

CLEARVIEW OLDER ADULT CENTER

SEPTEMBER 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	9:15 Dance Fitness with Mary Grace	9:15 Dance Fitness with Mary Grace	9:30 Ping Pong
9:30 Ping Pong	9:15 Zumba with Darryl	9:30 Drawing/Painting with Susan	10:30 Wii Bowling	10:00 StayWell with Darryl
10:30 We Walk with Erin	10:30 Zumba with Darryl	1:00 Ping Pong	10:30 We Walk with Erin	10:00 Beginner English (ESL) with Jimmy
11:00 Aerobics with Michael	1:00 Stained Glass	1:00 Beading & Drawing/ Painting with Susan	1:00 Stained Glass	12:45 Current Events 9/1, 9/15, 9/29
1:00 Stained Glass	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison	1:00 Ping Pong	1:00 Ping Pong
1:00 Bingo	1:15 Ballroom Dancing . with James	4:00 Toning & Lifting with Darryl on Zoom	1:00 English Conversation with Marlene	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Line Dancing with Colin			1:15 Toning & Lifting with Darryl	1:15 Line Dancing with Mark
2:45 Tai Chi with Keith				3:00 Movie Chat on Zoom 9/8, 9/22

SPECIAL EVENTS

Hearing Loss Presentation by HearingLife
Thursday, September 7, 10:30

Shopping Trips
Trader Joe's - Mon, Sept. 11 & Tues, Sept. 26
Target - Tues, Sept. 12

Town Hall Meeting
Wednesday, September 13, 10:30

Moon Festival Celebration
Wednesday, September 13, 1:00-3:00

Painting with Katherine
Thursday, September 21, 10:00

Preventing Falls Series:
Hearing Loss & Preventing Falls
Thursday, September 20, 10:00
On Zoom

Vision Loss & Preventing Falls
Thursday, September 21, 11:00
On Zoom

Medication & Preventing Falls
Friday, September 22, 10:00
On Zoom

Scams Targeting Seniors
Wednesday, September 27, 10:30

HOLIDAY SCHEDULE

Monday, September 4
Center Closed

QUESTIONS?

WANT TO BECOME A MEMBER?

Call us at 718-224-7888

Clearview Older Adult Center
208-11 26th Ave
Bayside, NY 11360

LUNCH MENU – SEPTEMBER 2023

New Lunch Hours – 11:45-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BAKED ZITI WITH CHEESE STEAMED BROCCOLI CANNED PEACHES
4 CENTER CLOSED	5 BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI CANNED PEACHES	6 BEEF MEATBALLS IN TOMATO SAUCE SPAGHETTI CALIFORNIA BLEND VEGETABLES APPLE	7 CHICKEN STIR FRY WITH VEGETABLES BROWN RICE BANANA	8 SPINACH MOZZARELLA QUICHE TOSSED SALAD ORANGE
11 EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE	12 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE	13 THREE BEAN STEW BAKED POTATO CANNED PINEAPPLE	14 VEGETABLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES	15 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES LETTUCE & TOMATO
18 SHEPHERD'S PIE STEAMED CARROTS GRAPES	19 BAKED ZITI WITH CHEESE STEAMED SPINACH APPLE	20 BAKED SALMON BROWN RICE BROCCOLI & RED PEPPERS CANNED PINEAPPLE	21 WHOLE WHEAT ROTINI WITH SPINACH, CHICKPEAS & GARLIC TOSSED SALAD ORANGE	22 CHICKEN PARMESAN SPAGHETTI SLICED TOMATOES & CUCUMBERS BANANA
25 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE	26 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE CALIFORNIA BLEND VEGETABLES GRAPES	27 EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE	28 HAMBURGERS LETTUCE & TOMATO BAKED FRIES COLE SLAW FRUIT COCKTAIL	29 SWEET POTATO GUMBO CANNED PINEAPPLE