Rockaway Park Older Adult Center November 2026 Activities Calendar

(718) 634-3044

106-20 Shore Front Pkwy., Suite 300, Rockaway Park, NY 11694

Partially funded by: Joann Ariola

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Monday	Tuesday	Wednesday	Thursday	Friday
2 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie The Gamble of Gambling** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/ Jennifer** 1:30pm-2:30pm **Flu Shot/ Beach Pharmacy** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**3** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm **Current Events** 12pm-1pm **Lunch/Christina Morrison/Christina Cares/** 1pm-2pm **Walk to pantry w/ Sheila** 1:30pm-2:30pm **Therapeutic arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**4** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology class/Zoom accessibility with Seth** 12pm-1pm **Lunch** 1:30pm-2:30pm **Arts & Crafts: Ugly Sweater for Holiday party** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**5** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **RELAX & RESTORE YOGA W/BARBARA** 11:30AM-12:30PM **BINGO** 12:30pm-1:30pm **Lunch & Learn Pooled Trust w/ Harriet Blank** 1:30pm-2:30pm **Trivia & Snack W/ RAY** 1:30-3:30pm **Mahjong** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**6** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 9:30-10:30 **Walk to pantry** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Lunch** 1:30 pm-2:30 pm **Jeopardy** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**
9 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie "Thy Own Self Be True"** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**10** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm **Current Events** 12pm-1pm **Lunch** 1pm-2pm **Walk to EHS Pantry w/Sheila** 1:30pm-2:30pm **Therapeutic arts** 2:30pm-3:30pm **Board Games,Pool, Ping Pong**	**11** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 9AM-10AM **VETERANS BREAKFAST** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology class/Phone Safety with Seth** 11am **MOMENT OF SILENCE FOR OUR VETERANS** 12pm-1pm **Lunch** 1:30pm-2:30pm **Arts & Crafts Ugly sweater for Holiday Party** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **VETERANS DAY**	**12** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **RELAX & RESTORE YOGA W/BARBARA** 11:30AM-12:30PM **BINGO** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Trivia & Snack W/ RAY** 1:30-3:30pm **Mahjong** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**13** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 9:30-10:30 **Walk to pantry** 10am-3pm **Green Acres Mall** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Lunch** 1:30pm-2:30 pm **Jeopardy** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **CENTER OPEN SATURDAY, 14 8AM-4PM** **Shop Trip/Green Acres**

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16 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie, Alzheimer vs. Dementia** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch & Learn w/ Sheila, " Cultural Differences"** 1:30pm-2:30pm **Team Pictionary w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **International Day of Tolerance**	**17** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm **Activities Meeting/ Advisory Meeting** 12pm-1pm **Lunch** 1pm-2pm **Walk to EHS Pantry** 1:30pm-2:30pm **Therapeutic Arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**18** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology Class Questions with Seth** 12pm-1pm **Lunch & Learn w/Stephanie Cordaro Nutrition & Diabetes** 1:30pm-2:30pm **Arts & Crafts Ugly Seater for Holiday Party** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **Scholars Produce 2pm-3pm**	**19** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 8:30am-12pm **Aldi's Shop Trip** 10:30am-11:30am **RELAX & RESTORE YOGA W/ BARBARA** 11:30AM-12:30PM **History of Painting w/ Sheila** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Trivia & Snack w/ RAY** 1:30-3:30pm **Mahjong** 1:30pm-2:30pm **Blood pressure Screening** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **Blood Pressure Screening** **Aldis Shop Trip**	**20** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 9:30am-10:30am **Walk to pantry** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Special Lunch** 1pm-3pm **DJ WAH! Birthday & Holiday party**
23 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie, Is Trust Trustable?** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/Jennifer** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**24** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm Current Events 12pm-1pm **Lunch & Learn w/ Nicole Smith EHS** 1pm-2pm **Walk to EHS Pantry** 1:30pm-2:30pm **Therapeutic Arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**25** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology Class with Seth** 12pm-1pm **Lunch & Town Hall** 1:30pm-2:30pm **Arts & Crafts Ugly seater for Holiday Party** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**26** **CLOSED FOR THANKSGIVING HOLIDAY** "Hope your day is filled with good food and great company"	**27** **CLOSED FOR THANKSGIVING HOLIDAY** 

