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

NOVEMBER, 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*
02) **Chair Aerobic** **10 – 11AM** **Oreta, Instructor**	**03)** **CENTER** **CLOSED** **OBSERVING** **ELECTION DAY**	**04)** **Arts & Craft by Lupe, Instructor** **10:30AM-12:30PM** **Healthfirst Presentation Nalande, Instr** **12PM-12:30PM** **Fruit & Vegetable Food Truck** **10AM – 12PM**	**05)** **NYRR STRIDERS** **11:30 -12:30PM** **VICTORIA, INST** **Embroidery & Needle Point** **11:30AM-12:30PM** **Drama Class** **1:30PM**	**06)** **Shape Up NYC** **Fiona, Instructor** **10:30 – 11:30AM** **Medicare Ins Presentation** **11:30 – 12:30PM** **Sean Davis, Inst**
09) **Fan Food Distribution** **9AM – 12PM** **Chair Aerobic** **10 – 11AM** **Oreta, Instructor** **Urgent Way Hyper Tension Presentation 11-2pm**	**10)** **NYRR Walking Group 11:30–12PM** **Chair Exercise** **11:30 – 12:30** **Kuni, Instructor**	**11)** **Arts & Craft by Lupe, Instructor** **10:30AM-12:30PM**	**12)** **NYRR STRIDERS** **11:30 -12:30PM** **VICTORIA, INST** **Embroidery Needle Point** **11:30-12:30PM** **Drama Class** **1:30PM** **WALMART TRIP** **9:30AM-1:30PM** **Mr. Hill**	**13)** **Shape Up NYC** **Fiona, Instructor** **10:30** **Alzheimer's Presentation Community Board 16** **11:00-12:30PM**
16) **Chair Aerobic** **10 – 11AM** **Oreta, Instructor**	**17)** **NYRR Walking Group 11:30–12PM** **Maria, Instructor** **Chair Exercise** **11:30 – 12:30** **Kuni, Instructor**	**18)** **Arts Workshop** **Lupe, Instructor** **10:30AM 12:PM** **SHOPRITE TRIP GATEWAY MALL** **9:30AM-12:30PM**	**19)** **NYRR STRIDERS** **11:30 -12:30PM** **VICTORIA, INST** **Embroidery & Needle Point** **11:30AM-12:30PM** **Drama Class** **1:30 – 2:30PM** **Evria, Instr**	**20)** **Shape Up NYC** **Fiona, Instructor** **10:30** **Thanksgiving Luncheon & Birthday Party** **Fun-Music-Dance** **Comedian Howie & DJ** **12 Noon – 1PM**
23) **Chair Aerobic** **10 – 11AM** **Oreta, Instructor**	**24)** **HAPPY THANKSGIVING & BIRTHDAY JOSEPH HAYNES YVONNE FRANZUA** **Chair Exercise** **11:30 – 12:30** **Kuni, Instructor**	**25)** **Arts Workshop** **Lupe, Instructor** **10:30AM 12:PM**	**26)** **CENTER CLOSED Observing Thanksgiving Day**	**27)** **CENTER CLOSED Observing Thanksgiving Day**
30) **Chair Aerobic** **10 – 11AM** **Oreta, Instructor**				

SPONSORED BY THE WAYSIDE OUT-REACH DEVELOPMENT, INC
FUNDED NYC DFTA IN COOPERATION WITH /NYCHA, NYC DYC D BROOKLYN BORO PRESIDENT & CITY COUNCIL

NOVEMBER, 2026

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
02) Cheesy Grits Scrambled Eggs Banana	03) Bran Flakes Cereal English Muffin Pizzas Orange	04) Cottage Cheese Oatmeal Bagel Sliced Peaches	05) Blueberry Pancakes Cheerios Plain Yogurt Banana	06) Raisin Bran Cereal Peanut Butter & Jelly Sandwich Applesauce
09) Cinnamon French Toast Oatmeal Apple	10) Grits Homemade Fish Cake Canned Pineapple	11) Bran Flakes Cereal Grilled Cheddar Cheese w/Sliced Tomato Sandwich Orange	12) Blueberry Pancakes Cheerios Banana	13) WW English Muffin Omelets w/Peppers & Onions Raisin Bran Cereal Fruit Cocktail
16) Bran Flakes Cereal Home Fries Sweet & Sour Chicken Breast Apple	17) Grits Scrambled Eggs Toasted WW Bread Fruit Cocktails	18) Blueberries Cheerios Cinnamon French Toast (2) Tangerines	19) Grits Homemade Fish Cakes Banana	20) Pancakes Raisin Bran Cereal Veggie Sausage Patty Applesauce
23) Cottage Cheese Plain Oatmeal Toasted Bagel Cantaloupe	24) Bran Muffin Cheerios Greek Yogurt (2) Tangerines	25) Sauté Chicken Liver w/Onions Grits Cannes Pears	26) Bran Flakes Cereal Scrambled Eggs Toast WW Bread Banana	27 Fish Cakes Grits WW English Muffin Raisin Bran Cereal Apple
30)Baked Breaded Chicken Cutlet Cream of Wheat Waffles Orange				

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
02) All American Loaded Baked Potato Garlic Bread Spinach Apple & Red Onion Salad Watermelon	03) Baked Turkey Wings Yellow Rice Israeli Salad Banana	04) Beef Hamburger Sauté Onions & Peppers Kale w/Tomato Roasted Sweet Potato Fries Hamburger Bun	05) Chinese-Style Stewed Chicken & Tomatoes Brown Rice Pigeon Peas Normandy Blend Cantaloupe	06) Oven Fried Fish Pasta w/Red Sauce Vegetable Mix Orange
09) Tex-Mex Barley Bean & Corn Salad Garlic Bread Eggplant Cutlets Steam Carrots Grapes	10) Beef Liver w/Onions Garlic Mashed Potato Sauté Green Beans w/Onions Cantaloupe	11) Tuna Pattie Kaiser Roll Beet Salad Lettuce & Tomato Applesauce	12) Pernil (Roast Pork) Brown Rice w/Stewed Kidney Beans Plantains Mixed Green Salad Watermelon	13) Fish w/Creole Sauce Yellow Rice w/Chickpeas Broccoli Fresh Pineapple
16) Creamy Chickpea Potato Curry Brown Rice Garlic Bread Cabbage Orange	17) Turkey & Beef Salisbury Steak w/Mushrooms Gravy Yellow Rice California Blend Banana	18) Chicken Parmesan Penne w/Sauce Sauté Spinach Tossed Salad Honeydew Melon	19) Pork Spare Ribs Cornbread Mashed Sweet Potato Collard Greens Cantaloupe	20) Fish w/Creole Sauce Baked Fries California Blend Vegetables Grapes
23) Caribbean Rice Red Bean Stew Tossed Salad Cantaloupe	24) Sweet & Sour Chicken Tenders Dinner Roll Garlic Mashed Potatoes Broccoli Orange	25) Braised Beef Short Ribs Baked Potato Brussels Sprouts Watermelon	26) Baked Chicken Breast w/Yogurt Cabbage Sweet Baked Yams Apple	27) Baked Fish w/Mushrooms & Peppers Yellow Rice Sauté String Beans Grapes
30) White Bean & Veggie Pot Pies w/Cornbread Crust Tossed Salad Apple				

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