



## ROY REUTHER OAC

718-471-3110

711C Seagirt Avenue, Far Rockaway, NY 11691

### February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>10:00 Pedal Cycling</b>  <b>11:00 Computer Class</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Board Games</b>  <b>1:30 Big Apple Walkathon</b>	<b>3</b> <b>10:00 News &amp; Discussion</b>  <b>11:00 Pedal Cycling to Music</b>  <b>12:00 Congregate Lunch</b>  <b>12:45 Solving the Relaxation Riddle with Robbie of OHEL</b>  <b>2:00 Roy Reuther Cinema</b>	<b>4 FRESH PRODUCE DISTRIBUTION</b>  <b>10:00 Bible Discussion</b>  <b>11:00 ZUMBA</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 World Tours</b>  <b>2:00 Fun with Vocabulary</b>	<b>5</b> <b>10:00 Pedal Cycling</b>  <b>11:00 Game Show Time</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Lounge &amp; Learn</b>  <b>1:45 Arts &amp; Crafting with Marie</b>	<b>6</b> <b>10:00 Games &amp; Goodies</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>9 JASA Bus 10:00 Pedal Cycling</p> <p>11:00 Computer Class</p> <p>12:00 Congregate Lunch</p> <p>1:00 Board Games</p> <p>1:30 Big Apple Walkathon</p>	<p>10 10:00 News &amp; Discussion</p> <p>11:00 Pedal Cycling to Music</p> <p>12:00 Congregate Lunch</p> <p>12:45 Lounge &amp; Learn</p> <p>2:00 Roy Reuther Cinema</p>	<p>11 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 EMERGENCY PREPAREDNESS w. Sgt Tirado of the National Guard</p> <p>2:00 Fun with Vocabulary</p>	<p>12 10:00 Pedal Cycling</p> <p>11:00 Game Show Time</p> <p>12:00 Congregate Lunch</p> <p>1:00 Caregiver Program with Metropolitan Council</p> <p>2:45 Arts &amp; Crafting with Marie</p>	<p>13 10:00 Games &amp; Goodies</p> <p>11:15 Moving to Music with Lisa</p> <p>12:00 Congregate Lunch - VALENTINE'S GIFT BOXES</p> <p>1:00 News &amp; Discussion</p> <p>1:45 Beads and Jewelry with Marie</p>
<p>16 CENTER CLOSED - PRESIDENTS DAY</p>	<p>17 10:00 News &amp; Discussion</p> <p>11:00 Pedal Cycling to Music</p> <p>12:00 Congregate Lunch</p> <p>12:45 Dizzy with Robbie of OHEL</p> <p>2:00 Roy Reuther Cinema</p>	<p>18 10:00 Bible Discussion</p> <p>11:00 ZUMBA</p> <p>12:00 Congregate Lunch</p> <p>1:00 World Tours</p> <p>2:00 Fun with Vocabulary</p>	<p>19 10:00 Pedal Cycling</p> <p>11:00 Game Show Time</p> <p>12:00 Congregate Lunch</p> <p>1:00 Lounge &amp; Learn</p> <p>1:45 Arts &amp; Crafting with Marie</p>	<p>20 10:00 Games &amp; Goodies</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>23</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>12:45 NUTRITION with Nicole of EHS</b></p> <p><b>1:30 Big Apple Walkathon</b></p>	<p><b>24 JASA Bus</b>  <b>10:00 News &amp; Discussion</b></p> <p><b>11:00 Pedal Cycling to Music</b></p> <p><b>12:00 Congregate Lunch</b></p> <p><b>12:45 Values or Valued with Robbie of OHEL</b></p> <p><b>2:00 Roy Reuther Cinema</b></p>	<p><b>25</b>  <b>10:00 Bible Discussion</b></p> <p><b>11:00 ZUMBA</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>26</b>  <b>10:00 Pedal Cycling</b></p> <p><b>11:00 Game Show Time</b></p> <p><b>12:00 FEBRUARY CELEBRATION PARTY with DJ Angela</b></p> <p><b>1:00 Lounge &amp; Learn</b></p> <p><b>2:45 Arts &amp; Crafting with Marie</b></p>	<p><b>27</b>  <b>10:00 Games &amp; Goodies</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>

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## February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Marsala White Rice Steamed Broccoli Milk Fruit	<b>3</b> Vegetarian Moussaka Tossed Salad with Dressing Milk Fruit	<b>4</b> Sweet & Sour Meatballs Egg Barley Spinach Souffle Milk Fruit	<b>5</b> Gefilte Fish Orzo Beet & Onion Salad Milk Fruit	<b>6</b> Roasted Chicken Potato Kugel Carrot Tzimmes Milk Fruit
<b>9</b> Turkey Burger Sweet Potatoes California Blend Vegetables Milk Fruit	<b>10</b> Shepherd's Pie Tossed Salad with Dressing Milk Fruit	<b>11</b> Breaded Fish Rice a Roni Cucumber Salad Milk Fruit	<b>12</b> Vegetarian Minestrone Soup Eggplant Rollatini Pasta Green Bean Salad Milk Fruit	<b>13</b> Cranberry Chicken Noodle Kugel Zucchini Provencial Milk Fruit
<b>16</b> CENTER CLOSED- PRESIDENTS DAY	<b>17</b> Chicken Pot Pie Tomato Salad with Basil Milk Fruit	<b>18</b> Salmon Cakes Cous Cous Cucumber Dill Salad Milk Fruit	<b>19</b> Whole Wheat Bean Burrito Garden Salad Rice Milk Fruit	<b>20</b> Baked Asian Style Honey Chicken Fried Brown Rice Oriental Blend Vegetables Milk Fruit

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>23  <b>Chicken Cacciatore</b>  <b>Pasta</b>  <b>Steamed Green Beans`</b>  <b>Milk</b>  <b>Fruit</b></p>	<p>24  <b>Hearty Vegetable</b>  <b>Soup</b>  <b>Black Bean and</b>  <b>Mushroom Burger</b>  <b>Rice Pilaf</b>  <b>Israeli Salad</b>  <b>Milk</b>  <b>Fruit</b></p>	<p>25  <b>Hamburger with Sauteed Onions</b>  <b>Red Potatoes</b>  <b>Broccoli Kugel</b>  <b>Milk</b>  <b>Fruit</b></p>	<p>26  <b>Special Party Lunch</b></p>	<p>27  <b>Roasted Chicken</b>  <b>Potato Kugel</b>  <b>Carrot Tzimmes</b>  <b>Milk</b>  <b>Fruit</b></p>
			<p><b>MENU SUBJECT TO CHANGE</b></p>	

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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

Monday, February 16 - Presidents Day

## 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

February 9th and 24th

February 11th Emergency Preparedness

February 26th Celebrating February Party

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