<table>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>3 In-person Bingo-ise Class and aerobics coming soon. Time to be determined</td>
<td>4 10:00 AM Virtual Computer Class 11 AM-12 PM In-person Yoga with Christine 12:00 PM Virtual Jazz Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</td>
<td>5 9:00 AM -12:00 PM In person Knitting/Crocheting 12:00 PM Virtual Broadway Concert presented by Concerts in Motion 12 PM-1 PM On site Lunch 1:00 PM Virtual Family Feud with Christina</td>
<td>6 9:00 AM - 12:00 PM In person Quilting Class 10:00 AM Virtual Computer Class 11 AM-12 PM In-person Yoga with Christine 12 PM-1 PM On site Lunch 1:00 PM In person Trivia with Steve</td>
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<td>10 AM Virtual Tai Chi with Ken Gray 12 PM Virtual Latin concert presented by Concerts in Motion 12 PM-1 PM On site Lunch</td>
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24
In-person Bingo Class and aerobics coming soon. Time to be determined
10:00 AM Virtual Zumba Gold
11:00 AM Virtual Classical Concert
Concerts in Motion
12 PM-1 PM On site Lunch
1:00 PM Virtual Creative Writing with Elizabeth

25
10:00 AM-12:00 PM In-person Knitting/Crocheting class
11:00 AM Virtual Computer Class
11 AM-12 PM In-person Yoga with Christine
12:00 PM Virtual Jazz Concert presented by Concerts in Motion
12 PM-1 PM On site Lunch
12:30 PM Virtual Current Events with Stu Lahn

26
9:00 AM-12:00 PM In-person Quilting Class
12 PM-1 PM On site Lunch
12:00 PM Virtual Broadway Concert presented by Concerts in Motion
1:00 PM Virtual Family Feud with Christina

27
9:00 AM-12:00 PM In-person Quilting Class
10:00 AM Virtual Computer Class
11 AM-12 PM In-person Yoga with Christine
12 PM-1 PM On site Lunch
1:00 PM In-person Trivia with Steve

28
In-person Bingo Class and aerobics coming soon. Time to be determined
10:00 AM Virtual Tai Chi with Ken Gray
12:00 PM Virtual Latin concert presented by Concerts in Motion
12 PM-1 PM On site Lunch

31
***Please be advised, if you are attending any in-person activities you must wear a mask except while eating or drinking, regardless of vaccination status***

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Partially funded with a generous grant from Councilman Eric Ulrich

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Rockaway Park Older Adult Center
106-20 Shore Front Parkway, N.Y. 11694 * Suite 300 * 718-634-3044
January 2022 Menu
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<tbody>
<tr>
<td>3</td>
<td>Pasta with Turkey Meat sauce Sautéed Zucchini Yellow Squash</td>
<td>4</td>
<td>Chicken Marsala Roasted Beets Smashed Potatoes</td>
<td>5</td>
<td>Tilapia Fish Francaise Rice Pilaf Steamed Broccoli</td>
<td>6</td>
<td>Sweet &amp; Sour meatballs Mauzone Toasted Barley &amp; Onion Green Beans</td>
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<tr>
<td>7</td>
<td>Roasted Chicken With Brown Gravy Carrot Tzimmes Potato Kugel</td>
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<td></td>
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<tr>
<td>10</td>
<td>Baked Salmon with Dill Sauce Rice Pilaf Steamed Broccoli</td>
<td>11</td>
<td>Baked Turkey Breast Mashed Sweet Potatoes Vegetable Mix</td>
<td>12</td>
<td>Vegan Stuffed Bell Peppers Sautéed Zucchini Steamed Carrots</td>
<td>13</td>
<td>Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Green Beans</td>
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<tr>
<td>14</td>
<td>Cranberry Chicken Noodle Kugel Creamy Spinach</td>
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<tr>
<td>17</td>
<td><em><strong>Rockaway Park Older Adult Center Closed Martin Luther King Jr. Day</strong></em></td>
<td>18</td>
<td>Shepherd’s Pie with Beef &amp; turkey Israeli Salad</td>
<td>19</td>
<td>Italian Meatballs with Beef and turkey Pasta Italian Blend Vegetables</td>
<td>20</td>
<td>Beef Pot Roast Green Beans Homemade Mashed Potatoes</td>
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<tr>
<td>21</td>
<td>Chicken Shawarma Lentils with Spiced Rice &amp; Caramelized Onions Capri Vegetables</td>
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<tr>
<td>24</td>
<td>Chicken Francaise Spinach Zucchini Spinach Noodle Pudding</td>
<td>25</td>
<td>Salmon Burger Rice Pilaf Green Bean sauté</td>
<td>26</td>
<td>Turkey Meatloaf with Mushroom Gravy Yellow Rice Kale with Garlic Sauce</td>
<td>27</td>
<td>Stuffed Cabbage with Beef Toasted Barley with Onions Capri Blend Vegetables</td>
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<td>28</td>
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***Please be advised, if you are attending any in person activities you must wear a mask except while eating or drinking, regardless of vaccination status***  
***All menus are subject to change without notice***  

Partially funded with a generous grant from Councilman Eric Ulrich
Rockaway Park Older Adult Center
106-20 Shore Front Parkway
Rockaway Park NY 11694
718-634-3044
www.jasa.org

8:00 AM-4:00 PM

In Person/On site activities:

Congregate lunch is now served on site Monday –Friday.

Monday: Zumba Gold

Tuesdays & Thursdays: In person Yoga with Christine

Wednesdays: In person Knitting/ Crocheting

Thursdays: In person quilting

Bingo-cise & Aerobics. Time to be determined

Thursdays: In person Trivia

Nutrition Lectures. Dates and times vary by month

Partially funded with a generous grant from Councilman Eric Ulrich