Rockaway Park Older Adult Center October 2026 Activities Calendar

(718) 634-3044

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **RELAX & RESTORE YOGA W/ BARBARA** 11:30am-12:30pm **History of Columbus Day w/Sheila** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Trivia & Snack w/ RAY** 1:30pm-3:30pm **Mahjong** 2:30pm-3:30pm **Board Games, Pool and Ping Pong**	**2** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Lunch** 1:30-2:30 **Jeopardy** 2:30pm-3:30pm **Board games, pool, & Ping pong**

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5 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-3pm **Senior Appreciation Day** 10:30AM-11:30AM **Real Talk W/Robbie, The big 6 (Emotions)** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/ Sheila** **Senior Appreciation Day**	**6** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm **Current Events** 12pm-1pm **Lunch & Learn w/ Nicole Smith** 1pm-2pm **Walk to EHS Pantry w/Sheila** 1:30pm-2:30pm **Therapeutic arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**7** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-3pm **Bronx Zoo trip** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology class** 12pm-1pm **Lunch** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **BRONX ZOO TRIP**	**8** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **RELAX & RESTORE YOGA W/BARBARA** 11:30AM-12:30PM **BINGO** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Trivia & Snack W/ RAY** 1:30-3:30pm **Mahjong** 2:30pm-3:30pm **Viktor Guarriello-Harmony Road Navigating through Aging Seminar**	**9** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Lunch** 1:30 pm-2:30 pm **Jeopardy** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**
12 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie, "I can't cope! Oh yes you can!"** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **Columbus Day/Indigenous People's Day**	**13** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-3pm **Movies** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 12pm-1pm **Lunch** 1pm-2pm **Walk to EHS Pantry** 1:30pm-2:30pm **Therapeutic Arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **BUS/ Movies**	**14** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology Class** 12pm-1pm **Lunch** **12:30 p.m.- Takai Forde, MSW/JASA "Get-out-the Vote" campaign** 1:30pm-2:30pm **Walk around the block w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**15** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **RELAX & RESTORE YOGA W/ BARBARA** 11:30AM-12:30PM **History of Painting w/ Sheila** 12:30pm-1:30pm **Lunch & Learn Falls prevention w. Gurpreet Kaur** 1:30pm-2:30pm **Trivia & Snack w/ RAY** 1:30-3:30pm **Mahjong** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**16** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Jeopardy w/Ray**

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19	20	21	22	23
9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie, "Hold on to your Hat"** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch & Learn Elder Justice/Abuse w/ Robbie(OHEL)** 1:30pm-2:30pm **Team Pictionary w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm **Current Events** 12pm-1pm **Lunch/Town Hall** 1pm-2pm **Walk to EHS Pantry w/Sheila** 1:30pm-2:30pm **Therapeutic Arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-12pm **Quilting Club** 10:30am-11:30am **Technology Class** 12pm-1pm **Lunch & Learn w/ Stephanie Cordaro NUTRITION & BREAST HEALTH** 1:30pm-2:30pm **Walk around the block w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	8:30am-11am **Shopping Trip/Aldi's** 10:30AM-11:30PM **RELAX & RESTORE YOGA W/ BARBARA** 11:30AM-12:30PM **BINGO** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Trivia & Snack w/RAY** 1:30-3:30pm **Mahjong** 2:30pm-3:30pm **ADVISORY COMMITTEE MEETING/ACTIVITIES MEETING**	9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ RAY** 12:30pm-1:30pm **Lunch** 1:30-2:30 **Jeopardy** **CENTER OPEN SATURDAY, 24 8AM-4PM REGULAR PROGRAMMING** **PICTURE DAY/I.D.'s**

