

**ROY REUTHER OLDER ADULT CENTER**  
 711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691 718-471-3110  
**JULY 2022**



Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b>  <b>10:00 Wrapping and Packing (IN CENTER)</b></p> <p><b>11:00 Dancercise (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>
<p><b>4</b>  <b>CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b></p>	<p><b>5</b>  <b>9:30 Quilting Group (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:00 Technology Tuesday (IN CENTER)</b></p> <p><b>2:00 Dancercise</b></p>	<p><b>6</b>  <b>10:00 Bible Discussion (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>12:30 Bingo (IN CENTER)</b></p> <p><b>1:30 Walk Away the Blues (IN CENTER)</b></p>	<p><b>7</b>  <b>10:00 - Walk Away the Blues (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:00 Food For Life</b></p> <p><b>1:30 Arts &amp; Crafting with Marie (IN CENTER)</b></p> <p><b>2:30 Virtual Tours</b></p>	<p><b>8</b>  <b>10:00 Wrapping and Packing (IN CENTER)</b></p> <p><b>11:00 Dancercise (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>

<p><b>11</b> 9:30 Yoga with Cynthia (IN CENTER)</p> <p>11:00- Health Lecture on Cognitive Decline and Blood Pressure Screening (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>12:30 Monday Movie Matinee (IN CENTER)</p>	<p><b>12</b> 9:30 Quilting Group (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>12:15 Musical Concert with Robert</p> <p>1:00 Technology Tuesday (IN CENTER)</p> <p>2:00 Dancercise</p>	<p><b>13</b> 10:00 Bible Discussion (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>12:30 Bingo (IN CENTER)</p> <p>1:30 Walk Away the Blues (IN CENTER)</p>	<p><b>14</b> 10:00 - Walk Away the Blues (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>12:30 Health Lecture-Hydration</p> <p>1:30 Arts &amp; Crafting with Marie (IN CENTER)</p> <p>2:30 Virtual Tours</p>	<p><b>15</b> 10:00 Wrapping and Packing (IN CENTER)</p> <p>11:00 Dancercise (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>1:30 Beads and Jewelry with Marie (IN CENTER)</p>
<p><b>18</b> 9:30 Yoga with Cynthia (IN CENTER)</p> <p>11:00- Concerts In Motion Classical Series</p> <p>11:30 Congregate Lunch</p> <p>12:30 Monday Movie Matinee (IN CENTER)</p>	<p><b>19</b> 9:30 Quilting Group (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>1:00 Technology Tuesday (IN CENTER)</p> <p>2:00 Dancercise</p>	<p><b>20</b> 10:00 Bible Discussion (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>12:30 Bingo (IN CENTER)</p> <p>1:30 Walk Away the Blues (IN CENTER)</p>	<p><b>21</b> 10:00 - Walk Away the Blues (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>1:30 Arts &amp; Crafting with Marie (IN CENTER)</p> <p>2:30 Virtual Tours</p>	<p><b>22</b> 10:00 Wrapping and Packing (IN CENTER)</p> <p>11:00 Dancercise (IN CENTER)</p> <p>11:30 Congregate Lunch</p> <p>1:30 Beads and Jewelry with Marie (IN CENTER)</p>

