







# JASA Rockaway Park Older Adult Center 718-634-3044

106-20 Shore Front Parkway, Suite 300, Rockaway Park, NY 11694



## October 2024 Activities Calendar

Partially funded by: Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>1</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> Walk With Ease  <b>11AM</b> Bingo  <b>12PM LUNCH</b>  <b>1PM</b> Cardio Aerobics &amp; Stretching</p>	<p><b>2</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10AM</b> Quilting Club  <b>12PM LUNCH</b>  <b>1PM</b> Cardio Line Dancing</p>	<p><b>3</b>  <b>Closed in Observance of Rosh Hashanah</b></p> 	<p><b>4</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10AM</b> Mindfulness Meditation  <b>11:30</b> Themed Trivia  <b>11:30AM</b> Walk With Ease  <b>12:30PM</b> <b>Lunch &amp; Member's Town Hall</b>  <b>1:30PM</b> <b>NEW</b> Chair Aerobics w Tina</p>	
<p><b>7</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> <b>REAL TALK</b> w/Robbie Danzig, Social Worker, Grief and Loss  <b>10:30AM</b> Walk With Ease  <b>11:30AM</b> Chakra Yoga  <b>12:30PM</b> Lunch &amp; Karaoke  <b>1:30PM</b> Arts &amp; Crafts</p>	<p><b>8</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> Walk With Ease  <b>11AM</b> Bingo  <b>11AM</b> <b>Blood Pressure Screening</b>  <u>Sponsored By Beacon</u>  <b>12PM LUNCH</b>  <b>1PM</b> Cardio Aerobics &amp; Stretching</p>	<p><b>9</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10AM</b> Quilting Club  <b>12PM LUNCH</b>  <b>1PM</b> Cardio Line Dancing  <b>2PM</b> <b>FRESH PRODUCE DAY</b></p> 	<p><b>10</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Walk with Ease  <b>11AM</b> Chair Yoga  <b>12PM</b> Lunch  <b>1PM</b> Trivia &amp; Ice Cream Cones</p> 	<p><b>11</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Mindfulness Meditation  <b>11:30PM</b> Trivia  <b>11:30PM</b> Walk With Ease  <b>12:30PM LUNCH</b>  <b>1:30PM</b> Chair Aerobics</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>14</b>  <b>8:30AM Trip Apple &amp; Pumpkin Picking in Long Island</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> Walk With Ease  <b>11:30AM</b> Chakra Yoga  <b>12:30PM</b> Lunch &amp; Karaoke  <b>1:30PM</b> Arts &amp; Crafts</p>	<p><b>15</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> Walk With Ease  <b>11AM</b> Bingo  <b>12PM Special Lunch: PIZZA</b>  <b>1PM</b> Cardio Aerobics Stretching</p>	<p><b>16</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10AM</b> Quilting Club  <b>11AM Activities Committee Meeting</b>  <b>12PM LUNCH</b>  <b>1PM</b> Cardio Line Dancing</p>	<p><b>17</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Walk with Ease  <b>11AM</b> Chair Yoga  <b>12PM</b> Lunch  <b>1PM</b> Trivia &amp; Ice Cream Cones</p> 	<p><b>18</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Mindfulness Meditation  <b>11:30AM</b> Themed Trivia  <b>11:30AM</b> Walk With Ease  <b>12:30PM</b> Lunch  <b>1:30PM NEW Therapeutic Arts</b></p>
<p><b>21</b>  <b>10AM-3PM</b> Media Room  <b>10:AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> Walk With Ease  <b>11:30AM</b> Chakra Yoga  <b>12:30PM LUNCH &amp; Learn Lecture</b>  <i><b>JASA Home Care</b></i>  <b>1:30PM</b> Karaoke  <b>1:30PM</b> Arts &amp; Crafts</p>	<p><b>22</b>  <b>10Am Trip Movie Theater and Lunch at TGI Friday's</b>  <b>10AM-3PM</b> Media Room  <b>10:30AM</b> Technology Help &amp; Information  <b>10:30AM</b> Walk With Ease  <b>11AM</b> Bingo  <b>12PM</b> Lunch  <b>1PM</b> Cardio Aerobics &amp; Stretching  <b>2PM Member Advisory Council Meeting</b></p>	<p><b>23</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10AM</b> Quilting Club  <b>12PM LUNCH &amp; LEARN LECTURE</b>  <b><i>Nutrition &amp; Breast Cancer, Stephanie Cordero, Dietitian</i></b>  <b>PANTRY DAY</b>  <b>1PM</b> Cardio Line Dancing</p> 	<p><b>24</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Walk With Ease  <b>11AM</b> Chair Yoga  <b>12PM</b> Lunch  <b>1PM</b> Trivia &amp; Ice Cream Cones</p> 	<p><b>25</b>  <b>10AM-3PM</b> Media Room  <b>10AM</b> Coffee, Tea &amp; Me  <b>10:30AM</b> Mindfulness Meditation  <b>11:30PM</b> Themed Trivia  <b>11:30PM</b> Walk With Ease  <b>12:30PM</b> Lunch  <b>1:30PM</b> Therapeutic Arts</p>

