

**ROY REUTHER OLDER ADULT CENTER**  
 711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691 718-471-3110  
**MARCH 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 10:00 Bible Discussion  11:30 Congregate Lunch  1:00 Yoga  2:00 Lounge & Learn	<b>2</b> 10:00 World Tours  11:30 Congregate Lunch  12:30 Bingo  1:30 Arts & Crafting with Marie	<b>3</b> 10:00 Wrapping and Packing  11:00 Dancercise  11:30 Congregate Lunch  12:30 Tech Friday  1:30 Beads and Jewelry with Marie
<b>6</b> 10:00 Walk Away the Blues  11:00 Bingo  11:30 Congregate Lunch  12:30 <i>ELDER ABUSE WORKSHOP</i>  1:30 Games	<b>7</b> 10:00 Music Appreciation  11:30 Congregate Lunch  12:30 Chronic Disease  2:30 Bingo	<b>8</b> 10:00 Bible Discussion  11:30 Congregate Lunch  1:00 Yoga  2:00 Lounge & Learn	<b>9</b> 10:00 World Tours  11:30 Congregate Lunch  12:30 Bingo  1:30 Arts & Crafting with Marie	<b>10</b> 10:00 Wrapping and Packing  11:00 Dancercise  11:30 Congregate Lunch  12:30 Tech Friday  1:30 Beads and Jewelry with Marie

<p><b>13</b> 10:00 Walk Away the Blues</p> <p>11:00 Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:30 <i>Mindfulness &amp; Movement</i></p> <p>1:30 Low Impact Aerobics</p> <p>2:30 Games</p>	<p><b>14</b> 10:00 Music Appreciation</p> <p>11:30 Congregate Lunch</p> <p>12:30 Chronic Disease</p> <p>2:30 Bingo</p>	<p><b>15</b> 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga</p> <p>2:00 Lounge &amp; Learn</p>	<p><b>16</b> 10:00 World Tours</p> <p>11:30 Congregate Lunch</p> <p>12:30 Bingo</p> <p>1:30 Arts &amp; Crafting with Marie</p>	<p><b>17</b> 10:00 Wrapping and Packing</p> <p>11:00 Dancercise</p> <p>11:30 Congregate Lunch</p> <p>12:30 Tech Friday</p> <p>1:30 Beads and Jewelry with Marie</p>
<p><b>20</b> 10:00 Walk Away the Blues</p> <p>11:00 Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:30 <i>Blood Pressure Screening</i></p> <p>2:30 Games</p>	<p><b>21</b> 10:00 Music Appreciation</p> <p>11:30 Congregate Lunch</p> <p>12:30 Chronic Disease</p> <p>2:30 Bingo</p>	<p><b>22</b> 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga</p> <p>2:00 Lounge &amp; Learn</p>	<p><b>23</b> 10:30 World Tours</p> <p>11:30 <i>SPRING INTO SPRING PARTY with D.J Angela</i></p> <p>1:30 Arts &amp; Crafting with Marie</p>	<p><b>24</b> 10:00 Wrapping and Packing</p> <p>11:00 Dancercise</p> <p>11:30 Congregate Lunch</p> <p>12:30 Tech Friday</p> <p>1:30 Beads and Jewelry with Marie</p>
<p><b>27</b> 10:00 Walk Away the Blues</p> <p>11:00 Bingo</p> <p>11:30 Congregate Lunch</p> <p>12:30 Low Impact Aerobics</p> <p>1:30 Games</p>	<p><b>28</b> 10:00 Music Appreciation</p> <p>11:30 Congregate Lunch</p> <p>12:30 Chronic Disease</p> <p>2:30 Bingo</p>	<p><b>29</b> 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga</p> <p>2:00 Lounge &amp; Learn</p>	<p><b>30</b> 10:00 World Tours</p> <p>11:30 Congregate Lunch</p> <p>12:30 Bingo</p> <p>1:30 Arts &amp; Crafting with Marie</p>	<p><b>31</b> 10:00 Wrapping and Packing</p> <p>11:00 Dancercise</p> <p>11:30 Congregate Lunch</p> <p>12:30 Tech Friday</p> <p>1:30 Beads and Jewelry with Marie</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE		<b>1</b> Turkey with Gravy & Stuffing Homemade Mashed Potatoes Green Beans Strawberry Applesauce Orange Juice Milk	<b>2</b> Teriyaki Baked Fish Yellow Rice Oriental Blend Vegetables Banana Orange Juice Milk	<b>3</b> Roasted Chicken Potato Kugel Carrot Tzimmes Apple Orange Pineapple Juice Milk
<b>6</b> Swedish Meatballs with Beef & Turkey Egg Noodles Green Beans & Carrots Pear Apple Juice Milk	<b>7</b> Breaded Eggplant Cutlets Fusilli Pasta Italian blend Vegetables Apple Orange Juice Milk	<b>8</b> Beef Pot Roast Homemade Mashed Potatoes Cream Spinach Applesauce Orange Pineapple Juice Milk	<b>9</b> Salmon Cakes with Dill Sauce Roasted Potatoes Winter Blend Vegetables Banana Orange Juice Milk	<b>10</b> Spanish Style Roast Chicken Rice A Roni Sautéed Zucchini Orange Apple Juice Milk