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30 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie, The Power of The Mind** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**				

Rockaway Park Older Adult Center * November 2026 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Pepper Steak Vegetable Lo Mein Steamed Broccoli Whole Wheat Bread Fruit 1% Low Fat Milk	3 Turkey Shepherd Pie Corn, Black Bean & Pepper Salad Tomato & Cucumber Salad Whole Wheat Bread Fruit 1% Low Fat Milk	4 Salmon Cakes w/Dill Lemon Sauce Cous Cous Cucumber Salad Whole Wheat Bread Fruit 1% Low Fat Milk	5 Plant Based Meal Curry Chickpea Stew Brown Rice Tossed Salad w/Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	6 Asian Style Honey Chicken Roasted Spiced Red Potatoes Savory Braised Cabbage Whole Wheat Bread Fruit 1% Low Fat Milk
9 Turkey Chili Con Carne Brown Rice Steamed Carrots Yellow Corn Tortillas Fruit 1% Low Fat Milk	10 Plant Based Meal Kasha Knish Israeli Salad w/Chickpeas Whole Wheat Bread Fruit 1% Low Fat Milk	11 Baked Breaded Fish Fillets Rice A Roni Creamy Spinach Whole Wheat Bread Fruit 1% Low Fat Milk	12 Beef Pot Roast Mashed Sweet Potatoes Coleslaw Whole Wheat Bread Fruit 1% Low Fat Milk	13 Hawaiian Chicken Potato Souffle Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk OPEN Sat 11/14
16 Chicken Pot Pie Tossed Salad w/Chickpeas and Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	17 Sweet & Sour Beef Meatballs Toasted Acini de Pepe Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	18 Plant Based Meal Lentil Stew w/Carrots & Turnips Brown Rice Steamed Broccoli Whole Wheat Bread Fruit 1% Low Fat Milk	19 Teriyaki Baked Fish Springtime Fried Brown Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	20 Turkey Breast Rolled with Stuffing & Gravy Mashed Sweet Potatoes Whole Green Beans with Blistered Tomatoes Cranberry Relish Corn Muffin Apple Juice Orange Apple Strudel PARTY

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23 **Fish Francais** **Green Bean Salad** **Mashed Potatoes** **Whole Wheat Bread** **Fruit** **1% Low Fat Milk**	**24 Plant Based Meal** **Whole Wheat Bean Burrito** **Brown Rice** **Garden Salad** **Whole Wheat Bread** **Fruit** **1% Low Fat Milk**	**25** **Stuffed Beef Cabbage** **Steamed Carrots** **Brown Rice** **Whole Wheat Bread** **Fruit** **1% Low Fat Milk**	**26** **CLOSED FOR THANKSGIVING HOLIDAY**	**27** **CLOSED FOR THANKSGIVING HOLIDAY**
30 **Beef Hamburger** **Roasted Spiced Red Potatoes** **Coleslaw** **Whole Wheat Hamburger Bun** **Fruit** **1% Low Fat Milk**				

Rockaway Park Older Adult Center

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(718) 634-3044• Email
www.jasa.org

Hours
Mondays - Fridays 8:00am - 4:00pm
***Closed for Federal and Jewish Holidays**
Closed November 26 & 27. 2026
Thanksgiving Holiday

Daily Lunch
Mondays - Fridays
12:00pm - 1:30pm - Dining Room

Rockaway Park Older Adult Center Staff
Nichole St. Lawrence, Program Director, nstlawrence@jasa.org
Sheila Dalton, Program Coordinator, sdalton@jasa.org

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NEW November 2026 Activities/Programming
Birthday Celebration Friday, November 20, 2026 @12:30-3pm w/ DJ Wah!
Activities Committee Meeting Tuesday, November 17, 2026 @ 11:00-12:00am
Advisory Committee Meeting Tuesday, November 17, 2026 @ 11:00am-12pm

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