



# Rockaway Park Older Adult Center \* April 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 <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>            10am-12pm <b>Quilting Club</b>            11am-12pm <b>Bingo</b>            12pm-1pm  <b>Lunch(Passover/Easter Celebration)&amp; Learn VNS</b>            1:30pm-2:30pm <b>Walk around the block w/Sheila</b>            1:30pm-2:30pm <b>Technology w/ Cathy</b></p>	<p>2</p> <p><b>Closed for Passover holiday</b></p>	<p>3</p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>            10:30am-11:30am <b>Mindfulness Meditation w/ Argenis</b>            11:30am-12:30pm <b>Themed Trivia</b>            12:30pm-1:30pm <b>Lunch</b>            1:30pm-2:30pm <b>Computer Lab</b></p>
<p>6</p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>  <b>TRIP</b>  <b>Orchid Show/ Botanical Garden 9am-3pm</b>            11:30am-12:30pm <b>Bend &amp; Stretch w/ Argenis</b>            12:30pm-1:30pm <b>Lunch &amp; Learn w/ Gurreet Kaur(Jasa)Nutrition</b>            1:30pm-2:30pm <b>Team Pictionary W/ Jennifer</b></p>	<p>7</p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>            10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/ Barbara</b>            11am-12pm <b>Computer Lab</b>            12pm-1pm <b>Lunch</b>            1pm-2 pm <b>Walk to EHS Pantry w/Sheila</b>            1:30pm-2:30pm <b>Therapeutic arts w/Jean</b>            1:30pm-2:30pm <b>Computer workshop</b>  <b>3pm-4pm Activities Committee Meeting</b></p>	<p>8</p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>            10am-12pm <b>Quilting Club</b>            11am-12pm <b>Bingo</b>            12pm-1pm <b>Lunch &amp; Learn Oak St Health</b>            1:30pm-2:30pm <b>Walk around the block w/ Sheila</b>            1:30pm-3:30pm <b>Movie &amp; Popcorn</b>  <b>Pantry Day</b></p>	<p>9</p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>            10:30am-11:30am <b>Relax &amp; Restore Yoga w/Barbara</b>            11:30 am-12:30 pm <b>Family Life Theater/Department of Transportation</b>            12:30pm-1:30pm <b>Lunch &amp; Town Hall</b>            1:30pm-2:30pm <b>Trivia &amp; Snack</b></p>	<p>10</p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b>            9am-3pm <b>Cubii Corner</b>            9am-3pm <b>Computer Room</b>            10:30am-11:30am <b>Mindfulness Meditation w/ Argenis</b>            11:30am-12:30pm <b>Themed Trivia</b>            12:30pm-1:30pm <b>Special Lunch</b>            1pm-3pm <b>DJ WAH! APRIL SPECIAL LUNCH &amp; HOLIDAY PARTY</b></p>