<p><b>25</b></p> <p><b>9:30 Yoga with Cynthia (IN CENTER)</b></p> <p>11:00- Concerts In Motion Classical Series</p> <p><b>11:30 Congregate Lunch</b></p> <p><b>12:30 Monday Movie Matinee (IN CENTER)</b></p>	<p><b>26</b></p> <p><b>9:30 Quilting Group (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>12:30 Ice Cream Social</b></p> <p><b>1:00 Technology Tuesday (IN CENTER)</b></p> <p>2:00 Dancercise</p>	<p><b>27</b></p> <p><b>10:00 Bible Discussion (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>12:30 Bingo (IN CENTER)</b></p> <p><b>1:30 Walk Away the Blues (IN CENTER)</b></p>	<p><b>28</b></p> <p><b>10:00 - Walk Away the Blues (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Arts &amp; Crafting with Marie (IN CENTER)</b></p> <p>2:30 Virtual Tours</p>	<p><b>29</b></p> <p><b>10:00 Wrapping and Packing (IN CENTER)</b></p> <p><b>11:00 Dancercise (IN CENTER)</b></p> <p><b>11:30 Congregate Lunch</b></p> <p><b>1:30 Beads and Jewelry with Marie (IN CENTER)</b></p>
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>NOTE: MENU SUBJECT TO CHANGE</b>				<b>1</b> Egg Salad or Gefilte Fish Potato Salad Cole Slaw Orange Apple Juice Milk
<b>CENTER CLOSED - JULY 4TH</b>	<b>5</b> Beef Hamburger Sauteed Onions Cole Slaw Potato Salad Watermelon Apple Juice Milk	<b>6</b> Chicken Patty Smashed Red Potatoes Roasted Beets Pear Orange Juice Milk	<b>7</b> Hawaiian Chicken Toasted Barley with Onion Steamed Carrots Slice of Melon Apple Juice Milk	<b>8</b> Salmon Salad or Gefilte Fish Pasta Salad Beet Salad Strawberry Applesauce Orange Juice Milk
<b>11</b> Turkey with Meat Sauce Pasta Sauteed Zucchini Yellows Squash Apple Orange Juice Milk	<b>12</b> Chicken Marsala Smashed Red Potatoes Roasted Beets Applesauce Orange Pineapple Juice Milk	<b>13</b> Pasta w/Meat Sauce Italian Blend Vegetables Strawberry Applesauce Orange Juice Milk	<b>14</b> Roasted Chicken Potato Kugel Carrot Tzimmes Banana Orange Juice Milk	<b>15</b> Egg Salad or Gefilte Fish Red Potato Salad Health Salad Kiwi Apple Juice Milk

<p><b>18</b>  <b>Fish Francaise</b>  <b>Rice A Roni</b>  <b>Steamed Carrots</b>  <b>Kiwi</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>19</b>  <b>Baked Turkey Breast</b>  <b>Mashed Sweet</b>  <b>Potatoes</b>  <b>Whole Grain Stuffing</b>  <b>Vegetable Mix</b>  <b>Apple</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>20</b>  <b>Turkey Burger</b>  <b>Mashed Sweet</b>  <b>Potatoes</b>  <b>Creamy Spinach</b>  <b>Peach Applesauce</b>  <b>Orange Pineapple</b>  <b>Juice</b>  <b>Milk</b></p>	<p><b>21</b>  <b>Cranberry Chicken</b>  <b>Noodle Kugel</b>  <b>Green Beans</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>22</b>  <b>Egg Salad or Gefilte Fish</b>  <b>Bowtie Pasta Salad</b>  <b>Three Bean Salad</b>  <b>Challah Bread</b>  <b>Orange</b>  <b>Apple Juice</b>  <b>Milk</b></p>
<p><b>25</b>  <b>Peppered Steak</b>  <b>Chow Fun Noodles</b>  <b>Oriental Blend Vegetables</b>  <b>Orange</b>  <b>Apple Juice</b>  <b>Milk</b></p>	<p><b>26</b>  <b>Black Bean and</b>  <b>Mushroom Burger</b>  <b>Smashed Red</b>  <b>Potatoes</b>  <b>Green Bean Salad</b>  <b>Applesauce</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>27</b>  <b>Chicken Patty</b>  <b>Smashed Red</b>  <b>Potatoes</b>  <b>Roasted Beets</b>  <b>Kiwi</b>  <b>Apple juice</b>  <b>Milk</b></p>	<p><b>28</b>  <b>Chicken Schwarma</b>  <b>Lentils with Spiced Rice</b>  <b>Israeli Salad</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>Milk</b></p>	<p><b>29</b>  <b>Egg Salad or Gefilte Fish</b>  <b>Macaroni and Pea Salad</b>  <b>Russian Coleslaw</b>  <b>Pear</b>  <b>Apple Juice</b>  <b>Milk</b></p>





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**Open 9AM-4PM**