<p><b>13</b>  <b>Italian Meatballs</b>  <b>Pasta</b>  <b>Green Beans</b>  <b>Apple</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>14</b>  <b>Veggie Burgers</b>  <b>Mashed Potatoes</b>  <b>Braised Red Cabbage</b>  <b>Orange</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>15</b>  <b>Stuffed Cabbage</b>  <b>Kasha Varnishkes</b>  <b>Capri Blend</b>  <b>Vegetables</b>  <b>Pear</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>16</b>  <b>Fish Francaise with Dill Sauce</b>  <b>Yellow Rice</b>  <b>Creamy Spinach</b>  <b>Banana</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>17</b>  <b>Hawaiian Chicken</b>  <b>Toasted Barley and Onion</b>  <b>Steamed Carrots</b>  <b>Strawberry Applesauce</b>  <b>Orange Juice</b>  <b>Milk</b></p>
<p><b>20</b>  <b>Shepherd Pie with Beef and Turkey</b>  <b>Garden Salad</b>  <b>Apple</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>21</b>  <b>Chicken Marsala</b>  <b>Yellow Rice</b>  <b>Roasted Beets</b>  <b>Applesauce</b>  <b>Orange Pineapple Juice</b>  <b>Milk</b></p>	<p><b>22</b>  <b>Vegan Stuffed Peppers</b>  <b>Roasted Potatoes</b>  <b>Green Beans</b>  <b>Orange</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>23</b>  <b>SPECIAL LUNCH - HOLIDAY PARTY</b></p>	<p><b>24</b>  <b>Roast Chicken in Brown Gravy</b>  <b>Potato Kugel</b>  <b>Carrot Tzimmes</b>  <b>Kiwi</b>  <b>Apple Juice</b>  <b>Milk</b></p>
<p><b>27</b>  <b>Sloppy Joe on a Bun</b>  <b>Rice and Beans</b>  <b>California Blend Vegetables</b>  <b>Kiwi</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>28</b>  <b>Chicken Francaise</b>  <b>Sweet Potatoes</b>  <b>Mixed Vegetables</b>  <b>Apple</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>29</b>  <b>Beef Meatloaf with Mushroom Gravy</b>  <b>Mashed Potatoes</b>  <b>Creamy Spinach</b>  <b>Peach Applesauce</b>  <b>Orange Pineapple Juice</b>  <b>Milk</b></p>	<p><b>30</b>  <b>Fish Francaise w/ Creole Sauce</b>  <b>Rice A Roni</b>  <b>Steamed Carrots</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>31</b>  <b>Cranberry Chicken</b>  <b>Noodle Kugel</b>  <b>Green Beans</b>  <b>Orange</b>  <b>Apple Juice</b>  <b>Milk</b></p>



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Fran Simon, Program Director

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**Open 9AM-4PM**