



## ROY REUTHER OAC

718-471-3110

711C Seagirt Avenue, Far Rockaway, NY 11691

### APRIL 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>10:00 Bible Discussion</b>  <b>11:00 Mindful Meditation with Argenis</b>  <b>12:00 Congregate Lunch</b>  <b>12:45 Counseling for Chronic Disease</b>  <b>1:30 World Tours</b>	<b>2</b> <b>CENTER CLOSED - 1ST DAY OF PASSOVER</b>	<b>3</b> <b>10:00 Color the Stress Away</b>  <b>11:15 Moving to Music with Lisa</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 News &amp; Discussion</b>  <b>1:45 Beads and Jewelry with Marie</b>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b> 10:00 Pedal Cycling</p> <p>11:00 Computer Class</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:45 News &amp; Discussion</p>	<p><b>7 JASA Bus</b> 10:00 Pedal Cycling</p> <p>11:00 Big Apple Walkathon</p> <p>12:00 Congregate Lunch</p> <p>12:45 Lounge &amp; Learn</p> <p>2:00 Roy Reuther Cinema</p>	<p><b>8</b> 10:00 Bible Discussion</p> <p>11:00 Mindful Meditation with Argenis</p> <p>12:00 Congregate Lunch</p> <p>1:00 World Tours</p> <p>2:00 Fun with Vocabulary</p>	<p><b>9</b> 10:00 Pedal Cycling</p> <p>11:00 Game Show Time</p> <p>12:00 Congregate Lunch</p> <p>1:00 Arts &amp; Crafts</p> <p>2:00 Lounge &amp; Learn</p>	<p><b>10</b> 10:00 Color the Stress Away</p> <p>11:15 Moving to Music with Lisa</p> <p>12:00 Congregate Lunch</p> <p>1:00 News &amp; Discussion</p> <p>1:45 Beads and Jewelry with Marie</p>
<p><b>13</b> 10:00 Pedal Cycling</p> <p>11:00 Computer Class</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:45 News &amp; Discussion</p>	<p><b>14</b> 10:00 Pedal Cycling</p> <p>11:00 Big Apple Walkathon</p> <p>12:00 Congregate Lunch</p> <p>1:00 Lounge &amp; Learn</p> <p>2:00 Roy Reuther Cinema</p>	<p><b>15</b> 10:00 Bible Discussion</p> <p>11:00 Mindful Meditation with Argenis</p> <p>12:00 Congregate Lunch</p> <p>1:00 World Tours</p> <p>2:00 Fun with Vocabulary</p>	<p><b>16</b> 10:00 Pedal Cycling</p> <p>11:00 Game Show Time</p> <p>12:00 Congregate Lunch</p> <p>12:30 Guided World Tour Live - Sweden</p> <p>1:30 Arts &amp; Crafts</p>	<p><b>17</b> 10:00 Color the Stress Away</p> <p>11:15 Moving to Music with Lisa</p> <p>12:00 Congregate Lunch</p> <p>1:00 News &amp; Discussion</p> <p>1:45 Beads and Jewelry with Marie</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>20</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Computer Class w/Dana</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 Board Games</b></p> <p><b>1:30 Guided World Tours Live -Amsterdam</b></p> <p><b>2:30 News &amp; Discussion</b></p>	<p><b>21</b>  <b>JASA Bus</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Big Apple Walkathon</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 Let's Prevent Hurt with Robbie of OHEL</b></p> <p><b>2:00 Roy Reuther Cinema</b></p>	<p><b>22</b>  <b>10:00 Bible Discussion</b></p> <p><b>11:00 Mindful Meditation with Argenis</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 World Tours</b></p> <p><b>2:00 Fun with Vocabulary</b></p>	<p><b>23</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Game Show Time</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 Arts &amp; Crafts</b></p> <p><b>1:45 Lounge &amp; Learn</b></p>	<p><b>24</b>  <b>10:00 Color the Stress Away</b></p> <p><b>11:15 Moving to Music with Lisa</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 News &amp; Discussion</b></p> <p><b>1:45 Beads and Jewelry with Marie</b></p>
<p><b>27</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Computer Class</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 Board Games</b></p> <p><b>1:45 News &amp; Discussion</b></p>	<p><b>28</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Big Apple Walkathon</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 Stop Abuse and Scams with Robbie of OHEL</b></p> <p><b>2:00 Roy Reuther Cinema</b></p>	<p><b>29</b>  <b>10:00 Bible Discussion</b></p> <p><b>11:00 Mindful Meditation with Argenis</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 World Tours</b></p> <p><b>2:00 Fun with Vocabulary</b></p>	<p><b>30</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Game Show Time</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>1:00 Arts &amp; Crafts</b></p> <p><b>1:45 Lounge &amp; Learn</b></p>	

