



Rockaway Park Older Adult Center June 2026 Activities Calendar

(718) 634-3044

106-20 Shore Front Pkwy., Suite 30, Rockaway Park, NY 11694

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9am-12pm Coffee, Tea & Me</p> <p>9am-3pm Cubii Corner</p> <p>9am-3pm Computer Room</p> <p>10:30AM-11:30AM Real Talk</p> <p>W/Robbie "Don't Push Me!"</p> <p>11:30am-12:30pm Bend & Stretch w/ Argenis</p> <p>12:30pm-1:30pm Lunch</p> <p>1:30pm-2:30pm Team Pictionary w/ Sheila</p> <p>2:30pm-3:30pm Broadway Zumba</p>	<p>2</p> <p>9am-12pm Coffee, Tea & Me</p> <p>9am-3pm Cubii Corner</p> <p>9am-3pm Computer Room</p> <p>10:30am-11:30am Stand, Stretch & Chair Yoga w/ Barbara</p> <p>11am-12pm Computer Lab</p> <p>12pm-1pm Lunch& Learn VNS</p> <p>1pm-1:30 pm Walk to EHS Pantry w/Sheila</p> <p>1:30pm-2:30pm Therapeutic arts w/Jean</p> <p>1:30pm-2:30pm Computer workshop w/ Sheila</p>	<p>3</p> <p>9am-12pm Coffee, Tea & Me</p> <p>9am-3pm Cubii Corner</p> <p>9am-3pm Computer Room</p> <p>10am-12pm Quilting Club</p> <p>11am-12pm Bingo</p> <p>12pm-1pm Lunch & Learn w/Gurpreet Kaur (Bingo)</p> <p>1:30pm-2:30pm Walk around the block w/ Sheila</p>	<p>4</p> <p>9am-12pm Coffee, Tea & Me</p> <p>9am-3pm Cubii Corner</p> <p>9am-3pm Computer Room</p> <p>10:30am-11:30am Computer workshop w/ Sheila</p> <p>11:30am-12:30pm Relax & Restore Yoga w/Barbara</p> <p>12:30pm-1:30pm Lunch</p> <p>1:30pm-2:30pm Trivia & Snack</p> <p>2:30pm-3:30pm Broadway Zumba</p>	<p>5</p> <p>9am-12pm Coffee, Tea & Me</p> <p>9am-3pm Cubii Corner</p> <p>9am-3pm Computer Room</p> <p>10:30am-11:30am Mindfulness Meditation w/ Argenis</p> <p>11:30am-12:30pm Themed Trivia</p> <p>12:30pm-1:30pm Special Lunch</p> <p>1:00pm-3pm DJ WAH! SPECIAL LUNCH & HOLIDAY PARTY, CARNIVAL</p>

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<p>8 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30AM-11:30AM Real Talk W/Robbie Do They Define Me?" 11:30am-12:30pm Bend & Stretch w/ Argenis 12:30pm-1:30pm Lunch 1:30pm-2:30pm Team Pictionary 2:30pm-3:30pm Broadway Zumba</p>	<p>9 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Stand, Stretch & Chair Yoga w/ Barbara 11am-12pm Computer Lab 12pm-1pm Lunch& Learn VNS 1pm-1:30 pm Walk to EHS Pantry w/Sheila 1:30pm-2:30pm Therapeutic arts w/Jean 1:30pm-2:30pm Computer workshop w/ Sheila</p>	<p>10 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 11am-3pm Charcoal Grill/Shopping 10am-12pm Quilting Club 11am-12pm Bingo 12pm-1pm Lunch 1:30pm-2:30pm Walk around the block w/ Sheila 1:30pm-3:30pm Movie & Popcorn</p> <p>TRIP</p>	<p>11 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Computer workshop w/ Sheila 11:30am-12:30pm Relax & Restore Yoga w/Barbara 12:30pm-1:30pm Lunch 1:30pm-2:30pm Trivia & Snack 2:30pm-3:30pm Broadway Zumba</p>	<p>12 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Mindfulness Meditation w/ Argenis 11:30am-12:30pm Themed Trivia 12:30pm-1:30pm Lunch 1:30pm-2:30pm Election 2:30pm-3:30pm Board Games, Pool, Ping Pong</p> <p>Election for the Advisory Committee</p>
<p>15 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Real Talk, w/ Robbie Can I Choose It? 11:30am-12:30pm Bend & Stretch w/Argenis 12:30pm-1:30pm Lunch 1:30pm-2:30pm Juneteenth celebration By Opera Exposures 2:30pm-3:30pm Broadway Zumba</p>	<p>16 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Stand, Stretch & Chair Yoga w/ Barbara 11am-12pm Bingo 12pm-1pm Lunch & Learn w/ Nicole Smith 1pm-2pm Walk to EHS Pantry w/Sheila 1:30pm-2:30pm Therapeutic Arts 2:30pm-3:30pm Current Events discussion group w/ Cathy</p>	<p>17 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10am-12pm Quilting Club 11am-12pm BINGO 12pm-1pm Lunch & Learn w/ Stephanie Cardaro 1:30pm-2:30pm Walk around the block w/ Sheila 1:30pm-2:30 Book club</p>	<p>18 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Activities Committee Meeting 11:30am-12:30pm Relax & Restore Yoga w/Barbara 12:30pm-1:30pm Lunch 1:30pm-2:30pm Trivia & Snack 2:30pm-3:30pm Broadway Zumba</p>	<p>19</p> <p>Closed Juneteenth</p>

