grits - Plain non-fat yogurt	[19] - Peaches - Scrambled eggs - Whole wheat English muffin	[20] - Orange - Hard boiled egg - Oatmeal - Whole wheat cinnamon French toast	[21] - Banana - Whole wheat peanut butter & jelly sandwich - Bran flakes cereal
[24] - Apple - Scrambled eggs with red peppers & onions - Raisin bran cereal - Whole wheat English muffin	[25] - Cantaloupe - Baked egg omelette - Oatmeal - Waffles	[26] - Mandarin orange - Grits - Sautéed chicken liver with onions - Whole wheat bread	[27] - Banana - Raisin bran cereal - Whole wheat cinnamon pancakes	[28] - Tangerines - Hard boiled eggs - Oatmeal - Cinnamon raisin bagel
[31] - Strawberries - Cream of wheat - Whole grain - Blueberry muffin	 eat well • live healthy			DON'T FORGET... OUR FREE BREAKFAST FRIDAYS!!

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WENESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
[3] - Fruit salad - Braised beef short ribs - Garlic mashed potatoes - Sautéed spinach - Whole wheat dinner roll	[4] - Cantaloupe - Arroz con gandules (pigeon peas) - Arugula with balsamic vinaigrette - Whole wheat bread	[5] - Watermelon - Stewed chicken breast - Rice and beans - Broccoli & red peppers - Yellow plantains -Whole wheat bread	[6] - Mango - Baked turkey meatballs - Spaghetti - Baby spinach salad with lemon vinaigrette - Whole wheat hamburger bun	[7] - Pear - Baked Salmon with lemon, tarragon & thyme - Rice pilaf - Creamy spinach - Tossed salad & dressing
[10] - Apple - Baked chicken thighs - Garlic mashed potatoes - Sautéed asparagus - Spinach, apple & red onion salad - Whole wheat bread	[11] - Banana - Caribbean curry with chickpeas & spinach - Brown rice - Asian cucumber salad - Steamed kale - Challah bread	[12] - Watermelon - Beef hamburger - Sautéed onions & peppers - Baked fries - Garden salad - Whole wheat hamburger bun	[13] - Orange - Curry goat - Cilantro lime rice - Steamed spinach - Whole wheat bread	[14] - Cantaloupe - Jerk fish - Caribbean rice & red beans - Italian cut green beans - Whole wheat bread
[17] - Orange - Turkey burger & cheese - Baked potato wedges - Corn, black bean & pepper salad - Roasted broccoli - Whole wheat hamburger bun	[18] - Mixed berries - Mediterranean lentil stew - White rice - California blend vegetables - Classic garlic bread	[19] - Cantaloupe - Pernil (roasted pork shoulder) - Cooked cabbage with shredded carrots - Garlic mashed potatoes - Whole wheat bread	[20] - Watermelon - Caribbean style BBQ chicken - Baked sweet potato - Boiled southern greens -Whole wheat bread	[21] - Strawberries - Fish in creole sauce - Yellow rice - Tossed salad & dressing - Whole wheat bread - Jello
[24] - Banana - Turkey meatloaf with mushroom gravy - White rice - Steamed carrots - Whole wheat bread	[25] - Watermelon - Homestyle vegan whole grain mac & cheese - Baby spinach salad with lemon vinaigrette - Whole wheat bread	[26] - Pineapple - Beef stew - White rice - Balsamic roasted Brussel sprouts - Whole wheat bread	[27] 	[28] - Cantaloupe - Fish in creole sauce - Baked potato - Italian blend vegetables - Whole wheat dinner roll
[31] - Orange - Citrus teriyaki glazed chicken - Brown rice - Sweet baked yams	- Kale with tomato - Whole wheat diner roll	<u>Please be Advised: Menus are Subject to Change</u>		



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