

ROY REUTHER OLDER ADULT CENTER

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



JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:00 AM News & Discussion 10:00 Quilting Club 11:00 Computer Class w/Dana 12:00 Congregate Lunch 1:00 BINGOCIZE 1:30 Big Apple Walkathon</p>	<p>4 10:00 Music Appreciation 11:00 Exercise Video 12:00 Congregate Lunch 1:30 Big Apple Walkathon 2:00 Roy Reuther Cinema</p>	<p>5 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 BINGOCIZE 2:00 Lounge & Learn</p>	<p>6 10:00 AM News & Discussion 11:00 Color The Stress Away 12:00 Congregate Lunch 12:45 PEDESTRIAN SAFETY with Arnold Raphael 1:45 Arts & Crafting with Marie</p>	<p>7 10:00 Wrapping and Packing 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Exercise Video 1:30 Beads and Jewelry with Marie</p>
<p>10 10:00 AM News & Discussion 10:00 Quilting Club 11:00 Computer Class w/Dana 12:00 Congregate Lunch 1:00 BINGOCIZE 1:30 Big Apple Walkathon</p>	<p>11 10:00 Music Appreciation 11:00 Exercise Video 12:00 Congregate Lunch 12:45 GRATITUDE with Alena of OHEL 1:30 Big Apple Walkathon 2:00 Roy Reuther Cinema</p>	<p>12 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 BINGOCIZE 2:00 Lounge & Learn</p>	<p>13 10:00 AM News & Discussion 11:00 Color The Stress Away 12:00 Congregate Lunch 1:00 Board Games 1:45 Arts & Crafting with Marie</p>	<p>14 10:00 Wrapping and Packing 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Exercise Video 1:30 Beads and Jewelry with Marie</p>

17
10:00 AM News & Discussion

10:00 Quilting Club

11:00 Computer Class w/Dana

12:00 Congregate Lunch

1:00 BINGOCIZE

1:30 Big Apple Walkathon

18
10:00 Music Appreciation

11:00 Exercise Video

12:00 Congregate Lunch

1:00 Big Apple Walkathon

2:00 Roy Reuther Cinema



20
10:00 AM News & Discussion

11:00 Color the Stress Away

12:00 Congregate Lunch

12:45 NUTRITION with Stephanie

1:45 Arts & Crafting with Marie

21
10:00 Wrapping and Packing

11:15 Moving to Music with Lisa

12:00 Congregate Lunch

1:00 Exercise Video

1:30 Beads and Jewelry with Marie

24
10:00 AM News & Discussion

10:00 Quilting Club

11:00 Computer Class w/Dana

12:00 Congregate Lunch

1:00 BINGOCIZE

1:30 Big Apple Walkathon

25
10:00 Music Appreciation

11:00 Exercise Video

12:00 Congregate Lunch

12:45 PTSD with Alena of OHEL

1:30 Big Apple Walkathon

2:00 Roy Reuther Cinema

26
10:00 Bible Discussion

11:00 ZUMBA

12:00 Congregate Lunch

1:00 BINGOCIZE

2:00 Lounge & Learn

27
10:00 AM News & Discussion

11:00 Color the Stress Away

12:00 Congregate Lunch

1:00 Board Games

1:45 Arts & Crafting with Marie

28
10:00 Wrapping and Packing

11:15 Moving to Music with Lisa

12:00 WELCOME TO SUMMER PARTY with DJ Angela

1:30 Beads and Jewelry with Marie

**NOTE: CENTER WILL BE
OPEN ON SUNDAY, June 23rd
10:00AM FLEA MARKET**

**PIZZA will be served for
lunch**

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JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Classic Chicken Cacciatore Pasta Steamed Green Beans Fruit Milk	4 Baked Falafel Patties Rice Pilaf Israeli Salad Fruit Milk	5 Shepherd Pie with Turkey Tossed Salad with Dressing Fruit Milk	6 Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Fruit Milk	7 Roasted Chicken Potato Kugel Carrot Tzimmes Fruit Milk
10 Swedish Meatballs with Turkey Egg Noodles Steamed Sliced Carrots Fruit Milk	11 Eggplant Rollatini Pasta Italian Blend Vegetables Fruit Milk	12 Beef Pot Roast with Onion & Peppers Roasted Sweet Potato Slices Broccoli Kugel Fruit Milk	13 Teriyaki Baked Fish White Rice Steamed Green Beans Fruit Milk	14 Chicken Shawarma Cumin Spiced Rice Roasted Beets Fruit Milk
17 Turkey Meatballs Pasta Italian Blend Vegetables Fruit Milk	18 Hummus Kasha Knish Chickpeas and Israeli Salad Fruit Milk		20 Fish Francaise Mashed Potatoes Spinach Souffle Fruit Milk	21 Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Fruit Milk

24 Chicken Marsala White Rice Italian Blend Vegetables Apple Milk	25 Shepherd Pie with Turkey Garden Salad Orange Milk	26 Sweet & Sour Beef Meatballs Egg Barley Spinach Souffle Kiwi Milk	27 Vegan Stuffed Bell Peppers Brown Rice Green Beans Pear Milk	28 SPECIAL PARTY MENU
				MENU SUBJECT TO CHANGE





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

Fran Simon, Program Director

fsimon@jasa.org

718-471-3110

Open 9AM-4PM