



# Rockaway Park Older Adult Center \* February 2026 Activities Calendar

(718) 634-3044

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

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><b>2</b></p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b></p> <p>9am-3pm <b>Cubii Corner</b></p> <p>9am-3pm <b>Computer Room</b></p> <p>10:30am-11:30am <b>Real Talk,</b></p> <p><b>Solving the Relaxation Riddle w/ Robbie</b></p> <p>11:30am-12:30pm <b>Bend &amp; Stretch w/ Argenis</b></p> <p>12:30pm-1:30pm <b>Lunch &amp; Karaoke</b></p> <p>1:30pm-2:30pm <b>Computer workshop w/ Katharine</b></p> <p>1:30pm-2:30pm <b>Team Pictionary w/ Sheila</b></p> | <p><b>3</b></p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b></p> <p>9am-3pm <b>Cubii Corner</b></p> <p>9am-3pm <b>Computer Room</b></p> <p>10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/Barbara</b></p> <p>11am-12pm <b>Bingo</b></p> <p>12pm-1pm <b>Lunch &amp; Learn VNS w/Sheila</b></p> <p>1pm-2pm <b>Walk to EHS Pantry w/Sheila</b></p> <p>2pm-3pm <b>Therapeutic Arts w/Jean</b></p> | <p><b>4</b></p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b></p> <p>9am-3pm <b>Cubii Corner</b></p> <p>9am-3pm <b>Computer Room</b></p> <p>10am-12pm <b>Quilting Club</b></p> <p>11am-12pm <b>Current Events discussion group w/ Sheila &amp; Cathy</b></p> <p>12pm-1pm <b>Lunch</b></p> <p>1pm-2pm <b>Motown chair yoga w/ Sheila</b></p> <p>2pm-3pm <b>Technology w/ Katharine</b></p> | <p><b>5</b></p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b></p> <p>9am-3pm <b>Cubii Corner</b></p> <p>9am-3pm <b>Computer Room</b></p> <p>10:00am-11:00am <b>Computer workshop w/ Sheila</b></p> <p>11:am-12:pm <b>Relax &amp; Restore Yoga w/Barbara</b></p> <p>12:30pm-1:30pm <b>Special Lunch</b></p> <p>1pm-3pm <b>DJ Wah! February Birthday Party</b></p> | <p><b>6</b></p> <p>9am-12pm <b>Coffee, Tea &amp; Me</b></p> <p>9am-3pm <b>Cubii Corner</b></p> <p>9am-3pm <b>Computer Room</b></p> <p>10:30am-11:30am <b>Mindfulness Meditation w/ Argenis</b></p> <p>11:30am-12:30pm <b>Themed Trivia</b></p> <p>12:30pm-1:30pm <b>Lunch</b></p> <p>1:30pm-2:30pm <b>Rockaway Times Discussion Group w/Katharine</b></p> <p>2:30pm-3:30pm <b>Board Games, Pool &amp; Ping Pong</b></p> |

