



Rockaway Park Older Adult Center

106-20 Shore Front Parkway

Rockaway Park NY 11694

718-634-3044



January 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 In-person Bingo-cise Class and aerobics coming soon. Time to be determined 10:00 AM Virtual Zumba Gold 11:00 AM Virtual Classical Concert Concerts in Motion 12 PM-1 PM On site Lunch</p> <p>1:00 PM Virtual Creative Writing with Elizabeth</p>	<p>4 10:00 AM Virtual Computer Class 11 AM-12 PM In-person Yoga with Christine 12:00 PM Virtual Jazz Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p> <p>12:30 PM Virtual Current Events with Stu Lahn</p>	<p>5 9:00 AM -12:00 PM In person Knitting/Crocheting 12:00 PM Virtual Broadway Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch 1:00 PM Virtual Family Feud with Christina</p>	<p>6 9:00 AM- 12:00 PM In person Quilting Class</p> <p>10:00 AM Virtual Computer Class</p> <p>11 AM-12 PM In-person Yoga with Christine 12 PM-1 PM On site Lunch</p> <p>1:00 PM In person Trivia with Steve</p>	<p>7 In-person Bingo-cise Class and aerobics coming soon. Time to be determined</p> <p>10:00 AM Virtual Tai Chi with Ken Gray</p> <p>12:00 PM Virtual Latin concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p>
<p>10 In-person Bingo-cise Class and aerobics coming soon. Time to be determined 10:00 AM Virtual Zumba Gold</p> <p>11:00 AM Virtual Classical Concert Concerts in Motion 12 PM-1 PM On site Lunch</p> <p>1:00 PM Virtual Creative Writing with Elizabeth</p>	<p>11 10:00 AM Virtual Computer Class 11 AM-12 PM In-person Yoga with Christine 12:00 PM Virtual Jazz Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p> <p>12:30 PM Virtual Current Events with Stu Lahn</p>	<p>12 9:00 AM -12:00 PM In person Knitting/Crocheting</p> <p>12:00 PM Virtual Broadway Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p> <p>1:00 PM Virtual Family Feud with Christina</p>	<p>13 9:00 AM- 12:00 PM In person Quilting Class</p> <p>10:00 AM Virtual Computer Class</p> <p>11 AM-12 PM In-person Yoga with Christine 12 PM-1 PM On site Lunch</p> <p>1:00 PM In person Trivia with Steve</p>	<p>14 In-person Bingo-cise Class and aerobics coming soon. Time to be determined</p> <p>10:00 AM Virtual Tai Chi with Ken Gray</p> <p>12:00 PM Virtual Latin concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p>
<p>17 ***Rockaway Park Older Adult Center Closed Martin Luther King Jr. Day***</p>	<p>18 10:00 AM-12:00 PM In-person Knitting/Crocheting class 10:00 AM Virtual Computer Class 11 AM-12 PM In-person Yoga with Christine 12:00 PM Virtual Jazz Concert presented by Concerts in Motion 12:00 PM-1:00 PM On site Lunch</p> <p>12:30 PM Virtual Current Events with Stu Lahn</p>	<p>19 9:00 AM -12:00 PM In person Knitting/Crocheting 12:00 PM-1:00 PM On site Lunch 12:30 PM Nutrition lecture with Stephanie Cordaro 12:00 PM Virtual Broadway Concert presented by Concerts in Motion</p> <p>1:00 PM Virtual Family Feud with Christina</p>	<p>20 9:00 AM- 12:00 PM In person Quilting Class</p> <p>10:00 AM Virtual Computer Class 11:00 AM-12:00 PM In person Yoga with Christine 12 PM-1 PM On site Lunch</p> <p>1:00 PM In person Trivia with Steve</p>	<p>21 In-person Bingo-cise Class and aerobics coming soon. Time to be determined</p> <p>10:00 AM Virtual Tai Chi with Ken Gray</p> <p>12:00 PM Virtual Latin concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p>

