

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

SEPTEMBER, 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) NYRR Walking Group 11:30–12PM Maria, Instructor Chair Exercise 11:30 – 12:30 Kuni, Instructor	02) Arts Workshop Lupe, Instructor 10:30AM 12:PM	03) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM	04) Shape Up NYC Fiona, Instructor 10:30 – 11:30AM
07) CENTER CLOSED LABOR DAY	08) NYRR Walking Group 11:30–12PM Maria, Instructor Chair Exercise 11:30 – 12:30 Kuni, Instructor	09) Arts & Craft by Lupe, Instructor 10:30AM-12:30PM Chair Exercise 11AM – 12PM	10) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM	11) Shape Up NYC Fiona, Instructor 10:30
14) Fan Food Distribution 9AM – 12PM Healthfirst Chair Aerobic 10 – 11AM Oreta, Instructor	15) NYRR Walking Group 11:30–12PM Maria, Instructor Chair Exercise 11:30 – 12:30 Kuni, Instructor Comedy Show Howie Joke-A-Cise 12:30PM-1PM	16) Arts Workshop Lupe, Instructor 10:30AM 12:PM Fruit & Vegetable Truck 10AM -12PM	17) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM	18) Shape Up NYC Fiona, Instructor 10:30
21) Chair Aerobic 10 – 11AM Oreta, Instructor	22) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Chair Exercise 11 – 12PM Kuni, Instructor	23) . Arts Workshop Lupe, Instructor 10:30AM 12:PM	24) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM	25) Shape Up NYC Fiona, Instructor 10:30 SEPTEMBER BIRTHDAY GALA
28) Chair Aerobic 10 – 11AM Oreta, Instructor	29) Walking/Exercise 11:30-12:30PM Inst. Maria Chair Exercise 11 – 12PM Kuni, Instructor	30) Arts Workshop Lupe, Instructor 10:30AM 12:PM		

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

SEPTEMBER, 2026
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	01) Bran Muffin Cheerios Tangerines Greek Yogurt	02) Grits Sautéed Liver w/Onion Canned Pears	03) Bran Flakes Cereal Scrambled Eggs Banana	04) Breaded Fish Fillets English Muffins Raisin Bran Cereal Apple
07) Chicken & Waffles Cream of Wheat Orange	08) Grits Tuna Cakes Banana	09) Home Fries Scrambled Eggs Apple	10) Blueberry Pancakes Cheerios Greek Yogurt Sliced Pears	11) English Muffins WW Pizzas Oatmeal Applesauce
14) Farina Grilled Cheddar Cheese w/Tomato Sandwich Canned Pineapple	15) Cheerios Egg Salad Plain Pita Mandarin Oranges	16) Cheesy Grits Chicken Liver w/Onions Apple	17) Halved Avocado Bagel Banana Greek Yogurt	18) Home Fries Homemade Fish Cakes Mango
21) Cinnamon Challah French Toast Oatmeal Apple	22) Grits Homemade Fish Cake Canned Pineapple	23) Bran Flakes Cereal Grilled Cheddar Cheese w/Tomato Orange	24) Blueberry Pancakes Cheerios Banana	25) English Muffin Omelets w/Peppers & Onions Raisin Bran Fruit Cocktails
28) Cheesy Grits Scrambled Eggs Banana	29) Bran Flakes Cereal WW English Muffin Pizzas Orange	30) Cottage Cheese Oatmeal Bagel Sliced Peaches		

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	01) Sweet & Sour Chicken Tenders Garlic Potato Broccoli Orange	02) Braided Beef Ribs Baked Potato Brussels Sprouts Watermelon	03) Baked Chicken Breast w/Yogurt Cabbage Baked Sweet Yams Apple	04) Baked Fish w/Mushrooms & Peppers Yellow Rice Green Beans Grapes
07) White Bean & Veggie Pot Pies w/Cornbread Crust Garlic Bread Tossed Salad Apple	08) Baked Korean Chicken Wings Baked Macaroni & Cheese Green Beans Pear	09) Stewed Pork Chops Brown Rice Spinach Tossed Salad	10) Turkey Burger w/Cheese Baked Fries Cabbage/Carrot Slaw Honeydew	11) Fish w/Creole Sauce Yellow Rice w/Chickpeas Broccoli Fresh Pineapple
14) Arroz con Glandules Brown Rice w/Pigeon Peas Boiled Southern Greens Sliced Peaches	15) Turkey & Beef Meatloaf w/Mushroom Gravy Garlic Mashed Broccoli w/Red Peppers Banana	16) Stuffed Peppers w/Turkey Meat Garlic Bread Glazed Carrots Honeydew	17) Baked Turkey Drumsticks Rice Stew Beans Tossed Salad w/Dressing Orange	18) Baked Salmon w/Lemon & Thyme Cole Slaw Egg Potato Salad Corn Muffins Banana
21) All American Loaded Potato Garlic Bread Spinach, Apple Red Onion Salad Watermelon	22) Baked Turkey Wings Yellow Rice Israeli Salad Banana	23) Beef Hamburger Onions & Peppers Kale w/Tomato Sweet Potato Fries Apple	24)Chinese-Style Stewed Chicken & Tomatoes Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	25) Oven Fried Fish Vegetable Pasta Mix Orange
28) Tex-Mex Barley, Beans & Corn Salad Garlic Bread Breaded Eggplant Cutlets Carrots Grapes	29) Beef Liver w/Onions Garlic Mashed Potato Green Beans Onions Cantaloupe	30) Tuna Salad Pattie w/Broil Eggs Beet Salad Lettuce & Tomato Applesauce	30) Pernil Pork Shoulder Brown Rice w/Stew Kidney Beans Plantains Tossed Salad Watermelon	31) Fish w/Creole Sauce Rice w/Chickpeas Spinach Fresh Pineapple

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