



JASA Rockaway Park Older Adult Center

718-634-3044

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

February 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10:30am-11:30am Real Talk w/Robbie Danzig, Social Worker, <u><i>Just Watch Me Now</i></u></p> <p>11:30am -12:30pm Dance Workout w/Marina</p> <p>12:30pm-1:30pm NATIONAL OLDER ADULT INDEPENDENCE MONTH Lunch & Learn Lecture <u><i>I know I Can, I Know I Can, I Know I Can,</i></u> with Robbie Danzig, Social Worker, OHEL</p> <p>1:30pm-2:30pm Karaoke</p> <p>1:30pm-2:30pm Blood Pressure Screening w/Kiesha</p> <p>1:30pm-3pm Board Games/Pool/Ping-Pong</p>	<p>4</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10:30am-11:30am NEW Moving On With Life, Discussion Group with Lori</p> <p>11am-12pm Bingo</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Cardio Stretching w/Argenis</p> <p>2pm-3pm Technology Help w/Kiesha</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>5</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10am TRIP Gateway Mall (Brooklyn)</p> <p>10am-12pm Quilting Club</p> <p>11pm-12pm Video Aerobics w/Tina</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Cardio Line Dancing w/Cynthia</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>6</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Elliptical</i></p> <p>9am-10am Coffee, Tea & Me</p> <p>10:30am-11:30am NEW 7 Stages of Grief, Discussion Group w/Lilia</p> <p>11:30am-12:30pm Chair Yoga w/Barbara</p> <p>12:30pm-1:30pm NATIONAL OLDER ADULT INDEPENDENCE MONTH Lunch & Learn Lecture <u><i>Investment Fraud, w/Paul Moise, Flagstar</i></u></p> <p>2pm-3pm Trivia & Ice Cream Cones</p> <p>2pm-3pm Board Games, Pool & Ping-Pong</p>	<p>7</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>1:30am-11:30am Mindfulness Meditation w/Argenis</p> <p>11:30am-12:30pm Art & Nature w/Carolyn</p> <p>11:30am-12:30pm Themed Trivia w/Ray</p> <p>12:30pm-1:30pm Lunch & Member Town Hall</p> <p>1:30pm-2:30pm Therapeutic Arts w/Jean</p> <p>2pm-3pm Concerts In Motion (<i>Live/Virtual</i>)</p>

Partially funded by: Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10:30am-11:30am Real Talk w/Robbie Danzig, Social Worker, <i>Cancelled</i></p> <p>11:30am -12:30pm Dance Workout w/Marina</p> <p>12:30pm-1:30pm Lunch & Karaoke</p> <p>1:30pm-2:30pm Blood Pressure Screening w/Kiesha</p> <p>1:30pm-3pm Board Games/Pool/Ping-Pong</p>	<p>11</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10:30am-11:30am Moving On With Life, Discussion Group with Lori</p> <p>11am-12pm Bingo</p> <p>12pm-1pm NATIONAL OLDER ADULT INDEPENDENCE MONTH Lunch & Learn Lecture <i>Apps On Your Phone</i>, with Keisha</p> <p>1pm-2pm Cardio Stretching w/Argenis</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>12</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10am-12pm Quilting Club</p> <p>11pm-12pm Video Aerobics w/Tina</p> <p>12pm-1pm NATIONAL OLDER ADULT INDEPENDENCE MONTH Lunch & Learn Lecture <i>Senior Community Connection Project: Intensive Short-Term Social Work Support</i>, with Lyudmila Lazareva, Social Worker, JASA</p> <p>1pm-2pm Cardio Line Dancing w/Cynthia</p> <p>2pm-3pm Technology Help w/Kiesha</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>13</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Elliptical</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10:30am-11:30am NEW 7 Stages of Grief, Discussion Group w/Sr Lilia</p> <p>11am-12pm Blood Pressure Screening <i>Sponsored By Beacon Rehab & Nursing Center</i></p> <p>11:30am-12:30pm Chair Yoga w/Barbara</p> <p>12:30pm-1:30pm NATIONAL OLDER ADULT INDEPENDENCE MONTH Special Lunch & Learn Lecture <i>Understanding Blood Pressure</i>, with Becon Rehab & Nursing Center</p> <p>1:30pm-3:30pm January Birthday & Valentine's Day Party w/DJ Wah WEAR RED</p>	<p>14</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>1:30am-11:30am Mindfulness Meditation w/Argenis</p> <p>11:30am-12:30pm Art & Nature w/Carolyn</p> <p>11:30am-12:30pm Themed Trivia w/Ray LUNCH</p> <p>1:30pm-2:30pm Therapeutic Arts w/Jean</p> <p>2pm-3pm Concerts In Motion <i>(Live/Virtual)</i></p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p style="text-align: center;">Closed For Presidents Day Day</p>	<p>18</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10am Coffee, Tea & Me</p> <p>10am Activities Committee Meeting</p> <p>10:30am-11:30am Moving On With Life, Discussion Group with Lori</p> <p>11am-12pm Bingo</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Produce Pantry Day</p> <p>1pm-2pm Cardio Stretching w/Argenis</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>19</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10am Coffee, Tea & Me</p> <p>10am-12pm Quilting Club</p> <p>11pm-12pm Video Aerobics w/Tina</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Cardio Line Dancing w/Cynthia</p> <p>2pm-3pm Drawing for Beginners w/Arnold <i>(2nd Wednesday of the month)</i></p> <p>2pm-3pm Technology Help w/Kiesha</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>20</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Elliptical</i></p> <p>9am-10am Coffee, Tea & Me</p> <p>10:30am-11:30am 7 Stages of Grief, Discussion Group w/Lilia</p> <p>11:30am-12:30pm Chair Yoga w/Barbara</p> <p>12:30pm-1:30pm Lunch</p> <p>2pm-3pm Trivia & Ice Cream Cones</p> <p>2pm-3pm Board Games, Pool & Ping-Pong</p>	<p>21</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>1:30am-11:30am Mindfulness Meditation w/Argenis</p> <p>11:30am-12:30pm Art & Nature w/Carolyn</p> <p>11:30am-12:30pm Themed Trivia w/Ray</p> <p>12:30pm-1:30pm Lunch</p> <p>1:30pm-2:30pm Therapeutic Arts w/Jean <i>(Live/Virtual)</i></p> <p>2pm-3pm Concerts In Motion</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>10:30am-11:30am Real Talk w/Robbie Danzig, Social Worker, <u>Accessing our Inner Peace</u></p> <p>11:30am -12:30pm Dance Workout w/Marina</p> <p>12:30pm Lunch & Karaoke</p> <p>1:30pm-2:30pm NEW FDNY CPR Class</p>	<p>25</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10am Coffee, Tea & Me</p> <p>10:30am-11:30am Moving On With Life, Discussion Group with Lori</p> <p>11am-12pm Bingo</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Cardio Stretching w/Argenis</p> <p>2pm-3pm Member Advisory Council Meeting</p>	<p>26</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <u><i>Seated Ellipticals</i></u></p> <p>9am-10am Coffee, Tea & Me</p> <p>10am-12pm Quilting Club</p> <p>11pm-12pm Video Aerobics w/Tina</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Cardio Line Dancing w/Cynthia</p> <p>2pm-3pm Technology Help w/Kiesha</p> <p>2pm-3pm Board Games/Pool/Ping-Pong</p>	<p>27</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Elliptical</i></p> <p>9am-10am Coffee, Tea & Me</p> <p>10am Trip Louis Armstrong House Museum (Queens)</p> <p>10:30am-11:30am 7 Stages of Grief, Discussion Group w/Lilia</p> <p>11:30am-12:30pm Chair Yoga w/Barbara</p> <p>12:30pm-1:30pm Lunch</p> <p>2pm-3pm Trivia & Ice Cream Cones</p> <p>2pm-3pm Board Games, Pool & Ping-Pong</p>	<p>28</p> <p>9am-3pm Computers & DVD's-Media Room</p> <p>9am-3pm Cubii Corner: <i>Seated Ellipticals</i></p> <p>9am-10:30am Coffee, Tea & Me</p> <p>1:30am-11:30am Mindfulness Meditation w/Argenis</p> <p>11:30am-12:30pm Art & Nature w/Carolyn</p> <p>11:30am-12:30pm Themed Trivia w/Ray</p> <p>12:30pm-1:30pm Lunch</p> <p>1:30pm-2:30pm Therapeutic Arts w/Jean</p> <p>2pm-3pm Concerts In Motion <i>(Live/Virtual)</i></p>

