Van Dyke II Senior Center

NOVEMBER 2026

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
Breakfast: 9:00-10:30am
Lunch: 12:00-1:00pm

Chair Exercise
Mon & Wed: 1-2pm
Friday: 1-2pm

Arts & Craft
Tues & Thurs: 1-2pm

Blood Pressure Screening
Every Monday @11am

Mon-Fri: Activities may vary depending on events...

Trips, Events, & More...

DayLight Saving Time Ends🔄🌙
Time will be going back 1 hr on Nov 1st

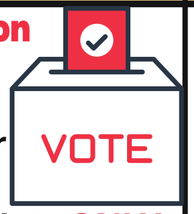
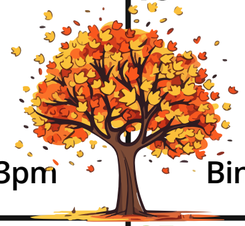
Election Day 🗳️🇺🇸
Open for Voting purposes only... Nov 3rd

Walmart🛒🛍️
Don't forget your EBT, let's get ready for holidays!

INTERNATIONAL DIABETES AWARENESS 10.14.26

Comedian Fun🤡🤣
Come out for laughter and good vibes!

Friendsgiving Potluck🙏🦃
Bring a plate & share a meal with your OAC!

Monday	Tuesday	Wednesday	Thursday	Friday
2  Day of the Dead Bingo: 2-3pm	3 Election Day  The Center is CLOSED Open to Vote ONLY	4 Health First Insurance Presentation @11am Bingo: 2-3pm	5 Bingo: 2-3pm	6  Pokeno: 2-3pm
9  Bingo: 2-3pm	10 Trip: Walmart 77 Green Acres Rd S, Valley Stream, NY 11581 Pokeno: 2-3pm	11 Veteran's Day Health Management Presentation @11am  Bingo: 2-3pm	12 Bingo: 2-3pm	13 Comedian Fun @ 11am Pokeno: 2-3pm
16 Bingo: 2-3pm	17  Pokeno: 2-3pm	18 Bingo: 2-3pm	19 Bingo: 2-3pm	20 Healthcare Presentation @10:30am Pokeno: 2-3pm
23 Bingo: 2-3pm	24 Health Management Presentation @10am  Pokeno: 2-3pm	25 Friendsgiving PotLuck 11am-1pm *Special Meal* 	26 ThanksGiving Holiday The Center is CLOSED for Thanksgiving	27 Black Friday The Center is CLOSED for Thanksgiving
30 Bingo: 2-3pm	Please note on your first visit, you may asked to fill out a consent or registration form.			

Van Dyke II Senior Center

NOVEMBER 2026 MENU



DON'T FORGET! DON'T FORGET!

~ FREE BREAKFAST FRIDAYS
~ YOUR CONTRIBUTIONS MAKES A DIFFERENCE AT VDII

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg white omelette with peppers & onions, Grits, & Apple Baked chicken thighs, Garlic mashed potatoes, Sautéed Asparagus, Spinach, apple, & red onion salad, & Apple	3 Hardboiled egg, Whole wheat cinnamon pancakes, Wheaties cereal & Cantaloupe Caribbean curry with chickpeas & spinach, Brown rice, Steamed kale, Asian cucumber salad & Banana	4 Breakfast English muffin pizza & Banana Beef hamburger, Baked fries, Garden salad, Sautéed onions & pepper, WW hamburger bun & Watermelon	5 Whole wheat cinnamon pancakes, Raisin bran cereal, Apple Curry goat, Cilantro lime rice, Steamed spinach, & Orange	6 Sautéed chicken liver & onions, Oatmeal, Home fries, & Orange Jerk fish,Caribbean rice and red beans, Italian cut green beans & Cantaloupe
9 Whole wheat grilled cheese, Bran flake cereal & Apple Turkey cheeseburger, Baked potato wedges, Corn, black beans, & pepper salad, WW hamburger bun & Orange	10 Grits, Bran Muffin, Plain non-fat yogurt & Banana Mediterranean lentil stew, White rice, California blend vegetables, Classic garlic bread & Mixed berries	11 Scrambled eggs, Whole wheat English muffin & Peaches Pernil (Roasted pork shoulder), Cooked cabbage with carrots, Garlic mash potatoes & Cantaloupe	12 WW cinnamon French toast, Hardboiled egg, Oatmeal & Orange Caribbean style BBQ chicken, Baked sweet potatoes, Boiled southern greens & Watermelon	13 WW peanut butter & jelly sandwich, Bran flakes cereal & Banana Fish in creole sauce, Yellow rice, Tossed salad with dressing & Strawberries
16 Scrambled eggs with red pepper & onions, Whole wheat English muffin, Raisin Bran Cereal & Apple Turkey Meatloaf with Mushroom Gravy, White rice, Steamed carrots & Banana	17 Baked egg omelette, Oatmeal Waffles & Cantaloupe Homestyle Vegan Whole grain Mac & cheese, Baby spinach salad with lemon vingrette, & Watermelon	18 Grits, Sauteed chicken liver with onions, & Mandarin orange Beef stew, white rice, Balsamic roasted brussels sprouts & Pineapple	19 WW cinnamon pancakes, Raisin bran cereal & Banana Pernil (Roasted pork shoulder), Arroz con gandules, Steamed cabbage & Mango	20 Cinnamon Raisin, Hardboiled egg, Oatmeal & Tangerine Fish in Creole sauce, Baked potato, Italian blend vegetables & Cantaloupe
23 Cream of wheat, Whole grain blueberry muffin & Strawberries Citrus teriyaki glazed chicken, Brown rice, Kale and tomato, Sweet baked yams, & Orange	24 Hardboiled egg, WW cinnamon pancakes, Bran flake cereal & Banana Dominician Vegan Sancocho, White rice, Tossed salad & Apple	25 Scrambled eggs with red peppers & onions, Oatmeal, Whole wheat English muffin & Pineapple Baked chicken quarters, Spinach salad with lemon vinaigrette, Garlic mash potatoes & Cantaloupe	26 Tuna cakes, Waffles, Bran flake cereal, & Orange Braised beef short ribs, Yellow rice, Steamed collard greens & a fruit salad	27 Cheesy grits, Sauteed chicken liver with onions & Orange Baked marinated fish, Red bean brown rice, California blend vegetables, Yuca with onions, & Banana
26 Whole wheat banana French toast Casserole, Hardboiled egg & Pear Turkey cheeseburger, Roasted sweet potatoes, Caribbean coleslaw & Pear		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