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<p><b>13</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10:30am-11:30am <b>Real Talk, Love &amp; Loss (Grief) w/ Robbie</b>  11:30am-12:30pm <b>Bend &amp; Stretch w/Argenis</b>  12:30pm-1:30pm <b>Lunch &amp; Karaoke</b>  1:30pm-2:30pm <b>Computer workshop w/ Katharine</b>  1:30pm-2:30 <b>Team Pictionary w/ Sheila</b>  2:30pm-3:30pm <b>Book Club/Looking for Rembrandt</b></p>	<p><b>14</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/ Barbara</b>  11am-12pm <b>Computer Workshop</b>  12pm-1pm <b>Lunch</b>  1pm-2pm <b>Walk to EHS Pantry w/Sheila</b>  1:30pm-2:30pm <b>Therapeutic Arts</b>  2:30pm-3:30pm <b>Current Events discussion group w/ Cathy</b></p>	<p><b>15</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10am-12pm <b>Quilting Club</b>  11am-12pm <b>BINGO</b>  12pm-1pm <b>Lunch &amp; Learn, Fall prevention W/ Reddy care</b>  1:30pm-2:30pm <b>Walk around the block w/ Sheila</b>  1:30pm-3:30pm <b>Movie &amp; Popcorn</b></p>	<p><b>16</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  <b>TRIP</b>  <b>9:00 a.m.-3:00 p.m. Greenwood Cemetery</b>  10:30am-11:30am <b>Computer workshop w/ Cathy</b>  11:30am-12:30pm <b>Relax &amp; Restore Yoga w/Barbara</b>  12:30pm-1:30pm <b>Lunch &amp; Learn Oak St Health</b>  1:30pm-2:30pm <b>Trivia &amp; Snack</b></p>	<p><b>17</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10:30am-11:30am <b>Mindfulness Meditation w/Argenis</b>  11:30am-12:30pm <b>Themed Trivia</b>  12:30pm-1:30pm <b>Lunch</b>  1:30pm-2:30pm <b>Improv games w/Katharine</b>  2:30pm-3:30pm <b>Board Games, Pool, Ping Pong</b></p>
<p><b>20</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10am-11am <b>Computer workshop W/ Katharine</b>  10:30am-11:30am <b>Real Talk,, Let's Prevent Hurt (Respect)/Robbie</b>  11:30am-12:30pm <b>Bend &amp; Stretch w/ Argenis</b>  12:30pm-1:30pm <b>Lunch &amp; Learn Maria Laura Carvajal-HealthFirst</b>  <b>Rethink your drink</b>  1:30pm-2:30pm <b>Team Pictionary w/ Sheila</b></p>	<p><b>21</b>  10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/ Barbara</b>  11am-12pm <b>Computer Lab</b>  12pm-1pm <b>Lunch&amp;Learn:Elder Justice w/Keynanna Boone/JASA</b>  1pm-2pm <b>Walk to EHS Pantry w/Sheila</b>  1:30pm-2:30pm <b>Therapeutic Arts w/Jean</b>  2:30pm-3:30pm <b>Current Events discussion group w/ Cathy</b>  3pm-4pm <b>Advisory Committee Meeting</b></p>	<p><b>22</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10am-12pm <b>Quilting Club</b>  11am-12pm <b>Bingo</b>  12pm-1pm <b>Lunch &amp; Learn w/ StephanieCordaro/Episcopal-Nutrition What you Feed Your Smile</b>  1:30pm-2:30pm <b>Walk around the block w/ Sheila</b>  1:30pm-3:30pm <b>Movie &amp; Popcorn</b></p>	<p><b>23</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10:30am-11:30am <b>Computer workshop w/ Sheila</b>  11:30am-12:30pm <b>Relax &amp; Restore Yoga w/Barbara</b>  12:30pm-1:30pm <b>Lunch &amp; Learn w/Nicole Smith</b>  1:30pm-2:30pm <b>Trivia &amp; Snack</b></p>	<p><b>24</b>  9am-12pm <b>Coffee, Tea &amp; Me</b>  9am-3pm <b>Cubii Corner</b>  9am-3pm <b>Computer Room</b>  10:30am-11:30am <b>Mindfulness Meditation w/ Argenis</b>  11:30am-12:30pm <b>Themed Trivia</b>  12:30pm-1:30pm <b>Lunch</b>  1:30pm-2:30pm <b>Improv games w/Katharine</b>  1:30pm-2:30pm <b>Blood Pressure Screening w/ Rose</b>  2:30pm-3:30pm <b>Board Games, Pool, Ping Pong</b></p>

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27

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,,**  
**Stop Abuse & Scams (Elder Abuse**  
**& Current Scams) w/Robbie**  
 11:30am-12:30pm **Bend & Stretch**  
**w/ Argenis**  
 12:30pm-1:30pm **Lunch & Karaoke**  
 1:30pm-2:30pm **Team Pictionary w/**  
**Sheila**

28

9am-12pm **Coffee, Tea & Me**  
 9am-3pm **Cubii Corner**  
 9am-3pm **Computer Room**  
**8:30-11:30 TRIP Aldis**  
 10:30am-11:30am **Stand, Stretch**  
**& Chair Yoga w/ Barbara**  
 11am-12pm **Computer**  
**Workshop**  
 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**

29

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-2:30pm **Movie &**  
**Popcorn**

30

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**

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## Rockaway Park Older Adult Center \* April 2026 Lunch Menu