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26 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30AM-11:30AM **Real Talk W/Robbie, To sleep or not to sleep** 11:30am-12:30pm **Bend & Stretch w/ Argenis** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Team Pictionary w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**27** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Stand, Stretch & Chair Yoga w/ Barbara** 11am-12pm **Current Events** 12pm-1pm **Lunch** 1pm-2 pm **Walk to EHS Pantry w/Sheila** 1:30pm-2:30pm **Therapeutic arts** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**28** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10am-12pm **Quilting Club** 10:30am-11:30 **Technology Class** 12PM-1PM **LUNCH** 1:30pm-2:30pm **Walk around the block w/ Sheila** 2:30pm-3:30pm **Board Games, Pool, Ping Pong** **ALDIS TRIP 8:30AM-11AM**	**29** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **RELAX & RESTORE YOGA W/ BARBARA** 11:30AM-12:30PM **History of Halloween w/Sheila** 12:30pm-1:30pm **Lunch** 1:30pm-2:30pm **Trivia & Snack w/ RAY** 1:30-3:30pm **Mahjong** 2:30pm-3:30pm **Board Games, Pool, Ping Pong**	**30** 9am-12pm **Coffee, Tea & Me** 9am-3pm **Cubii Corner** 9am-3pm **Computer Room** 10:30am-11:30am **Mindfulness Meditation w/ Argenis** 11:30am-12:30pm **Themed Trivia w/ Ray** 12:30pm-1:30pm **Special Lunch** 1:00pm-3pm **DJ WAH! BIRTHDAY & HALLOWEEN CPARTY**

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Rockaway Park Older Adult Center * October 2026 Lunch Menu

(718) 634-3044

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Pot Roast Mashed Sweet Potatoes Coleslaw Whole Wheat Bread Fruit 1% Low Fat Milk	2 Hawaiian Chicken Potato Souffle Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk
5 Individual Chicken Pot Pie Tossed Salad w/Chickpeas & Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	6 Sweet & Sour Beef Meatballs Barley Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	7 Sliced Turkey Potato Salad Cole Slaw Roll Fruit Juice 1% Low Fat Milk	8 Plant Based Meal Lentil Stew w/Carrots & Turnips Brown Rice Steamed Broccoli Whole Wheat Bread Fruit 1% Low Fat Milk	9 Roasted Chicken Roasted Potatoes Carrot Tzimmes Whole Wheat Bread Fruit 1% Low Fat Milk

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12 Fish Francaise Mashed Potatoes Green Bean Salad Whole Wheat Bread Fruit 1% Low Fat Milk	13 Plant Based Meal Whole Wheat Bean Burrito Brown Rice Garden Salad Fruit 1% Low Fat Milk	14 Beef Stuffed Cabbage Barley Steamed Carrots Whole Wheat Bead Fruit 1% Low Fat Milk	15 Turkey Shepherd Pie Beet & Onion Salad Chickpeas Whole Wheat Bread Fruit 1% Low Fat Milk	16 Baked Breaded Chicken Cutlet w/Brown Gravy Whole Wheat Pasta Primavera Health Slaw Whole Wheat Bread Fruit 1% Low Fat Milk
19 Beef Hamburger Roasted Spiced Red Potatoes Coleslaw Whole Wheat Bun Fruit 1% Low Fat Milk	20 No Noodle Chicken Chow Mein Springtime Fried Brown Rice Vegetable Mix Whole Wheat Bread Fruit 1% Low Fat Milk	21 Baked Salmon Rice Pilaf Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	22 Plant Based Meal Vegetarian Moussaka Beet Salad Whole Wheat Bread Fruit 1% Low Fat Milk	23 Chicken Shawarma Spiced Majadra Rice Carrot Salad Whole Wheat Bread Fruit 1% Low Fat Milk
26 Turkey Meatballs w/Tomato Sauce Pasta Sauteed Spinach Whole Wheat Bread Fruit 1% Low Fat Milk	27 Baked Breaded Fish Fillet Rice Pilaf Broccoli Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	28 Plant Based Meal Vegetarian Bean Chili Brown Rice Steamed Green Beans Whole Grain Yellow Tortilla Fruit 1% Low Fat Milk	29 Individual Chicken Pot Pie Tossed Salad w/Chickpeas & Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	30 Roast Chicken w/Brown Gravy Home Fried Potatoes Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk

Rockaway Park Older Adult Center

106-20 Shore Front Pkwy., NY 11694
(718) 634-3044• Email
www.jasa.org

Hours

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

Closed for Federal and Jewish Holidays

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Daily Lunch
Mondays - Fridays
12:00pm - 1:30pm - Dining Room

Rockaway Park Older Adult Center Staff
Nichole St. Lawrence, Program Director, nstlawrence@jasa.org
Sheila Dalton, Program Coordinator, sdalton@jasa.org

NEW October 2026 Activities/Programming
I.D's/Picture Day-October 23, 2026
Birthday Celebration Friday, October 30, 2026 @12:30-3pm w/ DJ Wah!
Activities Committee Meeting Wednesday, October 22, 2026 @ 2:30pm-3:30pm
Advisory Committee Meeting Thursday, October 22, 2026 @ 2:30-3:30pm

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