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## APRIL 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE</b>		<b>1</b> Salmon Croquette	<b>2</b> CENTER CLOSED FOR FIRST DAY OF PASSOVER	<b>3</b> Roast Chicken
<b>6</b> Omelet	<b>7</b> Baked Fish	<b>8</b> Turkey Burger	<b>9</b> Fish	<b>10</b> Chicken Breast

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>13</b> <b>Swedish Meatballs</b> <b>Egg Noodles</b> <b>Steamed Carrots</b> <b>Milk</b> <b>Fruit</b>	<b>14</b> <b>Chickpea Curry Stew</b> <b>with Butternut</b> <b>Squash</b> <b>White Rice</b> <b>Red Cabbage</b> <b>Milk</b> <b>Fruit</b>	<b>15</b> <b>Shepherd's Pie</b> <b>Tossed Salad with Dressing</b> <b>Milk</b> <b>Fruit</b>	<b>16</b> <b>Teriyaki Baked Fish</b> <b>Fried Rice</b> <b>Green Beans</b> <b>Milk</b> <b>Fruit</b>	<b>17</b> <b>Chicken Shwarma</b> <b>Cumin Spiced Rice</b> <b>Beets &amp; Onion Salad</b> <b>Milk</b> <b>Fruit</b>
<b>20</b> <b>Chicken Spaghetti Casserole</b> <b>Tossed Salad with Dressing</b> <b>Milk</b> <b>Fruit</b>	<b>21</b> <b>Split Pea Soup</b> <b>Chickpea Salad</b> <b>Israeli Salad</b> <b>Milk</b> <b>Fruit</b>	<b>22</b> <b>Stuffed Cabbage with Beef</b> <b>Kasha Varnishkes</b> <b>Steamed Carrots</b> <b>Milk Fruit</b>	<b>23</b> <b>Fish Francaise</b> <b>Mashed Potatoes</b> <b>Cucumber Dill Salad</b> <b>Milk</b> <b>Fruit</b>	<b>24</b> <b>Hawaiian Chicken</b> <b>Roast Sweet Potato Slices</b> <b>Capri Blend Vegetables</b> <b>Milk</b> <b>Fruit</b>
<b>27</b> <b>Chicken Marsala</b> <b>White Rice</b> <b>Steamed Broccoli</b> <b>Milk</b> <b>Fruit</b>	<b>28</b> <b>Vegetarian Moussaka</b> <b>Tossed Salad with Dressing</b> <b>Milk</b> <b>Fruit</b>	<b>29</b> <b>Sweet &amp; Sour Meatballs</b> <b>Egg Barley</b> <b>Spinach Souffle</b> <b>Milk</b> <b>Fruit</b>	<b>30</b> <b>Egg Salad</b> <b>Orzo</b> <b>Beet &amp; Onion Salad</b> <b>Milk</b> <b>Fruit</b>	

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# ROY REUTHER OLDER ADULT CENTER

Phone Number 718-471-3110

711C Seagirt Avenue, Apt. 2N Far Rockaway, NY 11691

## Hours

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

\*Closed for Federal and Jewish Holidays

Thursday, April 2nd - Closed for 1st day of Passover

## Daily Kosher Lunch

Mondays - Fridays

Noon- 1:00pm - In Center

## Older Adult Center Staff

Fran Simon, Program Director [fsimon@jasa.org](mailto:fsimon@jasa.org)

Ellen Alster, Program Coordinator [ealster@jasa.org](mailto:ealster@jasa.org)

Tiana Bruce, Food Service Technician

## Shopping Trips

April 7 and 21

Partially funded by: