

**June 2019 ACTIVITIES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <u>PLAY NAME THAT TUNE</u></p> <p>9:30 Chair Exercises for Seniors 10:30 Bible Discussion/Spirituality 1:30 Name That Tune w Charles 3:00 Yoga Toning w Natalia</p>	<p>4</p> <p>9:00 Yoga Toning with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30-2:00 Tell Your Stories 2:00 Painting with Sydney</p>	<p>5</p> <p>10:30 Yoga Toning with Natalia 12:45 Tell Your Stories with Sarah 2:00 Bingo</p>	<p>6 <u>Movement to Music</u></p> <p>9:30 Chair Exercises for Seniors 11:15 Movement to Music w Lisa 12:45 Elder Abuse Discussion with Melissa 2:00 Knitting &amp; Crocheting Marie</p>	<p>7 <u>BIRTHDAY PARTY</u></p> <p>9:30 Chair Exercises for Seniors 10:00 Puzzles/Brain Games/Color the Blues away 11:00 Party with Georgie Maselli 2:00 Beads &amp; Jewelry with Marie</p>
<p>10</p> <p>9:30 Chair Exercises for Seniors 10:30 Bible Discussion/Spirituality 1:30 Choral Group with Charles 3:00 Yoga Toning w Natalia</p>	<p>11</p> <p>9:00 Yoga Toning with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30-2:00 Tell Your Stories 2:00 Painting with Sydney</p>	<p>12</p> <p>10:30 Yoga Toning with Natalia 12:45 Tell your Stories with Sarah 2:00 Bingo</p>	<p>13</p> <p>9:30 Chair Exercises for Seniors 12:30 Movement to Music w Lisa 2:00 Knitting &amp; Crocheting w Marie</p>	<p>14 <u>FATHER'S DAY CELEBRATION</u></p> <p>9:30 Chair Exercises for Seniors 11:45 SIRA the BELLY DANCER 1:00 Healthy Heart Discussion w Ellen 2:00 Beads &amp; Jewelry with Marie</p>
<p>17</p> <p>9:30 Chair Exercises Seniors 10:30 Bible Discussion/Spirituality 1:30 Choral Group with Charles 3:00 Yoga Toning w Natalia</p>	<p>18</p> <p>9:00 Yoga Toning with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30-2:00 Tell Your Stories 2:00 Painting with Sydney</p>	<p>19 <u>A C MOORE CRAFT STORE AND RED ROBIN FOR LUNCH</u></p> <p>10:30 Yoga Toning with Natalia 2:00 Bingo 3:15 Movement to Music with Lisa</p>	<p>20 <u>Welcome Summer Party</u></p> <p>9:30 Chair Exercises for Seniors 11:00 Party with DJ Angela 2:00 Knitting &amp; Crocheting with Marie</p>	<p>21 <u>Jokesersize</u></p> <p>9:30 Chair exercises for Seniors 11:00 Comic Howard Newman 12:45 Robert Gamble Performs 2:00 Beads &amp; Jewelry with Marie</p>
<p>24</p> <p>9:30 Chair Exercises for Seniors 10:30 Bible Discussion/Spirituality 1:30 Choral Group with Charles 3:00 Yoga Toning w Natalia</p>	<p>25</p> <p>9:00 Yoga Toning with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30-2:00 Tell Your Stories 2:00 Painting with Sydney</p>	<p>26</p> <p>10:30 Yoga Toning with Natalia 11:30 Brain Games 12:45 Tell your Stories with Sarah 2:00 Bingo</p>	<p>27</p> <p>9:30 Chair Exercises for Seniors 11:15 Movement to Music With Lisa 2:00 Knitting &amp; Crocheting with Marie</p>	<p>28</p> <p>9:30 Chair Exercises for Seniors 11:00 Foot Health 2:00 Beads &amp; Jewelry with Marie</p>
<p><u>Birthday Party</u> June 7<sup>th</sup> 11:00 With DJ George Maselli</p>	<p><u>Father's Day Celebration</u> with Sira the Bally Dancer June 14<sup>th</sup> 11:45</p>	<p><u>Welcome Summer Party</u> June 20<sup>th</sup> 11:00 With DJ Angela <u>Jokercise</u> June 21<sup>st</sup> 11:00 With Howard Newman</p>	<p>Dancercise is now Movement to Music with Lisa Thursday June 6<sup>th</sup> 11:15 Thursday June 13<sup>th</sup> 12:30 Wednesday June 19<sup>th</sup> 3:15 Thursday June 27<sup>th</sup> 11:15</p>	<p>Yoga Classes with Natalia: Monday 3:00pm Tuesday 9:00am Wednesday 10:30am</p>



Roy Reuther Senior Center  
711C Seagirt Avenue Apt 2N  
Far Rockaway, NY 11691  
718.471.3110

Staff:

- Sydney Lombardi Project Director
  - Ellen Alster Group Worker
- Fran Simon Administrative Assistant
  - Cheryl Ryland Kitchen Staff

Daily Lunch: Monday Through Friday

- 12 noon Hot kosher lunch or salad alternative
  - Reservations SUGGESTED

Other Important Information

- Need assistance with Entitlements, SCRIE,
  - Section 8 Documents?
- Please call for an appointment 718 471 3110

Contact Information

Center located in First Floor  
Community Room Building B  
slombardi@jasa.org

Program Highlights

- June 6<sup>th</sup> 11:15, Movement to Music with Lisa
- June 6<sup>th</sup> 12:45 Elder Abuse Discussion with Melissa
- June 7<sup>th</sup> 11:00 Birthday Party with George Maselli
  - June 13, 12:30 Movement to Music with Lisa
- June 14<sup>th</sup> 11:00 Father's Day celebration with Sira the Belly Dancer
- June 19<sup>th</sup> Trip to AC Moore Craft Store and Red Robin for lunch
  - June 19<sup>th</sup> 3:15 Movement to Music with Lisa
- June 20<sup>th</sup> 11:00 Welcome Summer Party with Angela
- June 21<sup>st</sup> 11:00 Jokesersize with Howard Newman
- June 27<sup>th</sup> 11:15 Movement to Music with Lisa

Gratefully acknowledging Additional generous funding provided by  
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