

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

OCTOBER, 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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM	02) Shape Up NYC Fiona, Instructor 10:30 – 11:30AM
05) Fan Food Distribution 9AM – 12PM Chair Aerobic 10 – 11AM Oreta, Instructor	06) NYRR Walking Group 11:30–12PM Chair Exercise 11:30 – 12:30 Kuni, Instructor	07) Arts & Craft by Lupe, Instructor 10:30AM-12:30PM Fruit & Vegetable Truck 10AM – 12PM	08) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM NYPD Senior Safety Presentation 1:30PM	09) Shape Up NYC Fiona, Instructor 10:30 OEM Homeland Security Emergency Preparedness Bags Give A Way 11:30 – 12:30PM
12) Chair Aerobic 10 – 11AM Oreta, Instructor	13) NYRR Walking Group 11:30–12PM Maria, Instructor Chair Exercise 11:30 – 12:30 Kuni, Instructor MOVIE DAY w/Refreshments 1:30PM – 3:30PM	14) Arts Workshop Lupe, Instructor 10:30AM 12:PM Resort World Catskills 7:30AM Buffet Luncheon 12PM – 1:30PM Supremes Tribute 3PM - 4PM	15) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Telling Our Stories Drama Class 12 Noon – 1PM	16) Shape Up NYC Fiona, Instructor 10:30 Telling Our Stories Drama Class 12 Noon – 1PM
19) Chair Aerobic 10 – 11AM Oreta, Instructor SSNA Free Seminar Lowering Prescription Cost Indra 11–12PM	20) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Chair Exercise 11 – 12PM Kuni, Instructor	21) Arts Workshop Lupe, Instructor 10:30AM 12:PM NYPD Breast Cancer Awareness Luncheon 10AM – 2PM	22) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM Breast Cancer Walk 12 – 3PM	23) Shape Up NYC Fiona, Instructor 10:30 OCTOBER BIRTHDAY GALA
26) Chair Aerobic 10 – 11AM Oreta, Instructor	27) NYRR Walking/Exercise 11:30-12:30PM Inst. Maria Chair Exercise 11 – 12PM Kuni, Instructor	28) Arts Workshop Lupe, Instructor 10:30AM 12:PM	29) NYRR STRIDERS 11:30 -12:30PM VICTORIA, INST Embroidery & Needle Point 11:30AM-12:30PM Drama Class 1:30PM	30) 70’S THEME THROW BACK ATTIRE REFRESHMENT MUSIC-DANCE

OCTOBER, 2026
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			01) Blueberry Pancakes Cheerios Banana	02) English Muffin Omelet w/Peppers & Onions Raisin Bran Fruit Cocktail
05) Sweet/Sour Chicken Home Fries Bran Flakes Apple	06) Grits Scrambled Eggs Fruit Cocktail	07) Challah Cinnamon French Toast Blueberries Cheerios Tangerines (2)	08) Homemade Fish Cakes Grits Banana	09) Pancakes Veggie Sausage Raisin Bran Applesauce
12) Cottage Cheese Plain Oatmeal Cantaloupe	13) Bran Muffins Cheerios Greek Yogurt Tangerines (2)	14) Sauteed Chicken Livers Grits Canned Pears	15) Scrambled Eggs Toasted Bagel Bran Flakes Banana	16) Home Fries Homemade Fish Cakes Apple
19) Chicken Cutlet Waffles Cream of Wheat Orange	20) Tuna Cakes Grits Banana	21) Scrambled Eggs Home Fries Apple	22) Blueberry Pancakes Cheerios Greek Yogurt Canned Pears Banana	23) English Muffin Pizza Oatmeal Applesauce
26)Grilled Cheddar Cheese Tomato Sandwich Farina Fresh Pineapple	27) Cheerios Egg Salad Plain Pita Bread Canned Mandarin Oranges	28) Cheesy Grits Saute Chicken Livers w/Onions Apple	29)Avocado Bagel Greek Yogurt Coconut Granola Banana	30) Homemade Fish Cake Home Fries Mango

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			01) Roast Pork (Pernill) Brown Rice w/Kidney Beans Plantains Mixed Green Salad w/Dressing Watermelon	02) Fish w/Creole Sauce Rice w/Chickpeas Steamed Spinach Fresh Pineapple
05) Creamy Chickpeas Potato Curry Brown Rice Classic Garlic Bread Cabbage	06) Turkey & Beef Salisbury Steak w/Mushroom Gravy Yellow Rice California Blend Banana	07) Chicken Parmesan Penne Sauteed Spinach Tossed Salad w/Dressing Honeydew Melon	08) Pork Spare Ribs Mashed Sweet Potato Collard Green Corn Bread Cantaloupe	09) Fish w/Creole Sauce Yellow Rice w/Chickpeas Broccoli Fresh Pineapple
12) Caribbean Rice w/Stewed Red Beans Tossed Salad w/Dressing Cantaloupe	13) Sweet/Sour Chicken Tenders Garlic Mashed Potato Broccoli Orange	14) Braised Beef Ribs Baked Potato Brussels Sprouts Watermelon	15) Baked Chicken Breast w/Yogurt Baked Sweet Potato Cabbage Apple	16) Baked Fish w/Mushrooms & Peppers Yellow Rice String Beans Grapes
19) White Bean & Veggie Pot Pies w/Cornbread Crust Tossed Salad w/Dressing Classic Garlic Break Apple	20) Baked Turkey Wings Macaroni & Cheese String Beans	21) Stewed Pork Chops Brown Rice Steamed Spinach Tossed Salad w/Dressing Orange	22)Chinese-Style Stewed Chicken & Tomatoes Brown Rice w/Pigeon Peas Normandy Blend Cantaloupe	23) Baked Fish w/Lemon Garlic Butter Sauce Onions & Peppers Yellow Rice Glazed Carrots Banana
26) Brown Rice w/Stew Pigeon Peas Southern Greens Fresh Pineapple	27) Beef & Turkey Meatloaf w/Mushroom Gravy Broccoli Garlic Mash Cantaloupe	28) Stuffed Peppers Classic Garlic Bread Glazed Carrots Honeydew Melon	29) Baked Turkey Drumsticks Rice & Beans Tossed Salad w/Dressing Orange	30) Baked Salmon w/Lemon, Thyme Cole Slaw Egg Potato Salad Banana

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