ROY REUTHER OAC

718-471-3110

711C Seagirt Avenue, Far Rockaway, NY 11691

NOVEMBER 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 Learn to Crochet	3 10:00 News & Discussion 11:00 Walking Club 12:00 Congregate Lunch 1:00 The Gamble of Gambling with Robbie of OHEL 2:00 Trivia	4 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	5 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 Arts & Crafts 1:45 Lounge & Learn	6 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Class 1:00 Beads and Jewelry

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Monday	Tuesday	Wednesday	Thursday	Friday
9 JASA Bus at 10AM 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 Learn to Crochet	10 10:00 News & Discussion 11:00 Walking Club 12:00 Congregate Lunch 1:00 To Thy Own Self be True with Robbie of OHEL 2:00 Trivia	11 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	12 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 Arts & Crafts 1:45 Lounge & Learn	13 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Class 1:00 Beads and Jewelry
16 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 Learn to Crochet	17 10:00 News & Discussion 11:00 Walking Club 12:00 Congregate Lunch 1:00 Alzheimers vs. Dementia with Robbie of OHEL 2:00 Trivia	18 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	19 10:00 Pedal Cycling 11:00 Board Games 12:00 *3rd Annual Thanksgiving Luncheon co-sponsored by Sand Castle Pharmacy.* 2:00 Arts & Crafts	20 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Class 1:00 Beads and Jewelry

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Monday	Tuesday	Wednesday	Thursday	Friday
23 JASA Bus 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 Learn to Crochet	24 10:00 News & Discussion 11:00 Walking Club 12:00 Congregate Lunch 1:00 Is Trust Trustable with Robbie of OHEL 2:00 Trivia	25 PRODUCE DISTRIBUTION 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	26 CENTER CLOSED - THANKSGIVING	27 CENTER CLOSED
30 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 12:45 Nutrition with Nicole of EHS 1:30 Learn to Crochet				

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NOVEMBER 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pepper Steak Vegetable LoMein Steamed Broccoli Milk Fruit	3 Shepherd Pie with Turkey Black Bean Salad Tomato & Cucumber Salad Milk Fruit	4 Salmon Cakes Cous Cous Cucumber Salad Milk Fruit	5 Curry Chickpea Stew Brown Rice Tossed Salad with Dressing Milk Fruit	6 Baked Asian Style Honey Chicken Fried Brown Rice California Blend Vegetables Milk Fruit
9 Turkey Chili Con Carne Brown Rice Steamed Carrots Milk Fruit	10 Kasha Knish Israeli Salad with Chickpeas Milk Fruit	11 Baked Breaded Fish Fillets Rice A Roni Creamy Spinach Milk Fruit	12 Beef Pot Roast Mashed Sweet Potatoes Cole Slaw Milk Fruit	13 Hawaiian Chicken Potato Souffle Steamed Carrots Milk Fruit

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Monday	Tuesday	Wednesday	Thursday	Friday
16 Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Milk Fruit	17 Sweet & Sour Beef Meatballs Toasted Acini de Pepe with Onions Spinach Souffle Milk Fruit	18 Lentil Stew with Carrots & Turnips Brown Rice Steamed Broccoli Milk Fruit	19 THANKSGIVING LUNCHEON Turkey Breast with Stuffing Mashed Sweet Potatoes Green Beans with Tomatoes Cranberry Relish Corn Muffin Apple Juice Apple Strudel	20 Roasted Chicken Roasted Potatoes Carroy Tzimmes Milk Fruit
23 Fish Francaise Mashed Potatoes Green Bean Salad Milk Fruit	24 Whole Wheat Bean Burrito Brown Rice Tossed Salad with Dressing Milk Fruit	25 Stuffed Cabbage with Beef Steamed Carrots Milk Fruit	26 CENTER CLOSED FOR THANKSGIVING	27 CENTER CLOSED FOR THANKSGIVING
30 Beef Hamburger Roasted Red Potatoes Cole Slaw Milk Fruit				

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ROY REUTHER OLDER ADULT CENTER

Phone Number 718-471-3110

711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691

Hours

Mondays - Fridays 8:00am - 4:00pm

***Closed for Federal and Jewish Holidays**

Thursday, 11/26 and Friday, 11/27 for Thanksgiving

Daily Kosher Lunch

Mondays - Fridays

Noon- 1:00pm - In Center

Older Adult Center Staff

Fran Simon, Program Director fsimon@jasa.org

Ellen Alster, Program Coordinator ealster@jasa.org

Tiana Bruce, Food Service Technician

Amoni Williams, Case Manager

Shopping Trips

November 9th and 23rd

11/19 - 3rd Annual Thanksgiving Luncheon Co-sponsored by Sand Castle Pharmacy

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