



September 2019 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Labor Day Center Closed</b></p>	<p>3</p> <p>9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting 2:00 Yoga with Natalia</p>	<p>4</p> <p>9:30 Spirituality / Bible Discussion with Gregory Brown 10:30 Yoga with Natalia 2:00 Bingo</p>	<p>5 <u>BIRTHDAY PARTY</u></p> <p>9:30 Chair Exercise Video 11:00 Party with DJ Angela 12:45 Movement to Music with Lisa 2:00 Knitting &amp; Crocheting with Marie</p>	<p>6 <u>Census Presentation 12:00</u></p> <p>9:30 Chair Exercise Video 12:00 Census Presentation 2:00 Beads &amp; Jewelry with Marie</p>
<p>9</p> <p>9:30 Chair Exercises Video 10:45 Rummikub 1:30 Choral Group with Charles 3:00 Yoga with Natalia</p>	<p>10</p> <p>9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting 2:00 Yoga with Natalia</p>	<p>11 <u>NUTRITION COUNCILING</u></p> <p>9:30 Spirituality / Bible Discussion with Gregory Brown 10:30 Yoga with Natalia 11:30 – 2:30 FDTA Shaji Tewanii 2:30 Bingo</p>	<p>12 <u>NUTRITION INTERN Althena Burke</u></p> <p>9:30 Chair Exercises 11:00 Nutritionist Intern 12:45 Movement to Music w Lisa 2:00 Knitting &amp; Crocheting w Marie</p>	<p>13 <u>AMERICAN RED CROSS A DAY AT THE MUSEUM</u></p> <p>9:30 Chair Exercise Video 11:00 -2:00 American Red Cross 2:00 Beads &amp; Jewelry with Marie</p>
<p>16 <u>CHORAL PERFORMANCE</u></p> <p>9:30 Chair Exercises Video 10:45 Rummikub 1:30 Choral Performance with Charles 3:00 Yoga with Natalia</p>	<p>17 <u>FALL PREVENTION</u></p> <p>9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting 2:00 Yoga with Natalia 3:00 Fall Prevention discussion with Lisa</p>	<p>18 <u>TRIP TO BRONX ZOO</u></p> <p>9:30 Spirituality / Bible Discussion with Gregory Brown 10:30 Yoga with Natalia 2:00 Bingo</p>	<p>19 <u>AUTUMN PARTY</u></p> <p>9:30 Chair Exercise 11:00 Party with DJ Phil DiOrio 12:45 Movement to music w Lisa 2:00 Knitting and Crocheting with Marie</p>	<p>20 <u>NUTRITION COUNCILING</u></p> <p>9:30 Chair Exercise Video 10:30 Games 11:00- 2:00 Nutritionist Shaji Tewani 2:00 Beads &amp; Jewelry with Marie</p>
<p>23</p> <p>9:30 Chair Exercises Video 10:45 Rummikub 1:30 Choral Group with Charles 3:00 Yoga with Natalia</p>	<p>24</p> <p>9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting 2:00 Yoga with Natalia</p>	<p>25</p> <p>9:30 Spirituality / Bible Discussion with Gregory Brown 10:30 Yoga with Natalia 2:00 Bingo</p>	<p>26</p> <p>9:30 Chair Exercises 11:00 Discussion on Rosh Hashanah 2:00 Knitting &amp; Crocheting Marie</p>	<p>27</p> <p>9:30 Chair Exercise Video 10:00-1:00 DFTA's Shajai Tewanii 12:45 Movement to music w Lisa 2:00 Beads &amp; Jewelry with Marie</p>
<p>30</p> <p><b>CENTER CLOSED ROSH HASHANAH</b></p>	<p><i>Happy New Year to all those who observe the Holiday</i></p>	<p>Wednesday Sept 18<sup>th</sup> Trip to The Bronx Zoo</p>	<p>September 5<sup>th</sup> 11:00 Birthday Party with DJ Angela</p> <p>September 19<sup>th</sup> 11:00 Autumn Party with Phil Diorio</p>	<p>Sept 11, Sept 20<sup>th</sup> &amp; Sept 27</p> <p>DFTA'S Nutritionist Shaji Tewani Will be here for personal Nutrition Counseling</p>



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

Staff:

Sydney Lombardi Project Director  
Ellen Alster Program Coordinator  
Fran Simon Administrative Assistant  
Cheryl Ryland Kitchen Staff  
Shakira Social Worker - Tuesdays

Daily Lunch: Monday Through Friday

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

Contact Information

Center located in First Floor  
Community Room Building B  
Mailing Address:  
711C Seagirt Avenue Apt 2N  
Far Rockaway, NY 11691  
718.471.3110 fax 718. 337.3744  
slombardi@jasa.org

**ACTIVITIES OFFERED**

- September 11<sup>th</sup>, September 20<sup>th</sup>, September 27
- Nutrition Counseling with DFTA'S Nutritionist Shaji Tewani
  - September 2<sup>nd</sup> Center Closed – Labor Day
  - September 5<sup>th</sup> 11:00 Birthday Party with DJ Angela
    - September 12<sup>th</sup> 11:00 Nutrition Intern
  - September 13<sup>th</sup> 11:00-2:00 Council Member Donovan Richards presents A Day at the Museum
    - September 18<sup>th</sup> Trip to Bronx Zoo
  - September 17<sup>th</sup> 3:00 Fall Prevention Discussion with Lisa
  - September 19<sup>th</sup> 11:00 Autumn Party with DJ Phil DiOrio
    - September 30<sup>th</sup> Center Closed – Rosh Hashanah

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NYC Councilman Donovan Richards and  
Queens Borough President Melinda Katz  
and Assemblywoman Stacy Amato

