

**ROY REUTHER OLDER ADULT CENTER**  
711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691 718-471-3110



**JANUARY 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>3</b> 10:00 - Walk Away the Blues (IN CENTER)</p> <p>11:00 - Concerts in Motion Classical Series</p> <p><b>11:30 Congregate Lunch</b></p> <p>1:00 Bingo</p>	<p><b>4</b> 9:30- Quilting Club (IN CENTER)</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:00 Technology Tuesday</b> (IN CENTER)</p> <p>2:00 Dancercise</p>	<p><b>5</b> 11:00 Virtual Tours</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>2:00 Bingo</b> (IN CENTER)</p>	<p><b>6</b> 10:00 Dancercise</p> <p><b>11:00 Wrapping and Packing (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Crafting with Marie</b> (IN CENTER)</p>	<p><b>7</b> 10:00 - Walk Away the Blues (IN CENTER)</p> <p>11:00 - Bingo</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>
<p><b>10</b> 10:00 - Walk Away the Blues (IN CENTER)</p> <p>11:00- Concerts In Motion Classical Series</p> <p><b>11:30 Congregate Lunch</b></p> <p>1:00 Bingo</p>	<p><b>11</b> 9:30- Quilting Club (IN CENTER)</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:00 Technology Tuesday</b> (IN CENTER)</p> <p>2:00 Dancercise</p>	<p><b>12</b> 11:00 Virtual Tours</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>2:00 Bingo</b> (IN CENTER)</p>	<p><b>13</b> 10:00 Dancercise</p> <p><b>11:00 Wrapping and Packing (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Crafting with Marie</b> (IN CENTER)</p>	<p><b>14</b> 10:00 - Walk Away the Blues (IN CENTER)</p> <p>11:00 - Bingo</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>

<p><b>17</b>  <b>MARTIN LUTHER KING, JR. DAY</b>  <b>CENTER CLOSED</b></p>	<p><b>18</b>  <b>9:30- Quilting Club (IN CENTER)</b>    <b>11:30 Congregate Lunch</b>    <b>1:00 Technology Tuesday (IN CENTER)</b>    2:00 Dancercise</p>	<p><b>19</b>  11:00 Virtual Tours    <b>11:30 Congregate Lunch</b>    <b>2:00 Bingo (IN CENTER)</b></p>	<p><b>20</b>  10:00 Dancercise  <b>11:00 Wrapping and Packing (IN CENTER)</b>    <b>11:30 Congregate Lunch</b>    <b>1:30 Crafting with Marie (IN CENTER)</b></p>	<p><b>21</b>  <b>10:00 - Walk Away the Blues (IN CENTER)</b>    11:00 - Bingo    <b>11:30 Congregate Lunch</b>    <b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>
<p><b>24</b>  <b>10:00 - Walk Away the Blues (IN CENTER)</b>  11:00 Concerts in Motion Classical Series    <b>11:30 Congregate Lunch</b>    1:00 Bingo</p>	<p><b>25</b>  <b>9:30- Quilting Club (IN CENTER)</b>    <b>11:30 Congregate Lunch</b>    <b>1:00 Technology Tuesday (IN CENTER)</b>    2:00 Dancercise</p>	<p><b>26</b>  11:00 Virtual Tours    <b>11:30 Congregate Lunch</b>    <b>2:00 Bingo (IN CENTER)</b></p>	<p><b>27</b>  10:00 Dancercise  <b>11:00 Wrapping and Packing (IN CENTER)</b>      <b>11:30 Congregate Lunch</b>    <b>1:30 Crafting with Marie (IN CENTER)</b></p>	<p><b>28</b>  <b>10:00 - Walk Away the Blues (IN CENTER)</b>    11:00 - Bingo    <b>11:30 Congregate Lunch</b>    <b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>
<p><b>31</b>  <b>10:00 - Walk Away the Blues (IN CENTER)</b>  11:00 - Concerts in Motion Classical Series  <b>11:30 Congregate Lunch</b>    1:00 Bingo</p>				