Partially funded by: Joann Ariola

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| <p><b>9</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Real Talk, Training w/ Robbie</b><br/> 11:30am-12:30pm <b>Bend &amp; Stretch w/Argenis</b><br/> 12:30pm-1:30pm <b>Lunch &amp; Karaoke</b><br/> 1:30pm-2:30pm <b>Computer workshop w/ Katharine</b><br/> 1:30pm-2:30 <b>Team Pictionary w/ Sheila</b><br/> 2:30pm-3:30pm <b>Book Club</b></p> | <p><b>10</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/ Barbara</b><br/> 11am-12pm <b>Bingo</b><br/> 12pm-1pm <b>Lunch</b><br/> 1pm-2pm <b>Walk to EHS Pantry w/Sheila</b><br/> 2pm-3pm <b>Therapeutic Arts w/ Jean</b><br/> <b>3pm-4pm Activities Committee Meeting</b></p>           | <p><b>11</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10am-12pm <b>Quilting Club</b><br/> 11am-12pm <b>Current Events discussion group w/ Sheila &amp; Cathy</b><br/> 11am-3pm <b>TRIP Bowling</b><br/> 12pm-1pm <b>Lunch</b><br/> 1pm-2pm <b>Motown Chair Yoga Class w/ Cathy</b><br/> 2pm-3pm <b>Technology w/ Katharine</b></p> | <p><b>12</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Computer workshop w/ Sheila</b><br/> 11:30am-12:30pm <b>Relax &amp; Restore Yoga w/Barbara</b><br/> 12:30pm-1:30pm <b>Lunch</b><br/> 1:30pm-2:30pm <b>Trivia &amp; Snack</b></p>                           | <p><b>13</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 10am-4pm<br/> 10:30am-11:30am <b>Mindfulness Meditation w/ Argenis</b><br/> 11:30am-12:30pm <b>Themed Trivia</b><br/> 12:30pm-1:30pm <b>Lunch &amp; Town Hall</b><br/> 1:30pm-2:30pm <b>Rockaway Times Discussion Group w/ Katharine</b><br/> 2:30pm-3:30pm <b>Board Games, Pool &amp; Ping Pong</b></p>                                                   |
| <p><b>16</b></p> <p style="text-align: center;"><b>Closed for Presidents Day</b></p>                                                                                                                                                                                                                                                                                                                                                          | <p><b>17</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/ Barbara</b><br/> 11am-12pm <b>Bingo</b><br/> 12pm-1pm <b>Lunch</b><br/> 1pm-2pm <b>Walk to EHS Pantry w/Sheila</b><br/> 2pm-3pm <b>Therapeutic Arts w/ Jean</b></p> <p style="text-align: center;"><b>Chinese New Year</b></p> | <p><b>18</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10am-12pm <b>Quilting Club</b><br/> 11am-12pm <b>Current Events discussion group w/ Sheila &amp; Cathy</b><br/> 12pm-1pm <b>Lunch</b><br/> 1pm-2pm <b>Motown Chair yoga class w/ Sheila</b><br/> 2pm-3pm <b>Technology w/ Katharine</b></p>                                  | <p><b>19</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Computer workshop w/ Sheila</b><br/> 11:30am-12:30pm <b>Relax &amp; Restore Yoga w/Barbara</b><br/> 12:30pm-1:30pm <b>Lunch &amp; Learn Oak St Health</b><br/> 1:30pm-2:30pm <b>Trivia &amp; Snack</b></p> | <p><b>20</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10am-11am <b>Mindfulness Meditation w/Argenis</b><br/> 11:30am-12:30pm <b>Themed Trivia</b><br/> 12:30pm-1:30pm <b>Lunch</b><br/> 1:30pm-2:30pm <b>Rockaway Times Discussion Group w/Katharine</b><br/> 1:30pm-2:30pm <b>Blood Pressure Screening w/ Rose</b><br/> 2:30pm-3:30pm <b>Board Games, Pool, Ping Pong</b></p> |
| <p><b>23</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10am-11am <b>Computer workshop W/ Katharine</b></p>                                                                                                                                                                                                                                                            | <p><b>24</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 8:30am-12pm <b>trip Aldis Shopping</b><br/> 10:30am-11:30am <b>Stand, Stretch &amp; Chair Yoga w/ Barbara</b></p>                                                                                                                                                                                                                                       | <p><b>25</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10am-12pm <b>Quilting Club</b></p>                                                                                                                                                                                                                                           | <p><b>26</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Computer workshop w/ Sheila</b></p>                                                                                                                                                                        | <p><b>27</b><br/> 9am-12pm <b>Coffee, Tea &amp; Me</b><br/> 9am-3pm <b>Cubii Corner</b><br/> 9am-3pm <b>Computer Room</b><br/> 10:30am-11:30am <b>Mindfulness Meditation w/ Argenis</b></p>                                                                                                                                                                                                                                                             |

Partially funded by: Joann Ariola

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| 10:30am-11:30am <b>Real Talk,, Values or Value w/Robbie</b><br>11:30am-12:30pm <b>Bend &amp; Stretch w/ Argenis</b><br>12:30pm-1:30pm <b>Lunch &amp; Karaoke</b><br>1:30pm-2:30pm <b>Team Pictionary w/ Sheila</b> | 11am-12pm <b>Bingo</b><br>12pm-1pm <b>Lunch</b><br>1pm-2pm <b>Walk to EHS Pantry w/Sheila</b><br>2pm-3pm <b>Therapeutic Arts w/ Jean</b><br>3pm-4pm <b>Advisory Committee Meeting</b> | 11am-12pm <b>Current Events discussion group w/ Cathy &amp; Sheila</b><br>12pm-1pm <b>Lunch&amp; Learn VNS</b><br>1pm-2pm <b>Motown Yoga Chair yoga Class w/ Sheila</b><br>2pm-3pm <b>Technology with Katharine</b> | 11:30am-12:30pm <b>Relax &amp; Restore Yoga w/Barbara</b><br>12:30pm-1:30pm <b>Lunch</b><br>1:30pm-2:30pm <b>Trivia &amp; Snack</b> | 11:30am-12:30pm <b>Themed Trivia</b><br>12:30pm-1:30pm <b>Lunch</b><br>1:30pm-2:30pm <b>Rockaway Times Discussion Group w/Katharine</b><br>2:30pm-3:30pm <b>Board Games, Pool, Ping Pong</b> |
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## Rockaway Park Older Adult Center \* February 2026 Lunch Menu