<p>24 In-person Bingo-cise Class and aerobics coming soon. Time to be determined 10:00 AM Virtual Zumba Gold</p> <p>11:00 AM Virtual Classical Concert Concerts in Motion 12 PM-1 PM On site Lunch 1:00 PM Virtual Creative Writing with Elizabeth</p>	<p>25 10:00 AM-12:00 PM In-person Knitting/Crocheting class 10:00 AM Virtual Computer Class 11 AM-12 PM In-person Yoga with Christine 12:00 PM Virtual Jazz Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p> <p>12:30 PM Virtual Current Events with Stu Lahn</p>	<p>26 9:00 AM -12:00 PM In person Knitting/Crocheting</p> <p>12 PM-1 PM On site Lunch</p> <p>12:00 PM Virtual Broadway Concert presented by Concerts in Motion 1:00 PM Virtual Family Feud with Christina</p>	<p>27 9:00 AM- 12:00 PM In person Quilting Class</p> <p>10:00 AM Virtual Computer Class</p> <p>11 AM-12 PM In-person Yoga with Christine 12 PM-1 PM On site Lunch</p> <p>1:00 PM In person Trivia with Steve</p>	<p>28 In-person Bingo-cise Class and aerobics coming soon. Time to be determined</p> <p>10:00 AM Virtual Tai Chi with Ken Gray</p> <p>12:00 PM Virtual Latin concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</p>
<p>31 In-person Bingo-cise Class and aerobics coming soon. Time to be determined 10:00 AM Virtual Zumba Gold 11:00 AM Virtual Classical Concert Concerts in Motion 12 PM-1 PM On site Lunch 1:00 PM Virtual Creative Writing with Elizabeth</p>				<p>31</p> <p>***Please be advised, if you are attending any in person activities you must wear a mask except while eating or drinking, regardless of vaccination status***</p>

Partially funded with a generous grant from Councilman Eric Ulrich



Rockaway Park Older Adult Center
106-20 Shore Front Parkway, N.Y. 11694 * Suite 300 * 718-634-3044



January 2022 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Pasta with Turkey Meat sauce Sautéed Zucchini Yellow Squash</p>	<p>4 Chicken Marsala Roasted Beets Smashed Potatoes</p>	<p>5 Tilapia Fish Francaise Rice Pilaf Steamed Broccoli</p>	<p>6 Sweet & Sour meatballs Mauzone Toasted Barley & Onion Green Beans</p>	<p>7 Roasted Chicken With Brown Gravy Carrot Tzimmes Potato Kugel</p>
<p>10 Baked Salmon with Dill Sauce Rice Pilaf Steamed Broccoli</p>	<p>11 Baked Turkey Breast Mashed Sweet Potatoes Vegetable Mix</p>	<p>12 Vegan Stuffed Bell Peppers Sautéed Zucchini Steamed Carrots</p>	<p>13 Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Green Beans</p>	<p>14 Cranberry Chicken Noodle Kugel Creamy Spinach</p>
<p>17 <i>***Rockaway Park Older Adult Center Closed Martin Luther King Jr. Day***</i></p>	<p>18 Shepherd's Pie with Beef & turkey Israeli Salad</p>	<p>19 Italian Meatballs with Beef and turkey Pasta Italian Blend Vegetables</p>	<p>20 Beef Pot Roast Green Beans Homemade Mashed Potatoes</p>	<p>21 Chicken Shawarma Lentils with Spiced Rice & Caramelized Onions Capri Vegetables</p>
<p>24 Chicken Francaise Spinach Zucchini Spinach Noodle Pudding</p>	<p>25 Salmon Burger Rice Pilaf Green Bean sauté</p>	<p>26 Turkey Meatloaf with Mushroom Gravy Yellow Rice Kale with Garlic Sauce</p>	<p>27 Stuffed Cabbage with Beef Toasted Barley with Onions Capri Blend Vegetables</p>	<p>28 Roasted Chicken Carrot Tzimmes Potato Kugel</p>
<p>31 Bakes Salmon with Dill Lemon sauce Homemade Mashed Potatoes Creamy Spinach</p>			<p>***Please be advised, if you are attending any in person activities you must wear a mask except while eating or drinking, regardless of vaccination status***</p>	<p>***All menus are subject to change without notice***</p>

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106-20 Shore Front Parkway

Rockaway Park NY 11694

718-634-3044

www.jasa.org

8:00 AM-4:00 PM

In Person/On site activities:

Congregate lunch is now served on site Monday –Friday.

Monday: Zumba Gold

Tuesdays & Thursdays: In person Yoga with Christine

Wednesdays: In person Knitting/ Crocheting

Thursdays: In person quilting

Bingo-cise & Aerobics. Time to be determined

Thursdays: In person Trivia

Nutrition Lectures. Dates and times vary by month
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