

CLEARVIEW OLDER ADULT CENTER

MARCH 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass 9:30 StayWell with Darryl 9:30 Ping Pong 11:00 Aerobics with Michael 1:00 Stained Glass 1:00 Line Dancing with Colin 2:30 Tai Chi with Keith	9:00 Stained Glass 9:30 Ping Pong 10:00 Zumba with Darryl 1:00 Stained Glass 1:00 Ballroom Dancing . with James	9:00 Chinese Karaoke 9:30 Dance Fitness with Mary Grace 9:30 Drawing/Painting with Susan 10:00-12:00 Blood Pressure Screening 1:00 Ping Pong 1:00 Beading & Drawing/ Painting with Susan 1:00 Line Dancing with Lisa & Harrison 4:00 Toning & Lifting with Darryl on Zoom	9:00 Stained Glass 9:30 Dance Fitness with Mary Grace 10:30 Moving for Life with Tom Sullivan 10:30 Wii Bowling 1:00 Toning & Lifting with Darryl 1:00 Stained Glass 1:00 Ping Pong 1:00 English Conversation with Marlene 2:15 Wai-tan-kung with Albert & Sophia	9:30 Needlepoint with Susan 9:30 Ping Pong 10:00 StayWell with Darryl 1:00 Ping Pong 1:00 Drawing/Painting & Needlepoint with Susan 1:00 Line Dancing with Mark 3:00 Movie Chat on Zoom 3/10 Glass Onion 3/24 The Pale Blue Eye
SPECIAL EVENTS				QUESTIONS? WANT TO BECOME A MEMBER?
Town Hall Thursday, March 2, 10:45		Art Exhibit Opening Tuesday, March 14, Activity Room		Call us at 718-224-7888 Clearview Older Adult Center 208-11 26 th Ave Bayside NY 11360
Nutrition Presentation: Supplements Wednesday, March 8, 10:30-12:00		Cooking Demo – Fried Rice Wednesday, March 15, 11:00		
Shopping Trips Target – Wednesday, March 8, 8:45 Trader Joe’s, Thursday, March 23, 8:45		St. Patrick’s Day Party Wednesday, March 15, 1:00-3:30		
			National Social Work Month -- Overview of Center Services & Recognition to GiJung Kim! Monday, March 20, 10:30	
			Elder Abuse Wednesday, March 22, 10:45	
			Crime Prevention & Personal Safety Wednesday, March 29, 10:45	