

AUGUST 2026
TILDEN NEIGHBORHOOD OLDER ADULT CENTER
630 MOTHER GASTON BLVD, BROOKLYN, NY 11212
WANDA JEAN BURRIS, DIRECTOR -- PHONE: 718-498-2990 / FAX: 718-345-9666
BREAKFAST 9-10 AM & LUNCH 12:30-1:30 PM DAILY
TV—CARDS—BOARD GAMES—DOMINOS & MORE 9-5 DAILY
EXERCISE/WALKING CLASS WITH NYRR – EVERY TUES & THURS 11:30-12:30 AM
NON-EVIDENCE BASE WITH ORETA GAINES EVERY MONDAY 10:30-11:30 AM
THANK YOU FOR YOUR VOLUNTEERED CONTRIBUTIONS AS THEY HELP ENRICH OUR PROGRAM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Chair Aerobic w/ Oreta 10-11 AM	4) NYRR Walking w/ Maria 11:30-12:30 PM Bingo! 1:30PM	5) Art w/ Annie 10:30-12 PM Farmer’s Market Day 11-1 PM	6) Embroidery w/ Sarah 10:30-11:30 AM FYI Medicare 10:30AM NYRR Striders w/ Victoria 11:30-12:30 PM	7) Shape UP NYC w/ Fiona 10:30-11:30 AM Primerica 11:30AM Diamonds & Pearls Day Bingo! 1:30PM
10) Fan Food Delivery 9:30-10 AM Chair Aerobic w/ Oreta 10-11 AM OEM w/ Sgt D’Vorin 11:30-12:30 PM	11) Chair Exercise w/ Kuni 11:00 -12 PM Movie Day 1:30-3 PM	12) Crazy Cap Day Art w/ Annie 10:30-12 PM	13) Embroidery w/ Sarah 10:30-11:30 AM NYRR Striders w/ Victoria 11:30-12:30 PM	14) Shape UP NYC w/ Fiona 10:30-11:30 AM Bingo! 1:30PM
17) Chair Aerobic w/ Oreta 10-11 AM	18) NYRR Walking w/ Maria 11:30-12:30 PM Bingo! 1:30PM	19) Beach Fest 10:30-4:30 PM	20) Embroidery w/ Sarah 10:30-11:30 AM NYRR Striders w/ Victoria 11:30-12:30 PM	21) Shape UP NYC w/ Fiona 10:30-11:30 AM Bingo! 1:30PM
24) Chair Aerobic w/ Oreta 10-11 AM Queens County Farm Museum Trip 10AM-3PM	25) NYRR Walking w/ Maria 11:30-12:30 PM Chair Exercise w/ Kuni 11:00 -12 PM Bingo! 1:30PM	26) 70s Theme Day Art w/ Annie 10:30-12 PM	27) Embroidery w/ Sarah 10:30-11:30 AM NYRR Striders w/ Victoria 11:30-12:30 PM	28) Shape UP NYC w/ Fiona 10:30-11:30 AM Documentary: “The History of Brownsville” 2-3 PM
31) Chair Aerobic w/ Oreta 10-11 AM Senior Wellness Class on Hypertension 11 AM-12 PM				

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Farina, grilled cheddar cheese sandwich on WW, sliced tomatoes and pineapples	4) Cheerios, egg salad, plain pita and mandarin oranges	5) Cheesy grits, sautéed chicken liver, WW bread and apple	6) Halved avocado, WW bagel, non-fat plain greek yogurt and banana	7) Home fries, homemade fish cake, WW bread and mango
10) Cheesy Grits, scrambled eggs, WW bread and banana	11) Bran flakes cereal, WW english muffin pizzas and orange	12) Cottage cheese, oatmeal, WW bagel and sliced peaches	13) Blueberry pancakes, cheerios, plain non-fat yogurt and banana	14) Raisin bran cereal, WW PB&J sandwich and applesauce
17) Cinnamon challah french toast, oatmeal and apple	18) Grits, homemade fish cakes, WW bread and pineapple	19) Bran flakes cereal, grilled cheddar cheese sandwich on WW, sliced tomatoes and orange	20) Blueberry pancakes, cheerios and banana	21) WW english muffin, omelet w/ peppers and onions, raisin bran cereal and fruit cocktail
24) Bran flakes cereal, home fries, sweet and sour chicken breasts and apple	25) Grits, scrambled eggs, WW bread and fruit cocktail	26) Blueberries, cheerios, cinnamon challah french toast and tangerine	27) Grits, homemade fish cake, WW bread and banana	28) Pancakes, raisin bran cereal, veggie sausage patties and applesauce
31) Cottage cheese, instant oats, WW bread and cantaloupe				

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Rice and peas, WW bread, boiled southern greens and pineapple	4) Beef and turkey meatloaf with mushroom gravy, garlic bread, broccoli and red peppers, garlic mashed potatoes and cantaloupe	5) Stuffed peppers with turkey, garlic bread, steamed carrots and honeydew	6) Baked turkey drumsticks, rice and beans, WW bread, tossed salad and orange	7) Baked salmon, salad, whole grain corn muffins, Cole slaw, potato salad w/ egg and banana
10) Loaded baked potato, garlic bread, spinach salad and watermelon	11) Baked turkey wings, WW bread, yellow rice, israeli salad and banana	12) Beef burger, sautéed onions and peppers, WW burger bun, Kale salad, sweet potato fries and apple	13) Chinese-style stewed chicken, rice and peas, WW bread and cantaloupe	14) Oven fried fish, pasta, WW bread, veggie mix and orange
17) Tex-mex barley, bean and corn salad, garlic bread, breaded eggplants, steamed carrots and grapes	18) Beef liver w/ onion WW bread, garlic mashed potatoes, sautéed green beans and cantaloupe	19) Tuna salad w/ eggs, WW bread, beet salad, lettuce and tomato and applesauce	20) Pernil, brown rice, green plantains, mixed salad and watermelon	21) Fish w/ creole sauce, rice and chickpeas, WW bread, steamed spinach and pineapples
24) Creamy chickpea potato curry, brown rice, garlic bread, steamed cabbage and orange	25) Turkey and beef Salisbury steak w/ mushroom gravy, WW bread, yellow rice, veggie blend and banana	26) Chicken parmesan, MG bread, penne, sautéed spinach, tossed salad and honeydew	27) Pork spare ribs, cornbread, mashed sweet potatoes, steamed collard greens and cantaloupe	28) Fish w/ creole sauce, WW bread, baked fries, veggie blend and grapes
31) Rice and red beans, WW bread, tossed salad and cantaloupe				

***Please note: All menus are subject to change due to some programming. All meals are accompanied with 1% low fat milk, whole wheat bread (WW) and condiments.**