



ROSETTA GASTON OAC

2026



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Mr. Cipriani Program Director, Mrs. Ramos Program Assistant.

REMINDER ***PLEASE DONATE \$1.00 PER MONTH OR \$12.00 PER YEAR.**

Monthly Schedule Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3) EXERCISE 10:00 AM- 10:30 AM GREEN BAGS 10 AM ARTS & CRAFT 11AM -12PM HEALTHFIRST 12 PM-1PM TOMMY FITNESS 1PM- 1:30 PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1:00 PM – 2:PM	4) ARTS & CULTURE 10AM-11 AM MOVIE DAY 1PM-2PM TECH 101 1:00 PM-2:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	5) EXERCISE 10AM-10:30AM WALMART 10AM ARTS & CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM -2PM	6) ARTS & CULTURE 10AM-11 AM TOMMY FITNESS 1PM -1:30 PM MOVIE DAY 2PM 3PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	7) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES
10) EXERCISE 10AM 10:30 AM GREEN BAGS 10 AM EMERGENCY PREPARNESS 10AM 11AM ARTS & CRAFT 11AM -12PM TOMMY FITNESS 1PM- 1:30 PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- BINGO	11) ARTS & CULTURE 11AM HEALTH MANAGEMENT 12 PM-1PM MOVIE DAY 1PM-2PM MOVIE DAY 1PM-2PM TECH 101 1:00 PM-2:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	12) AARP CLASS 9AM 4PM CONY ISLAND TRIP 10AM-3PM EXERCISE 10AM-10:30AM ARTS & CRAFT 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM -2PM	13) ARTS & CRAFT 11AM -12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 1PM -2PM MOVIE DAY 1PM 2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	14) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM CARDS /BILLARDS DOMINOES
17) EXERCISE 10AM 10:30 AM GREEN BAGS 10 AM ARTS & CRAFT 11AM -12PM INCLUSION WORKSHOPS 11AM- 12PM TOMMY FITNESS 1PM- 1:30 PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- BINGO 1-PM 2PM	18) ARTS & CULTURE 11AM-12PM MOVIE DAY 1PM-2PM TECH 101 1:00 PM-2:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	19) EXERCISE 10AM-10:30AM LUNCH OUTING 10AM-3PM ARTS & CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM -2PM	20) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM MOVIE DAY 2PM-3PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	21) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES
24) EXERCISE 10AM 10:30 AM GREEN BAGS 10 AM FAN-FOOD 10 AM – 3PM ARTS & CRAFT 11AM -12PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- BINGO 1 PM-2PM	25) ARTS & CULTURE 11AM-12PM TECH 101 1:00 PM-2:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	26) EXERCISE 10AM-10:30AM BOWLING 10AM ARTS & CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM	27) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM MOVIE DAY 2PM-3PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	28) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM BBQ /BIRTHDAY CELEBRATION SELF DIRECT AHA (BLOOD PRESSURE) 1PM 1:30 PM MUSICAL ED 1PM-3PM
31) ARTS & CRAFT 11AM -12PM GREEN BAGS 10 AM TOMMY FITNESS 1PM- 1:30 PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- GAMES, BINGO				

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THANK YOU FOR YOUR VOLUNTARILY CONTRIBUTION ITS'S HELPS ENHANCE THE PROGAM
(DECORATION, TRIPS, GIFTS)

