

# ROY REUTHER OLDER ADULT CENTER

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

## MAY 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Walk Away the Blues  11:00 Bingo  11:30 Congregate Lunch  12:30 Low Impact Aerobics  1:30 Card Games	<b>2</b> 10:00 Music Appreciation  11:30 Congregate Lunch  12:30 Walk Away the Blues  1:30 Bingo	<b>3</b> 10:00 Bible Discussion  11:30 Congregate Lunch  1:00 Yoga  2:00 Lounge & Learn	<b>4</b> 10:00 World Tours  11:30 Congregate Lunch  12:30 Bingo  1:30 Arts & Crafting with Marie	<b>5</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>8</b> 10:00 Walk Away the Blues  11:00 Bingo  11:30 Congregate Lunch  12:30 <i>Harbor Care Presentation</i>  1:00 Low Impact Aerobics  1:30 Card Games	<b>9</b> 10:00 Music Appreciation  11:30 Congregate Lunch  12:30 Walk Away the Blues  1:30 Bingo	<b>10</b> 10:00 Bible Discussion  11:30 Congregate Lunch  1:00 Yoga  2:00 Lounge & Learn	<b>11</b> 10:00 World Tours  11:30 Congregate Lunch  12:30 <i>Nutrition Lecture with Stephanie Cordaro</i>  1:30 Arts & Crafting with Marie	<b>12</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>15</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 Card Games</p>	<p><b>16</b> 10:00 <i>FLEA MARKET</i></p> <p>11:30 Congregate Lunch</p> <p>12:30 Walk Away the Blues</p> <p>1:30 Bingo</p>	<p><b>17</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>18</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>19</b> 10:00 Wrapping and Packing</p> <p>11:00 Dancercise</p> <p>12:00 <i>“CELEBRATING OLDER ADULTS” LUNCHEON</i></p> <p>12:30 Tech Friday</p> <p>1:30 Beads and Jewelry with Marie</p>
<p><b>22</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 Card Games</p>	<p><b>23</b> 10:00 Music Appreciation</p> <p>11:30 Congregate Lunch</p> <p>12:30 Walk Away the Blues</p> <p>1:30 Bingo</p>	<p><b>24</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>25</b> <i>CIRCLE LINE CRUISE</i></p> <p>10:30 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>26</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>2:30 Roy Reuther Monthly Cinema</p>
<p><b>29</b> <i>MEMORIAL DAY- CENTER CLOSED</i></p> 	<p><b>30</b> 10:00 Music Appreciation</p> <p>11:30 Congregate Lunch</p> <p>12:30 Walk Away the Blues</p> <p>1:30 Bingo</p>	<p><b>31</b> 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga</p> <p>2:00 Lounge &amp; Learn</p>		

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Shepherd Pie with Beef and Turkey Garden Salad Apple Orange Juice Milk	<b>2</b> Chicken Marsala Yellow Rice Roasted Beets Applesauce Orange Pineapple Juice Milk	<b>3</b> Vegan Stuffed Peppers Roasted Potatoes Green Beans Orange Apple Juice Milk	<b>4</b> Sweet & Sour Meatballs Toasted Barley and Onion Creamy Spinach Banana Orange Juice Milk	<b>5</b> Roasted Chicken Potato Kugel Carrot Tzimmes Kiwi Apple Juice Milk
<b>8</b> Eggplant with Tomato Sauce and TVP California Blend Vegetables Kiwi Apple Juice Milk	<b>9</b> Chicken Francaise Sweet Potatoes Mixed Vegetables Apple Orange Juice Milk	<b>10</b> Beef Meatloaf with Mushroom Gravy Mashed Potatoes Creamy Spinach Peach Applesauce Orange Pineapple Juice Milk	<b>11</b> Fish Francaise w/ Creole Sauce Rice A Roni Steamed Carrots Banana Orange Juice Milk	<b>12</b> Cranberry Chicken Noodle Kugel Green Beans Orange Apple Juice Milk
<b>15</b> Chinese Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Orange Apple Juice Milk	<b>16</b> Black Bean and Mushroom Burger Roasted Potatoes Green Bean Salad Applesauce Orange Juice Milk	<b>17</b> California Turkey Meatloaf Mashed Potatoes Steamed Carrots Kiwi Apple Juice Milk	<b>18</b> Homemade Breaded Fish Brown Rice & Black Beans Steamed Carrots Banana Orange Juice Milk	<b>19</b> SPECIAL LUNCH

<p><b>22</b>  <b>Stuffed Cabbage with Beef</b>  <b>Toasted Barley with Onions</b>  <b>Capri Blend Vegetables</b>  <b>Orange</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>23</b>  <b>Baked Falafel Patties</b>  <b>Hummus</b>  <b>Spiced Israeli Salad</b>  <b>Pear</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>24</b>  <b>Turkey with Gravy &amp; Stuffing</b>  <b>Homemade Mashed Potatoes</b>  <b>Green Beans</b>  <b>Strawberry Applesauce</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>25</b>  <b>Teriyaki Baked Fish</b>  <b>Yellow Rice</b>  <b>Oriental Blend Vegetables</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>26</b>  <b>Roasted Chicken</b>  <b>Potato Kugel</b>  <b>Carrot Tzimmes</b>  <b>Apple</b>  <b>Orange Pineapple Juice</b>  <b>Milk</b></p>
<p><b>29</b>  <b>MEMORIAL DAY - CENTER</b>  <b>CLOSED</b></p>	<p><b>30</b>  <b>Salmon Cakes with Dill Sauce</b>  <b>Roasted Potatoes</b>  <b>Winter Blend Vegetables</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>31</b>  <b>Beef Pot Roast</b>  <b>Homemade Mashed Potatoes</b>  <b>Creamy Spinach</b>  <b>Applesauce</b>  <b>Orange Pineapple Juice</b>  <b>Milk</b></p>		<p><b>MENU SUBJECT TO CHANGE</b></p>





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Fran Simon, Program Director

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718-471-3110

**Open 9AM-4PM**