

# CLEARVIEW OLDER ADULT CENTER

## MAY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke	9:00 Stained Glass	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	9:30 Dance Fitness with Mary Grace	9:30 Dance Fitness with Mary Grace	9:30 Ping Pong
9:30 Ping Pong	10:00 Zumba with Darryl	9:30 Drawing/Painting with Susan	10:30 Moving for Life with Tom Sullivan	10:00 StayWell with Darryl 9:30 on May 5
10:30 Walk with Ease	1:00 Stained Glass	10:00-12:00 Blood Pressure Screening	10:30 Wii Bowling	10:00 English Lessons with Jimmy Next session 5/26
11:00 Aerobics with Michael	1:00 Ping Pong	1:00 Ping Pong	10:30 Finding Inner Peace with Guowei Begins May 11	12:45 Current Events 5/12, 5/26
1:00 Stained Glass	1:00 Ballroom Dancing with James	1:00 Beading & Drawing/Painting with Susan	1:00 Toning & Lifting with Darryl	1:00 Ping Pong
1:00 Line Dancing with Colin		1:00 Line Dancing with Lisa & Harrison	1:00 Stained Glass	1:00 Drawing/Painting & Needlepoint with Susan
2:30 Tai Chi with Keith		4:00 Toning & Lifting with Darryl on Zoom	1:00 Ping Pong	1:00 Line Dancing with Mark
			1:00 English Conversation with Marlene	3:00 Movie Chat on Zoom 5/5 A Call to Spy 5/19 Burnt
			2:15 Wai-tan-kung with Albert & Sophia	

<b>SPECIAL EVENTS</b>	<b>HOLIDAY SCHEDULE</b>	<b>QUESTIONS? WANT TO BECOME A MEMBER?</b>
Nutrition Presentation: Brain Health Wednesday May 3, 10:30-12:00	Friday, May 26 Closing at 2pm	Call us at 718-224-7888
Crafts Sale – Activity Room Friday, May 5, 10-2:30	Monday, May 29 Center Closed	Clearview Older Adult Center 208-11 26 <sup>th</sup> Ave Bayside NY 11360
Bone Health & Fall Prevention Friday, May 5, 10:30		
Qualified Medicare Beneficiary Plan Wednesday, May 10, 10:45		
Art Residency Exhibit Tuesday, May 16, 10:30-11:30		
Town Hall Thursday May 18, 10:45		
Shopping Trips Trader Joe's – Thursday, May 11, 8:45 Target – Thursday, May 25, 8:45		
Chair Yoga Session Monday, May 22, 1:00		