ROY REUTHER OAC

718-471-3110

711C Seagirt Avenue, Far Rockaway, NY 11691

SEPTEMBER 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 News & Discussion 11:00 Pedal Cycling to Music 12:00 Congregate Lunch 1:00 Oh No! Change! with Robbie of OHEL 2:00 Roy Reuther Cinema	2 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 2:00 Fun with Vocabulary	3 10:00 Pedal Cycling 11:00 Game Show Time 12:00 Congregate Lunch 1:00 Lounge & Learn 2:45 Arts & Crafting with Marie	4 10:00 Color the Stress Away 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 12:00 Virtual Live Tour to Prague, Czechoslovakia 1:00 Computer Instruction w/Dana 1:45 Beads and Jewelry

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Monday	Tuesday	Wednesday	Thursday	Friday
7 CLOSED - LABOR DAY	8 10:00 News & Discussion 11:00 Pedal Cycling to Music 12:00 Congregate Lunch 1:00 Empty Nest But Full Life with Robbie of OHEL 2:00 Roy Reuther Cinema	9 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	10 10:00 Pedal Cycling 11:00 Game Show Time 12:00 DISCO PARTY with DJ Angela 1:00 Lounge & Learn 2:45 Arts & Crafting with Marie	11 JASA Bus 10:00 Color the Stress Away 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Instruction w/Dana 1:45 Beads and Jewelry
14 10:00 Pedal Cycling 11:00 Cooking Demo - Healthy Swaps 12:00 Congregate Lunch 1:00 Board Games 1:30 Walk Away the Blues	15 10:00 News & Discussion 11:00 Pedal Cycling to Music 12:00 Congregate Lunch 1:00 Suicide Prevention with Robbie of OHEL 2:00 Roy Reuther Cinema	16 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	17 10:00 Pedal Cycling 11:00 Game Show Time 12:00 Congregate Lunch 1:00 Virtual Live Tour to Ljubljanc, Georgia 1:45 Arts & Crafting with Marie	18 10:00 Color the Stress Away 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Instruction w/Dana 1:45 Beads and Jewelry

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Monday	Tuesday	Wednesday	Thursday	Friday
21 CENTER CLOSED - YOM KIPPUR	22 10:00 News & Discussion 11:00 Pedal Cycling to Music 12:00 Congregate Lunch 1:00 Thank You with Robbie of OHEL 2:00 Roy Reuther Cinema	23 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary	24 10:00 Pedal Cycling 11:00 Game Show Time 12:00 Congregate Lunch 1:00 Lounge & Learn 1:45 Arts & Crafting with Marie	25 JASA Bus 10:00 Color the Stress Away 11:15 Moving to Music with Lisa 12:00 Congregate Lunch 1:00 Computer Instruction w/Dana 1:45 Beads and Jewelry
28 10:00 Pedal Cycling 11:00 Kitchen Reset 12:00 Congregate Lunch 1:00 Nutrition with Nicole of EHS 1:30 Walk Away the Blues	29 10:00 News & Discussion 11:00 Pedal Cycling to Music 12:00 Congregate Lunch 1:00 The Big Six with Robbie of OHEL 2:00 Roy Reuther Cinema	30 10:00 Bible Discussion 11:00 ZUMBA 12:00 Congregate Lunch 1:00 World Tours 2:00 Fun with Vocabulary		

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SEPTEMBER 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE	1 Whole Wheat Bean Burrito Brown Rice Tossed Salad with Dressing Fruit Milk	2 Stuffed Cabbage with Beef Steamed Carrots Fruit Milk	3 Shepherd Pie with Turkey Tossed Salad with Chickpeas & Dressing Fruit Milk	4 Baked Breaded Chicken Cutlet Pasta Primavera Salad Health Slaw Fruit Milk
7 CENTER CLOSED - LABOR DAY	8 Chicken Shwarma Spiced Middle Eastern Brown Rice Carrot Salad Fruit Milk	9 Vegetarian Moussaka Beet Salad Fruit Milk	10 SPECIAL EVENT - PIZZA Garlic Knots Fruit	11 Chicken Chow Mein Fried Brown Rice Vegetable Mix Fruit Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
14 Turkey Meatballs with Tomato Sauce Pasta Sauteed Spinach Fruit Milk	15 Baked Breaded Fish Fillets Rice Pilaf Broccoli Souffle Fruit Milk	16 Vegetarian Bean Chili Yellow Corn Tortillas Brown Rice Steamed Green Beans Fruit Milk	17 Chicken Pot Pie Tossed Salad with Chickpeas & Dressing Fruit Milk	18 Turkey Burger Mashed Sweet Potatoes Peppers & Onions Fruit Milk
21 CENTER CLOSED - YOM KIPPUR	22 Shepherd Pie with Turkey Black Bean Salad Tomato & Cucumber Salad Fruit Milk	23 Baked Asian Style Honey Chicken Fried Brown Rice California Blend Vegetables Fruit Milk	24 Curry Chickpea Stew Brown Rice Tossed Salad with Dressing Fruit Milk	25 Salmon Cakes Cous Cous Cucumber Salad Fruit Milk
28 Turkey Chili Con Carne Brown Rice Steamed Carrots Fruit Milk	29 Kasha Knish Israeli Salad with Chickpeas Fruit Milk	30 Baked Breaded Fish Fillets Rice A Roni Creamy Spinach Fruit Milk		

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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, September 7 - Closed for Labor Day

Monday, September 21 - Closed for Yom Kippur

Daily Kosher Lunch

Mondays - Fridays

Noon- 1:00pm - In Center

Older Adult Center Staff

Fran Simon, Program Director fsimon@jasa.org

Ellen Alster, Program Coordinator ealster@jasa.org

Amoni Williams, Case Manager

Tiana Bruce, Food Service Technician

Shopping Trips - September 11 and 25

60's Disco - Thursday, September 10

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