



Van Dyke II Senior Center

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

Reminder: Please donate

each month

Your donations

make a difference!

September 2026



Director: Damani McFarlane

Program Assistant: Zoe Codrington



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SEPTEMBER IS Leukemia, Lymphoma, Ovarian, Uterine, Prostate, Thyroid & Childhood CANCER AWARENESS MONTH	[1] <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</u> : 2-3 PM	[2] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Blood Pressure Screening @11am</u> <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo</u> : 2-3 PM	[3] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Healthcare Presentation @11am</u> <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Bingo</u> : 2-3 PM	[4] <u>Breakfast</u> 9:00-10:30 AM <u>Chair Exercise</u> 11:30 AM-12:20 AM <u>Lunch</u> 12:30-1:30 PM <u>Health Management Presentation @1pm</u> <u>Pokeno</u> : 2:30-3:30 PM
 <u>The Center will be closed for Labor Day Celebration!</u>	[8] <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 & Craft</u> 1-2 PM <u>Pokeno</u> : 2-3 PM	[9] <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</u> : 2-3 PM	[10] <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</u> : 2-3 PM	[11] <u>Breakfast</u> 9:00-10:30 AM <u>Chair Exercise</u> 11:30 AM-12:20 AM <u>Lunch</u> 12-1 PM <u>Leisure & Blood Pressure Screening</u> 1-2 PM <u>Pokeno</u> : 2-3 PM
[14] <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</u> : 2-3 PM	[15] <u>Breakfast</u> 9:00-10:30 AM <u>Activity: S'more & Photo Fun Day @10am</u> <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Pokeno</u> : 2-3 PM	[16] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Blood Pressure Screening @11am</u> <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo</u> : 2-3 PM	[17] <u>Breakfast</u> 9:00-10:30 AM <u>Trip: (DFTA) Healthy Aging Fair @9am</u> <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Bingo</u> : 2-3 PM	[18] <u>Breakfast</u> 9:00-10:30 AM <u>Elder Abuse presentation @ 11am</u> <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> : 1-2 PM <u>Pokeno</u> : 2-3 PM <u>VDII & Councilwoman Darlene Mealy presents: VDI's Fish Fry @3pm-5pm</u>
[21] <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</u> : 2-3 PM	[22] <u>Breakfast</u> 9:00-10:30 AM <u>Leisure & Fun</u> 10:30 AM-12 PM <u>Lunch & Bake Sale</u> 12-1 PM <u>Art & Crafts</u> 1-2 PM <u>Pokeno</u> : 2-3 PM	[23] <u>Breakfast</u> 9:00-10:30 AM <u>Trip: Farmer's Market W/Rosetta @10am</u> <u>Lunch</u> 12-1 PM <u>Chair Exercise</u> 1-2 PM <u>Bingo</u> : 2-3 PM	[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>Art & Crafts</u> 1-2 PM <u>Bingo</u> : 2-3 PM	[25] <u>Breakfast</u> 9:00-10:30 AM <u>Chair Exercise</u> 11:30 AM-12:20 AM <u>Lunch</u> 12-1 PM <u>Leisure & Fun</u> 2-3 PM <u>Pokeno</u> : 2-3 PM
[28] <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</u> : 2-3 PM	[29] <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>Pokeno</u> : 2-3 PM	[30] <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>Movie Time</u> : 2:30 PM		

