

430 Dumont Avenue
 Brooklyn, NY 11212
 P: (718) 345-1110 F: (718) 342-9716
 Hours of Operations:
 M-F 8:45am-4:30pm

Director: Damani McFarlane
 Program Assistant: Zoe Codrington

Weekly Activities

Breakfast & Lunch	Chair Exercise	Arts & Craft	Blood Pressure Screening
Breakfast: 9:00-10:30am Lunch: 12:00-1:00pm	Mon & Wed: 1-2pm Friday: 1-2pm	Tues & Thurs: 1-2pm	Every Monday @11am
Monday-Friday Activities may vary depending on events..			

Trips, Events, & More.

- Photo Fun**
Prize for the best picture frame!!
- Green Meadow Farm**
Pumpkins, animals, & hayrides...
- Birthday Celebration**
@12pm, Special meal cost \$4
- BOO-tiful Black Sneaker Night**
Afternoon of dancing, candy & laughter...
- City Island Lobster House**
Indoor seafood venue & good views for a good time!!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bingo: 2-3pm	2 Photo Fun Continues... @1pm Pokeno: 2-3pm
5 Bingo: 2-3pm	6 <i>BK Library Garden Reception</i> 581 Mother Gaston Blvd, @1:30pm Pokeno: 2-3pm	7 Photo Fun Continues Last Day for Photo Fun Bingo: 2-3pm	8 Emergency Preparedness Presentation @12:45pm Bingo: 2-3pm	9 Pokeno: 2-3pm
12  INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES	13 Art Project & Presentation @11am Pokeno: 2-3pm	14 Bingo: 2-3pm	15 Trip: Green Meadow Farm 3159 Flatbush Avenue Bingo: 2-3pm	16 SEPT & OCT BIRTHDAY CELEBRATION Healthcare Presentation @10:30am Pokeno: 2-3pm
19 Bingo: 2-3pm	20 Movie Time @2:30pm	21 NYPD Breast Cancer Awareness Luncheon 10am-2pm Bingo: 2-3pm	22 <i>Community Board #16 & Wardside Annual Breast Cancer Walk</i> <i>Betsy Head Park @12pm</i> Bingo: 2-3pm	23 Pokeno: 2-3pm
26 Bingo: 2-3pm	27 Health Management Presentation @10:30am Pokeno: 2-3pm	28 BOO-TIFUL BLACK SNEAKER NIGHT @12pm Bingo: 2-3pm	29 Trip: City Island (Lobster House) 691 Bridge St, Bronx, NY 10464 Bingo: 2-3pm	30 Pokeno: 2-3pm

Please note on your first visit, you may asked to fill out a consent or registration form

Van Dyke II Senior Center

OCTOBER 2026 MENU

FREE BREAKFAST FRIDAYS
 ~ YOUR CONTRIBUTIONS
 MAKES A DIFFERENCE AT VDII

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Monday	Tuesday	Wednesday	Thursday	Friday
Every Breakfast has... 1% Low-fat milk Juice & Bread	Every Lunch has... 1% Low-fat milk & Bread	Green Bags: Distributed at a first come, first serve basis... For registered & active seniors	1 Oatmeal, Hardboiled egg, Cinnamon whole wheat French toast, & Orange Caribbean style BBQ chicken, Baked sweet potatoes, Boiled southern greens & Watermelon	2 Whole wheat peanut butter & jelly sandwich, Bran flake cereal, & Banana Fish in creole sauce, Yellow rice, Tossed salad with dressing, & Strawberry
5 Scrambled eggs with red pepper & onions, Whole wheat English muffin, Raisin Bran Cereal & Apple Turkey Meatloaf with Mushroom Gravy, White rice, Steamed carrots & Banana	6 Baked egg omlett, Oatmeal, Waffles, & Cantaloupe Homestyle Vegan Whole grain Mac & cheese, Baby spinach salad with lemon vingrette, & Watermelon	7 Grits, Sauteed chicken liver with onions, & Mandarin oranges Beef stew, White rice, Balsamic roasted brussels sprouts & Pineapple	8 Whole wheat cinnamon pancakes, Raisin bran cereal & Banana Pernil (Roasted pork shoulder), Arroz con gandules, Steamed cabbage & Mango	9 Cinnamon raisin bagel, Hardboiled egg, Oatmeal & Tangerines Fish in creole sauce, Baked potato, Italian blend vegetables & Cantaloupe
12 Cream of wheat, Whole grain blueberry muffin & Strawberries Citrus teriyaki glazed chicken, Brown rice, Kale and tomato, Sweet baked yams, & Orange	13 Whole wheat cinnamon pancakes, Hardboiled egg, Bran flakes cereal & Banana Dominican Vegan Sancocho, White rice, Tossed salad & Apple	14 Scrambled eggs with red peppers & onions, Whole wheat English muffin, Oatmeal & Pineapple Baked chicken quarters, Baby spinach, salad with lemon vinaigrette, Garlic mash potatoes & Cantaloupe	15 Tuna cakes, Waffles, Bran flake cereal & Apple Braised beef short ribs, yellow rice, Steamed collard greens & a fruit salad	16 Cheesy grits, Sauteed chicken liver with onions & Orange Baked marinated fish, Red bean brown rice, California blend vegetables, Yuca with onions, & Banana
19 Whole wheat banana French toast Casserole, & Hardboiled eggs Turkey cheeseburger, Roasted sweet potatoes, Caribbean coleslaw & Pear	20 Tuna cakes, Grits, & Orange Southwestern black bean fajitas, vegetable soup, Multigrain flatbread, Tossed salad & Honeydew	21 Scrambled eggs, Whole wheat English muffins, Bran flake cereal, & Apple Brown stew chicken, Rice and beans, Steamed carrots, & Papaya	22 Oatmeal, Plain Low-fat yogurt, Whole wheat bagel, & Pineapple Stewed pork chops, Brown rice, Steamed broccoli, & Peaches	23 Grits, Sauteed chicken liver with onions, Home fries, & Banana Fish in Creole sauce, Sauteed onions & peppers, Steamed kale, Garlic and rosemary roasted potatoes & Cantaloupe
26 Blueberry yogurt parfait, Whole wheat bagel, Whole wheat cereal & Cantaloupe Braised beef short ribs, Garlic mash potatoes, Sauteed spinach & fruit salad	27 Scrambled eggs with red peppers & onions, Oatmeal, Whole wheat English muffin & Applesauce Arroz con gandules, Arugula with Balsamic Vinaigrette, & Cantaloupe	28 Baked egg omelette, Whole grain waffles & Pineapple Stewed chicken breast, rice and beans, Broccoli and red peppers, Yellow plantains, & Watermelon	29 Hardboiled egg, Whole wheat cinnamon pancakes & Banana Baked Turkey Meatballs, Spaghetti, Baby spinach salad, & Mango	30 Salmon cakes, Grits, & Apple Baked Salmon with lemon, Tarragon, and thyme, Rice pilaf, Creamy Spinach