# ROY REUTHER OLDER ADULT CENTER

711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691 718-471-3110

## JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Vegetarian Pasta Bolognese Sauteed Zucchini Yellow Squash Canned Mandarin Oranges Apple Juice Milk	<b>4</b> Chicken Marsala Roasted Beets Smashed Red Potatoes Applesauce Orange Juice Milk	<b>5</b> Tilapia Fish Francaise Rice Pilaf Steamed Broccoli Fruit Cocktail Orange Juice Milk	<b>6</b> Sweet & Sour Meatballs Toasted Barley & Onion Green Beans Banana Orange Juice Milk	<b>7</b> Roast Chicken Carrot Tzimmes Potato Kugel Kiwi Apple Juice Milk
<b>10</b> Baked Salmon Steamed Broccoli Rice Pilaf Fruit Cocktail Apple Juice Milk	<b>11</b> Baked Turkey Breast Sweet Potatoes Vegetable Medley Apple Orange Juice Milk	<b>12</b> Vegan Stuffed Peppers Sauteed Zucchini Carrots Peaches Orange Pineapple Juice Milk	<b>13</b> Beef Meatloaf with Mushroom Gravy Mashed Potatoes Green Beans Banana Orange Juice Milk	<b>14</b> Cranberry Chicken Noodle Kugel Creamed spinach Apple Juice Orange Milk
<b>17</b> CENTER CLOSED	<b>18</b> Beef and Turkey Shepherd's Pie Whole Wheat bread Israeli Salad Applesauce Orange Juice Milk	<b>19</b> Beef and Turkey Meatballs W/ Pasta Garlic Bread Italian Vegetables Apple Juice Kiwi Milk	<b>20</b> Beef Pot Roast Whole Wheat Bread Green Beans Homemade Mashed Potatoes Banana Orange Juice Milk	<b>21</b> Chicken Schwarma Challah Bread Lentil with Spiced Rice Capri Blend Vegetables Apple Juice Pear Milk

<p><b>24</b>  <b>Chicken Francaise</b>  <b>Spinach Noodle Pudding</b>  <b>Whole Wheat Bread</b>  <b>Sauteed Zucchini</b>  <b>Apple Juice</b>  <b>Orange</b>  <b>Milk</b></p>	<p><b>25</b>  <b>Salmon Burger</b>  <b>Hamburger Bun</b>  <b>Rice Pilaf</b>  <b>Green Beans Saute</b>  <b>Orange Juice</b>  <b>Pear</b>  <b>Milk</b></p>	<p><b>26</b>  <b>Turkey Meatloaf with Mushroom Gravy</b>  <b>Yellow Rice</b>  <b>Whole Wheat Bread</b>  <b>Kale with Garlic Sauce</b>  <b>Apple Juice</b>  <b>Fruit Cocktail</b>  <b>Milk</b></p>	<p><b>27</b>  <b>Stuffed Cabbage</b>  <b>Toasted Barley with Onions</b>  <b>Whole Wheat Bread</b>  <b>Capri Blend Vegetables</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>28</b>  <b>Roasted Chicken</b>  <b>Challah Bread</b>  <b>Carrot Tzimmes</b>  <b>Potato Kugel</b>  <b>Apple</b>  <b>Orange Pineapple Juice</b>  <b>Milk</b></p>
<p><b>31</b>  <b>Baked Salmon</b>  <b>Homemade Mashed Potatoes</b>  <b>Creamed Spinach</b>  <b>Pear</b>  <b>Orange Juice</b>  <b>Milk</b></p>				



**ROY REUTHER OLDER ADULT CENTER**

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

Fran Simon, Program Director

[fsimon@jasa.org](mailto:fsimon@jasa.org)

718-471-3110

**Open 9AM-4PM**

