ROY REUTHER OAC

718-471-3110

711C Seagirt Avenue, Far Rockaway, NY 11691

OCTOBER 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 Arts & Crafts 2:00 Lounge & Learn	2 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Class with Dana 1:00 Beads and Jewelry

Partially funded by:

Monday	Tuesday	Wednesday	Thursday	Friday
5 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 News & Discussion	6 10:00 Pedal Cycling 11:00 Walking Club 12:00 Congregate Lunch 1:00 THE BIG 6 with Robbie of OHEL 2:00 Trivia	7 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 2:00 Fun with Vocabulary	8 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 SAFETY TIPS with PO FARESE of the NYPD 2:00 Lounge & Learn	9 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Class with Dana 1:00 Beads and Jewelry
12 10:00 Pedal Cycling 11:00 Cooking Demo - Healthy Plant Based Desserts 12:00 Congregate Lunch 1:00 Board Games 1:45 News & Discussion	13 10:00 Pedal Cycling 11:00 Walking Club 12:00 Congregate Lunch 1:00 I CAN'T COPE, OH YES YOU CAN with Robbie of OHEL 2:00 Trivia	14 JASA Bus 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 AVOIDING SCAMS with the DCWP (NYC Department of Consumer and Worker Protection) 2:00 Fun with Vocabulary	15 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 Arts & Crafts 2:00 Lounge & Learn	16 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Computer Class with Dana 1:00 News & Discussion 1:00 Beads and Jewelry

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Monday	Tuesday	Wednesday	Thursday	Friday
19 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 News & Discussion	20 10:00 Pedal Cycling 11:00 Walking Club 12:00 Congregate Lunch 1:00 HOLD ON TO YOUR HAT with Robbie of OHEL 2:00 Trivia	21 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 Village Care Max Presentation 2:00 Fun with Vocabulary	22 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 Arts & Crafts 2:00 Lounge & Learn	23 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Class with Dana 1:00 Beads and Jewelry
26 10:00 Pedal Cycling 10:00 Movies at Roy Reuther 12:00 Congregate Lunch 1:00 Board Games 1:45 News & Discussion	27 10:00 Pedal Cycling 11:00 Walking Club 12:00 Congregate Lunch 1:00 TO SLEEP OR NOT TO SLEEP, THAT IS THE QUESTION with Robbie of OHEL 2:00 Trivia	28 10:00 Bible Discussion 11:00 Mindful Meditation 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	29 10:00 Pedal Cycling 11:00 Board Games 12:00 Congregate Lunch 1:00 Arts & Crafts 2:00 Lounge & Learn	30 10:00 Color the Stress Away 11:15 Movement to Music with Lisa 12:00 HALLOWEEN PARTY with DJ Angela 1:00 Computer Class with Dana 1:00 Beads and Jewelry

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OCTOBER 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE			1 Beef Pot Roast Mashed Sweet Potatoes Cole Slaw Milk Fruit	2 Hawaiian Chicken Potato Souffle Steamed Carrots Milk Fruit
5 Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Milk Fruit	6 Sweet & Sour Beef Meatballs Toasted Acini de Pepe with Onions Spinach Souffle Milk Fruit	7 Lentil Stew with Carrots & Turnips Brown Rice Steamed Broccoli Milk Fruit	8 Teriyaki Baked Fish Fried Brown Rice Steamed Green Beans Milk Fruit	9 Roasted Chicken Rice Pilaf Vegetable Mix Milk Fruit
12 Fish Francaise Mashed Potatoes Green Bean Salad Milk Fruit	13 Whole Wheat Bean Burrito Brown Rice Tossed Salad with Dressing Milk Fruit	14 Stuffed Cabbage with Beef Steamed Carrots Milk Fruit	15 Shepherd Pie with Turkey Tossed Salad with Chickpeas & Dressing Milk Fruit	16 Baked Breaded Chicken Cutlet Pasta Primavera Salad Health Slaw Milk Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
19 Beef Hamburger Roasted Red Potatoes Cole Slaw Milk Fruit	20 Chicken Chow Mein Fried Brown Rice Vegetable Mix Milk Fruit	21 Baked Salmon Rice Pilaf Israeli Salad Milk Fruit	22 Vegetarian Moussaka Beet Salad Milk Fruit	23 Chicken Shawarma Spiced Middle Eastern Brown Rice Carrot Salad Milk Fruit
26 Turkey Meatballs with Tomato Sauce Pasta Sauteed Spinach Milk Fruit	27 Baked Breaded Fish Fillets Rice Pilaf Broccoli Souffle Milk Fruit	28 Vegetarian Bean Chili Yellow Corn Tortillas Brown Rice Steamed Green Beans Milk Fruit	29 Chicken Pot Pie Tossed Salad with Chickpeas & Dressing Milk Fruit	30 Roasted Chicken Home Fried Potatoes Steamed Carrots Milk Fruit

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**

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

Amoni Williams, Case Manager

Tiana Bruce, Food Service Technician

Shopping Trips - October 14th & 27th

Your Safety with PO Farese - October 8th

Avoiding Scams with the NYC Department of Consumer & Worker Protection - October 15th

Halloween Party - October 30th

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