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February 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chinese Pepper Steak Vegetable Lo Mein Steamed Green Beans Whole wheat Bread Fruit 1% Low Fat Milk	4 Turkey Shepherd Pie Tossed Salad with Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	5 Salmon Cakes w/Lemon Dill Sauce Cous Cous Roasted Butternut Squash Whole Wheat Bread Fruit 1% Low Fat Milk	5 Traditional Whole Wheat Bean & Brown Rice Burrito Tossed Salad with Dressing Fruit 1% Low Fat	7 Baked Asian Style Honey Chicken White Rice Oriental Blend Vegetables Challah Bread Fruit 1% Low Fat Milk
10 Classic Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	11 Oven Baked Falafel Hummus Za'atar Spice Israeli Salad Whole Wheat Pita Fruit 1% Low Fat Milk	12 Turkey Shepherd Pie Tossed Salad with Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	13 SPECIAL LUNCH Chicken Francaise Grilled Vegetables Yellow Rice Fruit Cup Cupcake	14 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Fruit 1% Low Fat Milk
17 Turkey Swedish Meatballs Egg Noodles Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	18 Dairy Free Eggplant Rollatini Pasta Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	19 Beef Pot Roast Sautéed Onions and Peppers Broccoli Kugel Roasted Sweet Potato Slices Whole Wheat Bread Fruit 1% Low Fat Milk	20 Teriyaki Baked Fish White Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	21 Chicken Shawarma Jeera Rice Roasted Beets Challah Bread Fruit 1% Low Fat Milk
24 Turkey Meatballs Tomato Sauce Pasta Italian Blend Vegetables Garlic Bread Fruit 1% Low Fat Milk	25 Hummus Kasha Knish Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	26 Beef Stuffed Cabbage Kasha Varnishkes Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	27 Fish Francaise Mashed Potatoes Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	28 Hawaiian Chicken Sweet Potato Slices Capri Blend Vegetables Challah Bread Fruit 1% Low Fat Milk

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Hours

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

Closed for Federal and Jewish Holidays

Rockaway Park Older Adult Center Staff

Revere Joyce, Program Director, rjoyce@jasa.org

Lakiesha Williams, Program Coordinator, lwilliams2@jasa.org

NEW February Activities/Programming

Discussion Groups

REAL TALK with Robbie Danzig, Social Worker, Mondays at 10:30am

Moving On With Life with Lori, Tuesdays at 10:30am

7 Stages of Grief with Lilia, Thursdays at 10:30am

ROCK PARK GYM

Monday-Friday, 9am-3pm

Cubii Corner: Increase mobility, endurance, and cardio at your own pace, with low-impact, seated ellipticals

COFFEE, TEA & ME

Monday-Friday, 9am-10:30am

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Lite morning snacks enjoyed in our lounge with cushioned seating

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