(718) 634-3044

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1                      Salmon Cakes Dill Lemon Sauce                      Cous Cous                      Cucumber Salad                      Kiwis                      1% Low Fat Milk</p>	<p>2  <span style="background-color: yellow; padding: 5px;"><b>Closed For Pass-Over</b></span></p>	<p>3                      Roasted Chicken                      Carrot Tzimmes                      Potato Kugel                      Challah Bread                      Fruit                      1% Low Fat Milk</p>
<p>6                      Classic Chicken Cacciatore                      Pasta                      Green Beans                      1%                      Low Fat Milk</p>	<p>7 <b>Plant Based Meal</b>                      Black Bean Soup                      Whole Wheat Pita                      Hummus                      Israeli Salad                      Orange                      1% Low Fat Milk</p>	<p>8                      Beef Hamburger                      Sauteed Onions &amp; Peppers                      Broccoli Kugel                      Roasted Red Potatoes                      Kiwis                      1% Low Fat Milk</p>	<p>9                      Salmon Salad                      Bowtie Pasta Salad                      Red Cabbage Salad                      Pear                      1% Low Fat Milk</p>	<p>10                      Roasted Chicken                      Carrot Tzimmes                      Potato Kugel                      Applesauce                      1% Low Fat Milk</p>

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<p><b>13</b>  Turkey Swedish Meatballs  Egg Noodle  Steamed Carrots  Apple  Whole Wheat Bread  1% Low fat Milk</p>	<p><b>14</b>  <b>Plant Based Meal</b>  Chickpea Curry Stew  w/Butternut Squash  Yellow Rice  Red Cabbage Salad  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>15</b>  <b>Shepherd's Pie</b>  Tossed Salad w/Dressing  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>16</b>  Teriyaki Baked Fish  Fried Brown Rice  Steamed Green Beans  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>17</b>  Chicken Shawarma  Jeera Rice (Cumin Spiced  Rice  Beet Salad  Challah Bread  Applesauce  1% Low Fat Milk</p>
<p><b>20</b>  Chicken Spaghetti Casserole  Tossed Salad w/Dressing  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>21</b>  <b>Plant Based Meal</b>  Split Pea Soup  Israeli Salad  Garlic Bread  Fruit  1% Low Fat Milk</p>	<p><b>22</b>  Stuffed Beef Cabbage  Kasha Varnishkes  Steamed Carrots  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>23</b>  Fish Francaise  Cucumber Salad  Mashed potato  Whole Wheat vBread  Fruit  1% Low Fat Milk</p>	<p><b>24</b>  Hawaiian Chicken  Roasted Sweet Potato Slices  Capri Blend Vegetables  Challah Bread  Fruit  1% Low Fat Milk</p>
<p><b>27</b>  Chicken Marsala  White Rice  Steamed Broccoli  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>28</b>  <b>Plant Based Meal</b>  Vegetarian Moussaka  Tossed Salad w/Dressing  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>29</b>  Sweet &amp; Sour Beef Meatballs  Egg Barley  Spinach Souffle  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	<p><b>30</b>  Turkey Salad  Orzo  Beets &amp; Onion Salad  Whole Wheat Bread  Fruit  1% Low Fat Milk</p>	

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## **Rockaway Park Older Adult Center**

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(718) 634-3044 • Email

[www.jasa.org](http://www.jasa.org)

### **Hours**

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

**\*Closed for Federal and Jewish Holidays\***

**Thursday, April 2, 2026 Passover \* Closed**

### **Daily Lunch**

**Mondays - Fridays**

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

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**Rockaway Park Older Adult Center Staff**  
Nichole St. Lawrence, Program Director, [nstlawrence@jasa.org](mailto:nstlawrence@jasa.org)  
Sheila Dalton, Program Coordinator, [sdalton@jasa.org](mailto:sdalton@jasa.org)

**NEW March 2026 Activities/Programming**  
**Birthday Celebration Friday, April 10, 2026 @12:30-3pm w/ DJ Wah!**  
**Activities Committee Meeting Tuesday, April 7, 10, 2026 @3pm-4pm**  
**Advisory Committee Meeting Tuesday, April 21, 2026 @ 3pm-4pm**

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