



ROSETTA GASTON OAC

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SEPTEMBER 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1)ARTS& CULTURE 11AM -12PM MOVIES & POPCORN 1PM-2PM TECH 101 2:00 PM-3:00 PM	2) WALMART 10AM EXERCISE 10AM 10:30 AM THERAMOTIVE 11:30AM- 12:PM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-	3) ARTS & CULTURE 11AM -12PM TOMMY FITNESS 1PM MOVIES & POPCORN 1PM-2PM TECH 101 2:00 PM-3:00 PM 1PM -2PM GAMES , BINGO	4) EXERCISE 10AM 10:30 AM THERAMOTIVE 11:30AM- 12:PM PRE- LABOR DAY CELEBRATION  SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM
7) CENTER CLOSED 	8) ARTS& CULTURE 11AM -12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM  GAMES, BINGO	9) AARP 9AM-4PM EXERCISE 10AM-10:30AM THERAMOTIVE 11:30AM- 12:PM ARTS &CRAFT 11AM SELF DIRECT AHA (BLOOD 12 PM-1PM	10) ARTS & CULTURE 11AM -12PM TOMMY FITNESS 1PM MOVIES & POPCORN 1PM-2PM TECH 101 2:00 PM-3:00 PM	11) ARTS & CRAFT 11AM -12PM TEA TIME 10:30AM 11:30AM THERAMOTIVE 11:30AM- 12:PM GRANDPARENTS DAY CELEBRATION 12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM
14)BAKE SALE 10:00 12PM ARTS &CRAFT 11AM -12PM TOMMY FITNESS 1PM THERAMOTIVE 11:30AM- 12:PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO	15) STYLE IS NYC AGING IS AGELESS 8AM-1PM ARTS&CULTURE 11AM-12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM  GAMES 9AM-5PM	16) EXERCISE 10AM-10:30AM ARTS &CRAFT 11AM CHARCOAL RESTAURANT BUFFET 10 AM THERAMOTIVE 11:30AM- 12:PM SELF DIRECT AHA (BLOOD 12 PM-1PM	17) ARTS& CULTURE 11AM-12PM TOMMY FITNESS 1PM MOVIES & POPCORN 1PM-2PM TECH 101 2:00 PM-3:00 PM 1PM -2PM GAMES 9AM-5PM	18) EXERCISE 10AM 10:30 AM STORY TIME 10:30 AM- 11:30AM ARTS &CRAFT 11AM -12PM THERAMOTIVE 11:30AM- 12:PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM
21) ARTS &CRAFT 11AM -12PM THERAMOTIVE 11:30AM- 12:PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES, BINGO 1 PM	22)ARTS&CULTURE 11AM-12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM  GAMES 9AM-5PM	23) EXERCISE 10AM-10:30AM FARMER MARKET TRIP 10AM ARTS &CRAFT 11AM THERAMOTIVE 11:30AM- 12:PM SELF DIRECT AHA (BLOOD 12 PM-1PM	24) ARTS CULTURE 11AM-12PM TOMMY FITNESS 1PM MOVIES & POPCORN 1PM-2PM TECH 101 2:00 PM-3:00 PM 1PM -2PM GAMES 9AM-5PM	25) EXERCISE 10AM -10:30AM SIP-& PAINT 10:30 AM -11:30 AM THERAMOTIVE 11:30AM- 12:PM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- 1:30 PM MUSICAL ED 1PM-2PM
28) GREEN BAGS 10 AM THERAMOTIVE 11:30AM- 12:PM ARTS&CRAFTS 11AM-12PM FAN-FOOD 10 AM - 3PM TELL IT LIKE IT IS 1PM -2PM GAMES, BINGO	29)ARTS&CULTURE 11AM-12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM	30) EXERCISE 10AM-10:30AM THERAMOTIVE 11:30AM- 12:PM 1PM-1:30 PM PHOTO BIRTHDAY SHOW CELEBRATION 12 PM		