## Monday

28

10AM-3PM Media Room

10:AM Coffee, Tea & Me

10:30AM Technology Help & Information  
*\*Facebook*

10:30AM Walk With Ease

10:30AM **REAL TALK** w/Robbie Danzig,  
Social Worker, *The Importance of  
Gratitude*

11:30AM Chakra Yoga

12:30PM Lunch & Karaoke

1:30PM Arts & Crafts

## Tuesday

29

10AM- **Trip Flaming Grill**

10AM-3PM Media Room

10AM Coffee, Tea & Me

10:30AM Technology Help & Information

10:30AM Walk With Ease

11AM Bingo

12PM Lunch

1PM Cardio Aerobics & Stretching

## Wednesday

30

10AM-3PM Media Room

10AM Coffee, Tea & Me

10AM Quilting Club

12PM LUNCH

1PM Cardio Line Dancing

## Thursday

31

10AM-3PM Media Room

10AM Coffee, Tea & Me

10:30AM Walk With Ease

11AM Chair Yoga

12PM **Lunch, Taco Bar, Halloween  
Costume Contest and Birthday Party**  
*Sponsored by Promenade*



**Halloween Costume Contest  
1st, 2nd, 3rd Prize Winners  
Selected by Promenade**

## Friday

**\*\*NOTICE\*\***

**Thursday, October 31, at 12pm**

**Special Event Sponsored By  
Promenade Rehabilitation**

**Taco Bar, Halloween Costume  
Contest & Birthday Party**





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## October 2024 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Plant-Based Meal</b>	<b>1</b> California Turkey Meatloaf Roasted Sweet Potato Slices Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>2</b> Salmon Cakes w/Lemon Dill Sauce Couscous Roasted Butternut Squash Whole Wheat Bread Fruit 1% Low Fat Milk	<b>3</b>  <b>Closed for Rosh Hashanah</b>	<b>4</b> Egg Salad Challah Bread Fruit 1% Low Fat Milk 
	<b>7</b> Classic Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>8</b> Baked Falafel Patties Hummus Za'atar Spiced Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk		<b>9</b> Turkey Shepherd Pie Tossed Salad w/Dressing Whole Wheat Bread Fruit 1% Low Fat Milk
<b>14</b> Turkey Swedish Meatballs Egg Noodles Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	<b>15</b> Dairy Free Eggplant Rollatini Pasta Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>16</b> Beef Pot Roast Sautéed Onions & Peppers Broccoli Kugel Roasted Sweet Potato Slices Whole Wheat Bread Fruit 1% Low Fat Milk	<b>17</b> Teriyaki Baked Fish White Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>18</b> Chicken Shawarma Jeera Rice Roasted Beets Challah Bread Fruit 1% Low Fat Milk 
<b>21</b> Turkey Meatballs w/Tomato Sauce Pasta Italian Blend Vegetables Garlic Bread Fruit 1% Low Fat Milk	<b>22</b> Kasha Knish Hummus Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	<b>23</b> Beef Stuffed Cabbage Kasha Varnishkes Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	<b>24</b> Fish Francaise Mashed Potatoes Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	<b>25</b> Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Challah Bread Fruit 1% Low Fat Milk 
<b>28</b> Chicken Marsala White Rice Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>29</b> Turkey Shepherd Pie Garden Salad Whole Wheat Bread Fruit 1% Low Fat Milk	<b>30</b> Sweet & Sour Beef Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	<b>31</b> Vegan Stuffed Bell Peppers Brown Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>Chilled Salad Available on Friday</b> 

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## Hours

Mondays - Fridays 8:00am - 4:00pm

\*Closed for Federal and Jewish Holidays\*

## Rockaway Park Older Adult Center Staff

Revere Joyce, Program Director, [rjoyce@jasa.org](mailto:rjoyce@jasa.org)

Lakiesha Williams, Program Coordinator, [lwilliams2@jasa.org](mailto:lwilliams2@jasa.org)

Tiffani Ponce De Leon, Social Work Supervisor, [tponcedeleon@jasa.org](mailto:tponcedeleon@jasa.org)

## NEW October Activities/Programming

Birthday and Labor Day Party Thursday, October 31st, at 12PM

Home care By JasaCare Monday October 31st, at 12:30PM

Nutrition and Breast Cancer By Stephani Cordero Dietitian Wednesday October 23rd, 12PM