(718) 634-3044

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

| Monday                                                                                                         | Tuesday                                                                                                                      | Wednesday                                                                                                                 | Thursday                                                                                                                                     | Friday                                                                                                     |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Chicken Marsala<br>White Rice<br>Steamed Broccoli<br>Whole Wheat Bread<br>Fruit<br>1% Low Fat Milk | <b>3 Plant-Based Meal</b><br>Vegetarian Moussaka<br>Tossed Salad w/Dressing<br>Whole Wheat Bread<br>Fruit<br>1% Low Fat Milk | <b>4</b><br>Sweet & Sour Beef Meatballs<br>Egg Barley<br>Spinach Souffle<br>Whole Wheat Bread<br>Fruit<br>1% Low Fat Milk | <b>5 - Special Meal -</b><br>BBQ Beef Tips<br>Garlic Green Beans<br>Roasted Potatoes<br>Dinner Rolls<br>1% Low Fat Milk<br>Fruit<br>Cupcakes | <b>6</b><br>Roasted Chicken<br>Carrot Tzimmes<br>Potato Kugel<br>Challah Bread<br>Fruit<br>1% Low Fat Milk |

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| <p><b>9</b><br/> Turkey Burger<br/> Sautéed Peppers &amp; Onions<br/> Roasted Sweet Potato Slices<br/> California Blend Vegetables<br/> Whole Wheat Pita<br/> Fruit<br/> 1% Low Fat Milk</p> | <p><b>10</b><br/> Shepherd's Pie<br/> Tossed Salad w/Dressing<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p>                                                                                         | <p><b>11</b><br/> Baked Breaded Fish<br/> Tartar Sauce<br/> Rice a Roni<br/> Cucumber Dill Salad<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p>        | <p><b>12 Plant-Based Meal</b><br/> Eggplant Rollatini<br/> Pasta<br/> Green Bean Salad<br/> Vegetable Minestrone<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p> | <p><b>13</b><br/> Cranberry Chicken<br/> Sweet Noodle Kugel<br/> Zucchini Provencial<br/> Challah Bread<br/> Fruit<br/> 1% Low Fat Milk</p>                        |
| <p><b>16</b><br/> <b>Closed for Presidents Day</b></p>                                                                                                                                       | <p><b>17</b><br/> Chicken Pot Pie<br/> Tomato Salad w/Basil<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p>                                                                                           | <p><b>18</b><br/> Salmon Cakes<br/> Dill Lemon Sauce<br/> Cous Cous<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p>                                     | <p><b>19 Plant Based Meal</b><br/> Whole Wheat Bean Burrito<br/> Brown Rice<br/> Garden Salad<br/> Fruit<br/> 1% Low Fat Milk</p>                                           | <p><b>20</b><br/> Asian Style Honey Chicken<br/> Springtime Fried Brown Rice<br/> Oriental Blend Vegetables<br/> Challah Bread<br/> Fruit<br/> 1% Low Fat Milk</p> |
| <p><b>23</b><br/> Classic Chicken Cacciatore<br/> Pasta<br/> Steamed Green Beans<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p>                                                  | <p><b>24 Plant Based Meal</b><br/> Black Bean &amp; Mushroom Burger<br/> Cilantro Sauce<br/> Rice Pilaf<br/> Israeli Salad<br/> Hearty Vegetable Soup<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p> | <p><b>25</b><br/> Grilled Beef Burger<br/> Sautéed Onions<br/> Red Roast Potatoes<br/> Broccoli Souffle<br/> Whole Wheat Bread<br/> Fruit<br/> 1% Low Fat Milk</p> | <p><b>26</b><br/> Salmon Salad<br/> Bowtie Pasta Salad<br/> Red Cabbage Salad<br/> Whole Wheat Pita<br/> Fruit<br/> 1% Low Fat Milk</p>                                     | <p><b>27</b><br/> Roasted Chicken<br/> Carrot Tzimmes<br/> Potato Kugel<br/> Challah Bread<br/> Fruit<br/> 1% Low Fat Milk</p>                                     |

Partially funded by: Joann Ariola



## **Rockaway Park Older Adult Center**

106-20 Shore Front Pkwy., NY 11694

(718) 634-3044 • Email

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

### **Hours**

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

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

**\* Closed**

### **Daily Lunch**

**Mondays - Fridays**

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

**Rockaway Park Older Adult Center Staff**

**Nichole St. Lawrence, Program Director, [nstlawrence@jasa.org](mailto:nstlawrence@jasa.org)**

Partially funded by: Joann Ariola

**NEW February 2026 Activities/Programming**

**Birthday Celebration Thursday February 5, @12:30-3pm w/ DJ Wah!**

**Activities Committee Meeting Tuesday, February 10, @3pm-4pm**

**Advisory Committee Meeting Tuesday, February 24, @ 3pm-4pm**

Partially funded by: Joann Ariola