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<p>22 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10am-11am Computer workshop 10:30am-11:30am Real Talk w/Robbie” Certainly The Best Technique” 11:30am-12:30pm Bend & Stretch w/ Argenis 12:30pm-1:30pm Lunch 1:30pm-2:30pm Team Pictionary</p>	<p>23 10:30am-11:30am Stand, Stretch & Chair Yoga w/ Barbara 11am-12pm Computer Lab 12pm-1pm Lunch 1pm-2pm Walk to EHS Pantry w/Sheila 1:30pm-2:30pm Therapeutic Arts w/Jean 2:30pm-3:30pm Current Events discussion group w/ Cathy</p>	<p>24 8:30am Aldi's Trip 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10am-12pm Quilting Club 11am-12pm Bingo 12pm-1pm Lunch 1:30pm-2:30pm Walk around the block w/ Sheila 1:30pm-3:30pm Movie & Popcorn</p> <p>Trip</p>	<p>25 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Advisory Committee Meeting 11:30am-12:30pm Relax & Restore Yoga w/Barbara 12:30pm-1:30pm Lunch 1:30pm-2:30pm Trivia & Snack</p>	<p>26 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Mindfulness Meditation w/ Argenis 11:30am-12:30pm Themed Trivia 12:30pm-1:30pm Lunch 1:30pm-2:30pm Blood Pressure Screening w/ Rose 2:30pm-3:30pm Board Games, Pool, Ping Pong</p>
<p>29 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10am-11am Computer workshop w/ Katharine 10:30am-11:30am Real Talk, /Robbie “Love Thyself” 11:30am-12:30pm Bend & Stretch w/ Argenis 12:30pm-1:30pm Lunch 1:30pm-2:30pm Team Pictionary w/ Sheila</p>	<p>30 9am-12pm Coffee, Tea & Me 9am-3pm Cubii Corner 9am-3pm Computer Room 10:30am-11:30am Stand, Stretch & Chair Yoga w/ Barbara 11am-12pm Bingo 12pm-1pm Lunch 1pm-2pm Walk to EHS Pantry w/Sheila 1:30pm-2:30pm Therapeutic Arts 2:30pm-3:30pm Current Events discussion group w/ Cathy</p>			

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Rockaway Park Older Adult Center * June 2026 Lunch Menu

(718) 634-3044

106-20 Shorefront Pkwy., Suite 300, Rockaway Park, NY 11694

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Spaghetti Casserole Tossed Salad w/Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	2 Plant Based Meal Kasha Knish Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	3 Beef Stuffed Cabbage Kasha Varnishkes Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	4 Fish Francase Dill Lemon Sauce Mashed Potatoes Cucumber Dill Salad Whole Wheat Bread Fruit 1% Low Fat Milk	5 Special Lunch Hamburger Hot Dog Baked Beans Corn on Cob Potato Salad Watermelon Slice 1% Low Fat Milk

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<p>8 Chicken Marsala White Rice Steamed Broccoli Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>9 Plant Based Meal Meaty Vegetarian Moussaka Tossed Salad w/Dressing Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>10 Sweet & Sour Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>11 Turkey Salad Orzo Beet & Onion Salad Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>12 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Fruit 1% Low Fat Milk</p>
<p>15 Turkey Burger Sauteed Peppers & Onions Roasted Sweet Potato Slices California Blend Vegetables Whole Wheat Pita Fruit 1% Low Fat Milk</p>	<p>16 Shepherd's Pie Tossed Salad w/Dressing Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>17 Baked Breaded Fish Tartar Sauce Rice A Roni Cucumber Dill Salad Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>18 Plant Based Meal Soup Replacement Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>19 Cranberry Chicken Sweet Noodle Kugel Zucchini Provencal Challah Bread Fruit 1% Low Fat Milk</p>
<p>22 Chinese Style Pepper Steak Vegetable Lo Mein Steamed Broccoli Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>23 Chicken Pot Pie Tomato Salad w/Basil Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>24 Salmon Cakes Dill Lemon Sauce Cous Cous Cucumber Dill Salad Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>25 Plant Based Meal Whole Wheat Bean Burrito Brown Rice Garden Sakad Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>26 Asian Style Honey Chicken Springtime Fried Brown Rice Oriental Blend Vegetables Challah Bread Fruit 1% Low Fat Milk</p>
<p>29 Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk</p>	<p>30 Plant Based Meal Soup Replacement Whole Wheat Bread Fruit 1% Low Fat Milk</p>			

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www.jasa.org

Hours

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

Closed for Federal and Jewish Holidays

Friday, June 19, 2026 Juneteenth* Closed

Daily Lunch

Mondays - Fridays

12:00pm - 1:30pm - Dining Room

Rockaway Park Older Adult Center Staff

Nichole St. Lawrence, Program Director, nstlawrence@jasa.org

Sheila Dalton, Program Coordinator, sdalton@jasa.org

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NEW June 2026 Activities/Programming

Carnival/Birthday Celebration Friday, June 5, 2026 @12:30-3pm w/ DJ Wah!

Juneteenth Performance/Opera Exposures-June 15, 2026

Activities Committee Meeting Thursday, June 18, 2026 @10:30am-11:30am

Advisory Committee Meeting Thursday, June 25,, 2026 @ 10:30am-11:30am

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