

ROY REUTHER OLDER ADULT CENTER

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

OCTOBER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10:00 Fun With Vocabulary 11:00 Exercise Video 12:00 Congregate Lunch 12:45 GRIEF AND LOSS with Robbie of OHEL 2:00 Roy Reuther Cinema</p>	<p>2 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 Board Games 2:00 Lounge & Learn</p>	<p>3</p> 	<p>4 10:00 AM News & Discussion 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Exercise Video 1:30 Beads and Jewelry with Marie</p>
<p>7 10:00 News & Discussion 10:00 Quilting Club 11:00 Computer Class 12:00 Congregate Lunch 12:45 HIGH BLOOD PRESSURE AND STROKE with Arnold Raphael 1:30 Walk Away the Blues</p>	<p>8 10:00 Fun With Vocabulary 11:00 Exercise Video 12:00 Congregate Lunch 1:00 Walk Away the Blues 2:00 Roy Reuther Cinema</p>	<p>9 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 Board Games 2:00 Lounge & Learn</p>	<p>10 10:00 World Tours 11:00 Color The Stress Away 12:00 Congregate Lunch 1:00 Walk Away the Blues 1:45 Arts & Crafting with Marie</p>	<p>11 10:00 AM News & Discussion 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Exercise Video 1:30 Beads and Jewelry with Marie</p>


<p>14 10:00 AM News & Discussion</p> <p>10:00 Quilting Club</p> <p>11:00 Computer Class w/Dana</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:30 Walk Away the Blues</p>	<p>15 10:00 Fun With Vocabulary</p> <p>11:00 Exercise Video</p> <p>12:00 Congregate Lunch</p> <p>1:00 Walk Away the Blues</p> <p>2:00 Roy Reuther Cinema</p>	<p>16 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>2:00 Lounge & Learn</p>	<p>17 10:00 World Tours</p> <p>11:00 Color the Stress Away</p> <p>12:00 Congregate Lunch</p> <p>1:00 Walk Away the Blues</p> <p>1:45 Arts & Crafting with Marie</p>	<p>18 10:00 AM News & Discussion</p> <p>11:15 Moving to Music with Lisa</p> <p>12:00 Congregate Lunch</p> <p>1:00 Exercise Video</p> <p>1:30 Beads and Jewelry with Marie</p>
<p>21 10:00 AM News & Discussion</p> <p>10:00 Quilting Club</p> <p>11:00 Computer Class w/Dana</p> <p>11:30 LET'S TALK AND EAT APPLES with Susie of GROW NYC</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:30 Walk Away the Blues</p>	<p>22 10:00 Fun With Vocabulary</p> <p>11:00 Exercise Video</p> <p>12:00 Congregate Lunch</p> <p>1:00 Walk Away the Blues</p> <p>2:00 Roy Reuther Cinema</p>	<p>23 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 ADVISORY COUNCIL MEETING</p> <p>2:00 Lounge & Learn</p>	<p>24 10:00 World Tours</p> <p>11:00 Color the Stress Away</p> <p>12:00 Congregate Lunch</p> <p>12:45 FIRE SAFETY with the NYC FIRE DEPARTMENT</p> <p>1:45 Arts & Crafting with Marie</p>	<p>25 10:00 AM News & Discussion</p> <p>11:15 Moving to Music with Lisa</p> <p>12:00 Congregate Lunch</p> <p>1:00 BREAST CANCER AWARENESS with ST. JOHN'S HOSPITAL</p> <p>1:30 Beads and Jewelry with Marie</p>

<p>28 10:00 AM News & Discussion</p> <p>10:00 Quilting Club</p> <p>11:00 Computer Class w/Dana</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:30 Walk Away the Blues</p>	<p>29 10:00 Fun With Vocabulary</p> <p>11:00 Exercise Video</p> <p>12:00 Congregate Lunch</p> <p>12:45 THE POWER OF GRATITUDE with Robbie of OHEL</p> <p>1:00 Walk Away the Blues</p> <p>2:00 Roy Reuther Cinema</p>	<p>30 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>2:00 Lounge & Learn</p>	<p>31 10:00 World Tours</p> <p>11:00 Color the Stress Away</p> <p>12:30 HALLOWEEN PARTY with DJ ANGELA</p> <p>1:30 Walk Away the Blues</p> <p>1:45 Arts & Crafting with Marie</p>	
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENU SUBJECT TO CHANGE</p>	<p>1 California Turkey Meatloaf Roasted Sweet Potato Slices Italian Blend Vegetables Fruit Milk</p>	<p>2 Salmon Cakes with Dill Sauce Couscous Roasted Butternut Squash Fruit Milk</p>		<p>4 Egg Salad Bowtie Pasta Salad Red Cabbage Salad Fruit Milk</p>
<p>7 Classic Chicken Cacciatore Pasta Steamed Green Beans Fruit Milk</p>	<p>8 Baked Falafel Patties Rice Pilaf Israeli Salad Fruit Milk</p>	<p>9 Shepherd Pie with Turkey Tossed Salad with Dressing Fruit Milk</p>	<p>10 Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Fruit Milk</p>	<p>11 Roasted Chicken Potato Kugel Carrot Tzimmes Fruit Milk</p>

<p>14 Turkey Swedish Meatballs Egg Noodles Carrots Fruit Milk</p>	<p>15 Eggplant Rollatini Pasta Italian blend Vegetables Fruit Milk</p>	<p>16 Beef Pot Roast Roasted Sweet Potato Slices Broccoli Kugel Fruit Milk</p>	<p>17 Teriyaki Baked Fish White Rice Steamed Green Beans Fruit Milk</p>	<p>18 Chicken Shawarma Cumin Spiced Rice Roasted Beets Fruit Milk</p>
<p>21 Turkey Meatballs Pasta Italian Blend Vegetables Fruit Milk</p>	<p>22 Hummus Kasha Knish Chickpeas Israeli Salad Fruit Milk</p>	<p>23 Stuffed Cabbage with Beef Kasha Varnishkes Steamed Carrots Fruit Milk</p>	<p>24 Fish Francaise Mashed Potatoes Spinach Souffle Fruit Milk</p>	<p>25 Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Fruit Milk</p>
<p>28 Chicken Marsala White Rice Italian Blend Vegetables Fruit Milk</p>	<p>29 Shepherd Pie with Turkey Garden Salad Fruit Milk</p>	<p>30 Sweet & Sour Meatballs Egg Barley Spinach Souffle Fruit Milk</p>	<p>31 <i>HALLOWEEN PARTY - SPECIAL</i> <i>MENU</i></p>	





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Fran Simon, Program Director

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718-471-3110

Open 9AM-4PM