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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>
	[1] - Banana - Hard-boiled egg - Bran flake cereal - Whole wheat Cinnamon pancakes	[2] - Pineapple - Oatmeal - Scrambled eggs with red peppers & onions - Whole wheat English muffin	[3] - Apple - Tuna cakes - Waffles - Bran flake cereal	[4] - Orange - Cheesy grits - Sautéed chicken liver with onions - Whole wheat bread
[7] - Pear - Hardboiled egg - Banana French toast on whole wheat bread	[8] - Orange - Grits - Tuna cakes - Whole wheat bread	[9] - Apple - Scrambled egg - Bran flake cereal - Whole wheat English muffin	[10] - Pineapple - Oatmeal - Plain low-fat yogurt - Whole wheat bagel	[11] - Banana - Grits - Home fries - Sautéed chicken liver with onions
[14] - Cantaloupe - Yogurt parfait & blueberries - Wheat flake cereal - Whole wheat bagel	[15] - Applesauce - Oatmeal - Scrambled eggs with red peppers & onions - Whole wheat English muffin	[16] - Pineapple - Baked eggs omelette - Whole grain waffle	[17] - Banana - Hardboiled egg - Whole wheat cinnamon pancakes	[18] - Apple - Grits - Salmon cakes - Whole wheat bread
[21] - Apple - Grits - Egg white omelette with peppers & onions - Whole wheat bagel	[22] - Cantaloupe - Hardboiled egg - Wheaties cereal - Whole wheat cinnamon pancakes	[23] - Banana - Breakfast English muffin pizza	[24] - Apple - Raisin bran cereal - Whole wheat cinnamon pancakes	[25] - Orange - Oatmeal - Sautéed chicken liver & onions - Home fries - Whole wheat bread
[28] - Apple - Bran flake cereal - Whole wheat grilled cheese	[29] - Banana - Grits - Bran Muffin - Plain non-fat yogurt	[30] - Peaches - Scrambled eggs - Whole wheat English muffin	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>
	[1] - Apple - Dom. Sancocho (Root vegetable soup) - White rice - Whole wheat bread	[2] - Cantaloupe - Baked chicken quarters - Garlic mash potatoes - Baby spinach salad & lemon vinaigrette -Whole wheat bread	[3] - Fruit Salad - Braised beef short ribs - Yellow rice - Steamed collard green - Whole wheat bread	[4] - Banana &Jello - Baked marinated fish - Red beans & brown rice - Steamed vegetables - Yuca with onions
[7] - Pear - Turkey cheese cheese - Caribbean coleslaw - Roasted sweet potato fries - Whole wheat hamburger bun	[8] - Honeydew & Jello - Southwestern black bean fajitas - Vegetable soup - Tossed salad & dressing - Multigrain flatbread	[9] - Papaya - Brown stew chicken - Rice & beans - Steamed carrots - Whole wheat bread	[10] - Peaches & Jello - Stewed pork chops - Brown rice - Steamed broccoli - Whole wheat bread	[11] - Cantaloupe - Fish in creole sauce - Sautéed onions & peppers - Steamed kale - Garlic & rosemary roasted potatoes - Whole wheat bread
[14] - Fresh fruit salad - Pork ribs - Mashed potatoes - Sautéed spinach - Whole wheat dinner roll	[15] - Cantaloupe - Arroz con gandules (pigeon peas) - Spinach & balsamic vinaigrette - Whole wheat bread	[16] - Watermelon - Stewed chicken breast - Rice & beans - Broccoli & red peppers - Whole wheat bread	[17] - Mango - Turkey meatballs - Spaghetti - Baby spinach salad & lemon vinaigrette -Whole wheat hamburger bun	[18] - Pear - Fish in creole sauce - Yellow rice - Tossed salad & dressing - Whole wheat bread
[21] - Apple - Baked chicken thighs - Garlic mashed potatoes - Sautéed Asparagus - Spinach, apple, & red onion salad - Whole wheat bread	[22] - Banana - Caribbean curry with chickpeas & spinach - Brown rice - Steamed kale - Asian cucumber salad -	[23] - Watermelon - Beef hamburger - Baked fries - Garden salad - Sautéed onions & pepper - Whole wheat hamburger bun	[24] - Orange - Curry goat - rice and beans - Steamed spinach - Whole wheat bread	[25] - Cantaloupe - Jerk fish - mac and cheese - Italian cut green beans - Whole wheat bread
[28] - Orange - Turkey cheese burger - Baked potato wedges - Corn, black beans, & pepper salad - Whole wheat hamburger bun	[29] - Mixed berries - Mediterranean lentil stew - White rice - California blend vegetables - Classic garlic bread	[30] - Cantaloupe - Garlic mash potatoes - Cooked cabbage & shredded carrots - Whole wheat bread	Please be Advised: Menus are Subject to Change	

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