

ROY REUTHER OLDER ADULT CENTER
 711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691 718-471-3110
NOVEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Domestic Violence Outreach by NYPD 11:30 Congregate Lunch 12:30 Walk Away the Blues 2:00 Quilting Club	2 10:00 Bible Discussion 11:30 Congregate Lunch 1:00 Yoga with Cynthia 2:00 Lounge & Learn	3 10:00 Chronic Disease 11:30 Congregate Lunch 12:30 Bingo 1:30 Arts & Crafting with Marie	4 10:00 Wrapping and Packing 11:00 Dancercise 11:30 Congregate Lunch 12:30 Solve The Puzzles 1:30 Beads and Jewelry with Marie
7 9:30 Walk Away the Blues 11:30 Congregate Lunch 12:30 Low Impact Aerobics 1:30 Monday Movie Matinee	8 10:00 Technology Tuesday 11:30 Congregate Lunch 1:00 Fall Prevention 2:00 Quilting Club	9 10:00 Bible Discussion 11:30 Congregate Lunch 1:00 Yoga with Cynthia 2:00 Lounge & Learn	10 10:00 Chronic Disease 11:30 Congregate Lunch 12:30 Bingo 1:30 Arts & Crafting with Marie	11 10:00 Wrapping and Packing 11:00 Dancercise 11:30 Congregate Lunch 12:30 Solve The Puzzles 1:30 Beads and Jewelry with Marie

<p>14 9:30 Walk Away the Blues</p> <p>11:30 Congregate Lunch</p> <p>12:30 Low Impact Aerobics</p> <p>1:30 Monday Movie Matinee</p>	<p>15 10:00 Technology Tuesday</p> <p>11:30 Pizza Party</p> <p>12:30 Nutrition Lecture with Stephanie Cordaro</p> <p>2:00 Quilting Club</p>	<p>16 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga with Cynthia</p> <p>2:00 Lounge & Learn</p>	<p>17 10:00 Chronic Disease</p> <p>11:30 Congregate Lunch</p> <p>1:00 Bingo</p> <p>1:30 Arts & Crafting with Marie</p>	<p>18 10:00 Wrapping and Packing</p> <p>11:00 Dancercise</p> <p>11:30 Congregate Lunch</p> <p>12:30 Solve The Puzzles</p> <p>1:30 Beads and Jewelry with Marie</p>
<p>21 9:30 Walk Away the Blues</p> <p>11:30 Congregate Lunch</p> <p>12:30 Low Impact Aerobics</p> <p>1:30 Monday Movie Matinee</p>	<p>22 10:30 Zumba</p> <p>11:30 Congregate Lunch</p> <p>12:30 Walk Away the Blues</p> <p>2:00 Quilting Club</p>	<p>23 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga with Cynthia</p> <p>2:00 Lounge & Learn</p>	<p>24</p> 	<p>25 10:00 Wrapping and Packing</p> <p>11:00 Dancercise</p> <p>11:30 Congregate Lunch</p> <p>12:30 Solve The Puzzles</p> <p>1:30 Beads and Jewelry with Marie</p>
<p>28 9:30 Walk Away the Blues</p> <p>11:30 Congregate Lunch</p> <p>12:30 Low Impact Aerobics</p> <p>1:30 Monday Movie Matinee</p>	<p>29 10:00 Technology Tuesday</p> <p>11:30 Congregate Lunch</p> <p>12:30 Walk Away the Blues</p> <p>2:00 Quilting Club</p>	<p>30 10:00 Bible Discussion</p> <p>11:30 Congregate Lunch</p> <p>1:00 Yoga with Cynthia</p> <p>2:00 Lounge & Learn</p>	<p>*Please be advised that you must wear a mask except while eating or drinking, regardless of vaccination status. If you do not have a mask one will be provided for you*</p>	




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Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE	1 Breaded Eggplant Cutlets Fusilli Pasta Italian blend Vegetables Apple Orange Juice Milk	2 Beef Pot Roast Homemade Mashed Potatoes Cream Spinach Applesauce Orange Pineapple Juice Milk	3 Salmon Cakes with Dill Sauce Roasted Potatoes Winter Blend Vegetables Banana Orange Juice Milk	4 Spanish Style Roast Chicken Rice A Roni Sauteed Zucchini Orange Apple Juice Milk
7 Italian Meatballs Pasta Green Beans Apple Orange Juice Milk	8 Veggie Burgers Mashed Potatoes Braised Red Cabbage Orange Apple Juice Milk	9 Stuffed Cabbage Kasha Varnishkes Capri Blend Vegetables Pear Orange Juice Milk	10 Fish Francaise with Dill Sauce Yellow Rice Creamy Spinach Banana Apple Juice Milk	11 Hawaiian Chicken Toasted Barley and Onion Steamed Carrots Strawberry Applesauce Orange Juice Milk
14 Shepherd's Pie with Beef & Turkey Garden Salad Apple Orange Juice Milk	15 SPECIAL LUNCH - PIZZA PARTY	5 Vegan Stuffed Peppers Roasted Potatoes Green Beans Orange Apple Juice Milk	17 Sweet & Sour Meatballs Toasted Barley & Onion Creamy Spinach Banana Orange Juice Milk	18 Roast Chicken in Brown Gravy Potato Kugel Carrot Tzimmes Kiwi Apple Juice Milk

<p>21 Sloppy Joe Rice & Beans California Blend Vegetables Kiwi Apple Juice Milk</p>	<p>22 Turkey Leg Mashed Sweet Potatoes Whole Grain Stuffing Vegetable Mix Apple Orange Juice Milk</p>	<p>23 Beef Meatloaf with Mushroom Gravy Mashed Potatoes Creamy Spinach Peach Applesauce Orange Pineapple Juice Milk</p>	<p>24 CENTER CLOSED HAPPY THANKSGIVING</p> 	<p>25 Cranberry Chicken Noodle Kugel Green Beans Orange Apple Juice Milk</p>
<p>28 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Orange Apple Juice Milk</p>	<p>29 Black Bean and Mushroom Burger Roasted Potatoes Green Bean Salad Applesauce Orange Juice Milk</p>	<p>30 California Turkey Meatloaf Mashed Potatoes Steamed Carrots Kiwi Apple Juice Milk</p>		





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Fran Simon, Program Director

fsimon@jasa.org

718-471-3110

Open 9AM-4PM