



ROY REUTHER OAC

718-471-3110

711C Seagirt Avenue, Far Rockaway, NY 11691

JUNE 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Pedal Cycling 11:00 Computer Class 12:00 Congregate Lunch 1:00 Board Games 1:30 Walk Away the Blues	2 10:00 News & Discussion 11:00 Big Apple Walkathon 12:00 Congregate Lunch 12:45 Don't Push Me with Robbie of OHEL 2:00 Roy Reuther Cinema	3 10:00 Bible Discussion 11:00 ZUMBA 12:00 SPECIAL LUNCH-PIZZA 12:45 Chronic Kidney Disease 1:00 World Tours 2:00 Fun with Vocabulary	4 10:00 Pedal Cycling 11:00 Let's Make A Deal 12:00 Congregate Lunch 1:00 Arts & Crafts with Marie 1:45 Lounge & Learn	5 10:00 Games & Goodies 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Pedal Cycling 1:45 Beads and Jewelry with Marie

Partially funded by:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 10:00 Pedal Cycling</p> <p>11:00 Computer Class</p> <p>12:00 Congregate Lunch</p> <p>12:45 NUTRITION with Nicole of EHS</p> <p>1:30 Walk Away the Blues</p>	<p>9 10:00 News & Discussion</p> <p>11:00 Big Apple Walkathon</p> <p>12:00 Congregate Lunch</p> <p>12:45 Do They Define Me with Robbie of OHEL</p> <p>2:00 Roy Reuther Cinema</p>	<p>10 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 RETHINK YOUR DRINK with Health First</p> <p>2:00 Fun with Vocabulary</p>	<p>11 10:00 Pedal Cycling</p> <p>11:00 Hangman</p> <p>12:00 Congregate Lunch</p> <p>1:00 Arts & Crafts with Marie</p> <p>1:45 Lounge & Learn</p>	<p>12 10:00 Games & Goodies</p> <p>11:15 Exercise Video</p> <p>12:00 Congregate Lunch</p> <p>1:00 Pedal Cycling</p> <p>1:45 Beads and Jewelry with Marie</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>15 JASA Bus 10:00 Pedal Cycling</p> <p>11:00 Computer Class</p> <p>11:00 INTERACTIVE TOUR TO PLYMOUTH ENGLAND</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:30 Walk Away the Blues</p>	<p>16 10:00 News & Discussion</p> <p>11:00 Big Apple Walkathon</p> <p>12:00 Congregate Lunch</p> <p>12:45 Can I Choose It with Robbie of OHEL</p> <p>2:00 Roy Reuther Cinema</p>	<p>17 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>12:45 FDNY Safety Presentation</p> <p>2:00 Fun with Vocabulary</p>	<p>18 10:00 Pedal Cycling</p> <p>11:00 Jeopardy</p> <p>12:00 Congregate Lunch</p> <p>1:00 Arts & Crafts with Marie</p> <p>1:45 Lounge & Learn</p>	<p>19 CLOSED - JUNETEENTH</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>22 10:00 Pedal Cycling</p> <p>11:00 Computer Class w/Dana</p> <p>12:00 Congregate Lunch</p> <p>1:00 Games with JASA Cares</p> <p>1:30 Walk Away the Blues</p>	<p>23 10:00 News & Discussion</p> <p>11:00 Big Apple Walkathon</p> <p>12:00 Congregate Lunch</p> <p>12:45 Certainly the Best Technique with Robbie of OHEL</p> <p>2:00 Roy Reuther Cinema</p>	<p>24 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 World Tours</p> <p>2:00 Fun with Vocabulary</p>	<p>25 10:00 Pedal Cycling</p> <p>11:00 INTERACTIVE TOUR TO THESSALONIKI GREECE</p> <p>12:00 Congregate Lunch</p> <p>1:00 Lounge & Learn</p> <p>1:45 Arts & Crafting with Marie</p>	<p>26 10:00 Games & Goodies</p> <p>11:15 Moving to Music with Lisa</p> <p>12:00 Congregate Lunch</p> <p>1:00 Pedal Cycling</p> <p>1:45 Beads and Jewelry with Marie</p>
<p>29 10:00 Pedal Cycling</p> <p>11:00 Computer Class</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:30 Walk Away the Blues</p>	<p>30 JASA Bus 10:00 News & Discussion</p> <p>11:00 Big Apple Walkathon</p> <p>12:00 Congregate Lunch</p> <p>12:45 Love Thyself with Robbie of OHEL</p> <p>2:00 Roy Reuther Cinema</p>			

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JUNE 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Spaghetti Casserole Tossed Salad with Dressing Milk Fruit	2 Kasha Knish Hummus Israeli Salad Milk Fruit	3 SPECIAL LUNCH - PIZZA	4 Fish Francaise Mashed Potatoes Cucumber Dill Salad Milk Fruit	5 Hawaiian Chicken Roast Sweet Potato Slices Capri Blend Vegetables Milk Fruit
8 Chicken Marsala White Rice Steamed Broccoli Milk Fruit	9 Vegetarian Moussaka Tossed Salad with Dressing Milk Fruit	10 Sweet & Sour Meatballs Egg Barley Spinach Souffle Milk Fruit	11 Egg Salad Orzo Beet & Onion Salad Milk Fruit	12 Roast Chicken Potato Kugel Carrot Tzimmes Milk Fruit

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Monday	Tuesday	Wednesday	Thursday	Friday
15 Turkey Burgers Roasted Sweet Potato Slices California Blend Vegetables Milk Fruit	16 Shepherd's Pie Tossed Salad Milk Fruit	17 Baked Breaded Fish Rice A Roni Cucumber Salad Milk Fruit	18 Black Bean Burgers Yellow Rice Black Beans Milk Fruit	19 CENTER CLOSED - JUNETEENTH
22 Chinese Style Pepper Steak Vegetable LoMein Steamed Broccoli Milk Fruit	23 Chicken Pot Pie Tomato Salad with Basil Milk Fruit	24 Salmon Cakes Cous Cous Cucumber Dill Salad Milk Fruit	25 Whole Wheat Bean Burrito Garden Salad Rice Milk Fruit	26 Baked Asian Style Honey Chicken Fried Brown Rice Oriental Blend Vegetables Milk Fruit
29 Chicken Cacciatore Pasta Steamed Green Beans` Milk Fruit	30 Black Bean Burger Yellow Rice Israeli Salad Milk Fruit		MENU SUBJECT TO CHANGE	

Partially funded by:



ROY REUTHER OLDER ADULT CENTER

Phone Number 718-471-3110

711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691

Hours

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

*Closed for Federal and Jewish Holidays

Friday, 6/19 - JUNETEENTH

Daily Kosher Lunch

Mondays - Fridays

Noon- 1:00pm - In Center

Older Adult Center Staff

Fran Simon, Program Director fsimon@jasa.org

Ellen Alster, Program Coordinator ealster@jasa.org

Tiana Bruce, Food Service Technician

Shopping Trips - June 15th and 30th at 9AM

June 3rd Pizza Party

June 17th - FDNY Safety Presentation

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