BREAKFAST 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
3) EGG WHITES MOZZARELLA CHEESE HONEYDEW	4) PPLE PANCAKES FARINA BANANA LOW FAT YOGURT	5) EGG WHITES HOME FRIES WHEAT BREAD GRAPES	6) OATMEAL MINI-CROISSANT MIXED BERRIES LOW FAT YOGURT	7) CHEERIOS SAUTTED CHICKEN LIVER W/ONIONS BAKED APPLE
10) CHEESY GRITS STEWED CODFISH PEAR	11) APPLE PANCAKES BRAN FLAKES CEREAL CANTALOUPE	12) OATMEAL GRILLED CHEESE BLACBERRIES	13)BRAN, FLAKES CEREAL ENGLISH MUFFIN HARD BOILED EGG BANANA	14) GRITS SALMON CAKES CANNED PINEAPPLE
17)BANANA OATMEAL FRENCH TOAST HONEYDEW PEANUT BUTTER	18) CHEESY GRITS MINI BAGEL VEGGIE SAUSAGE CANTALOUPE	19) CHEERIOS ENGLISH MUFFIN PIZZAS ORANGE	20)EGGWHITE OMELETTE W/PEPPERS ONIONS OATMEAL APPLE	21) HOME FRIES FISH CAKE CANTALOUPE
24) OATMEAL GRILLED CHEESE CANNED PINEAPPLE CREAM CHEESE	25) CHEERIOS CINNAMON PANCAKES HONEDW PANCAKE SYRUP	26) BRAN FLAKES CEREAL SCRAMBLED EGGS W/ SWISS VEGGIE SAUSAGE BANANA	27)BAKED EGG OMELETTE SPICED SWEET POTATOES MIXED BERRIES	28)BREADED CHICKEN CUTLET OATMEAL WAFFLES ORANGE PANCAKE SYRUP
31) CHEERIOS WHOLE WHEAT MUFFINS APPLE MAGERINE				

Lunch 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
3) BAKED CHICKEN QUARTER LEGS BROWN RICE BEETS AND BABY CARROTS ORANGE	4)EGGPLANT PARMESAN W/ CREAMY CASHEW RICOTTA KALE W/TOAMTO PATATO SALAD APPLE	5)TUNA SALAD WITH EGGS MACARONI SALAD CUCUMBER & TOMATO SALAD BANANA	6)BAKED ZITI WITH CHEESE CABBAGE SALAD W/BERRIES CANTALOUPE	7) OVEN FRIED FISH BROWN RICE MIXED VEGESTABLE APPLE
10) CURRIED CHICKEN LEGS WHITE RICE CABBAGE CARROTS SLAW CANTALOUPE	11SWEET POTATO CHILI BROWN RICE BEETS& BABY CARROTS APPLE	12) BAKED CHICKEN QUARTER RICE & PEAS MIXED GREEN SALAD DRESSING ORANGE	13) SOMETERED PORK CHOPS GREEN BEAN SALAD MASHED SWEET POTATOES BANANA	14) BAKED SALMON EGG NOODLES VEGETABLES APPLESAUCE
17) TURKEY GRAVY CARROTS SALAD MASHED POTATOES ORANGE	18) STUFFED BELL PEPPERS W/LENTILS BROWN RICE BEETS SALAS APPLE	19) BBQ CHICKEN BREAST BAKED MACARONI & CHEESE CALIFORNIA BLEND VEGETABLE BANANA	20) CHEESBURGER SAUTEED GREEN PEPPER& ONIONS BAKED FRIES ITALIAN CUT GREN BEANS CANTALOUPE	21) BAKED SALMON RICE AND BEANS ORIENTAL BLEND VEGETABLES CANNED SLICED PEACJJES
24)STEWED CHICKEN BREAST RICE AND PEAS STEAMED COLLARD GREEN ORANGE	25) LASAGNA ROLL BEETS AND BABY CARROTS APPLE	26) STEWED PORK CHOPS BABY CARROTS AND PARSLEY MASHED POTATOES ORANGE	27) PORK SPARE RIBS YELLOW RICE CABBAGE & APPLE SLAW APPLE	28)FISH W/ CREOLE SAUCE BAKED VEGETABLE ALFREDO PASTA MIXED GREEN SALAD NECTARINE SALAD DRESSING
31) STEWED CHICKEN BREAST RICE W/PIGEON PEAS STEAMED COLLARD GREEN ORANGE				

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MENU SUBJECT TO CHANGE