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

BREAKFAST 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
	1) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	2) W/W ENGLISH MUFFIN OMELETTE W/SPINACH & PARMESAN CHEESE CANTOLOUPE	3) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT	4)HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES
	8)COCONUT BANANA WHEAT-FRENCH TOAST OATMEAL CANNED PINEAPPLE	9) HOME FRIES SALMON CAKE BANANA YOGURT	10) OMELETTE W/PEPPERS &ONIONS APPLESAUCCE	11) OATMEAL GRILLED CHEESE CANTALOUPE
14) EGG WHITES MOZZARELLA CHEESE HONEYDEW	15)APPLE PANCAKES FARINA BANANA LOW FAT YOGURT	16) EGG WHITES HOME FRIES WHEAT BREAD GRAPES	17) OATMEAL MINI-CROISSANT MIXED BERRIES LOW FAT YOGURT	18) CHEERIOS SAUTTED CHICKEN LIVER W/ONIONS BAKED APPLE
21) CHEESY GRITS STEWED CODFISH PEAR	22) APPLE PANCAKES BRAN FLAKES CEREAL CANTALOUPE	23) OATMEAL GRILLED CHEESE BLACBERRIES	24)BRAN, FLAKES CEREAL ENGLISH MUFFIN HARD BOILED EGG BANANA	25) GRITS SALMON CAKES CANNED PINEAPPLE
28)BANANA OATMEAL FRENCH TOAST HONEYDEW PEANUT BUTTER	29) CHEESY GRITS MINI BAGEL VEGGIE SAUSAGE CANTALOUPE	30) CHEERIOS ENGLISH MUFFIN PIZZAS ORANGE		

Lunch 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
	1) GINGER BEAN MUSHROOM MEATBALLS VEGAN WHEAT SPAGHETTI WITH TOFU RICOTTA STEAMED ZUCCHINI BANANA	2) PORK SPARE RIBS BAKED POTATO CABBAGE AND APPLE SLAW APPLE	3) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS ORANGE	4) BAKED FISH MASHED POTATOEES BRUSSELS SPROUTS CANTALOUPE.
	8) BLACK BEAN & VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	9) PEPPER STEAK BAKED POTATO GREEN BEANS CANTALOUPE	10) TURKEY /GRAVY CARROTS SALAD MASHED SWEET POTATOES ORANGE	11) BAKED SALMON YELLOW RICE ORIENTAL BLEND VEGETABLES CANNED SLICED PEACHES
14) BAKED CHICKEN QUARTER LEGS BROWN RICE BEETS AND BABY CARROTS ORANGE	15)EGGPLANT PARMESAN W/ CREAMY CASHEW RICOTTA KALE W/TOAMTO PATATO SALAD APPLE	16)TUNA SALAD WITH EGGS MACARONI SALAD CUCUMBER & TOMATO SALAD BANANA	17)BAKED ZITI WITH CHEESE CABBAGE SALAD W/BERRIES CANTALOUPE	18) OVEN FRIED FISH BROWN RICE MIXED VEGESTABLE APPLE
21) CURRIED CHICKEN LEGS WHITE RICE CABBAGE CARROTS SLAW CANTALOUPE	22)SMOKEY BLACK BEANS&SWEET POTATOES BROWN RICE BEETS&BABY CARROTS APPLE	23) BAKED CHICKEN QUARTER RICE & PEAS MIXED GREEN-SALAD-W/ DRESSING ORANGE	24) SOMETERED PORK CHOPS GREEN BEAN SALAD MASHED SWEET POTATOES BANANA	25) BAKED SALMON EGG NOODLES VEGETABLES APPLESAUCE
28) TURKEY GRAVY CARROTS SALAD MASHED POTATOES ORANGE	29) STUFFED BELL PEPPERS W/LENTILS BROWN RICE BEETS SALAS APPLE	30) BBQ CHICKEN BREAST BAKED MACARONI & CHEESE CALIFORNIA BLEND VEGETABLE BANANA		

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MENU SUBJECT TO CHANGE