

CLEARVIEW OLDER ADULT CENTER

NOVEMBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke	8:30 Wii Bowling	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	9:15 Dance Fitness with Mary Grace	9:00 Stained Glass	9:30 Ping Pong
9:30 Ping Pong	9:15 Zumba with Darryl	9:30 Drawing/Painting with Susan	9:15 Dance Fitness with Mary Grace	10:00 StayWell with Darryl
10:30 We Walk with Erin	10:30 Zumba with Darryl	10:30 Chair Yoga with Dini	10:30 We Walk with Erin	10:00 Beginner English (ESL) with Jimmy 11/17
11:00 Aerobics with Michael	1:00 Stained Glass	1:00 Ping Pong	1:00 Stained Glass	12:45 Current Events 11/10
1:00 Stained Glass	1:00 Ping Pong	1:00 Beading & Drawing/Painting with Susan	1:00 Ping Pong	1:00 Ping Pong
1:00 Bingo	1:15 Ballroom Dancing . with James	1:15 Line Dancing with Lisa & Harrison	1:00 English Conversation with Marlene	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Line Dancing with Colin		4:00 Toning & Lifting with Darryl on Zoom	1:15 Toning & Lifting with Darry	1:15 Line Dancing with Mark
2:45 Tai Chi with Keith			2:30 Chair Yoga with Dini	3:00 Movie Chat on Zoom 11/3, 11/17

SPECIAL EVENTS	THANKSGIVING HOLIDAY SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Medicare Part D Drug Plans Thursday, November 2, 10:30</p> <p>Carbs to Fuel Your Golden Years Friday, November 3, 11:00</p> <p>The ABC's of Nutrition for Older Adults Thursday, November 9, 10:30</p> <p>Town Hall Friday, November 10, 11:15</p> <p>Veterans Recognition Friday, November 10, 11:45, Dinng Room</p>	<p>Wednesday, November 22 Center closing at 2 pm</p> <p>Thursday, November 23 Center Closed</p> <p>Friday, November 24 Center Closed</p>	<p>Call us at 718-224-7888</p> <p>Clearview Older Adult Center 208-11 26th Ave Bayside, NY 11360</p> <p style="text-align: right;"><i>Funded by NYC Aging</i></p>

LUNCH MENU – NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 THREE BEAN STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	2 VEGETABLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE	3 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS BANANA ORANGE JUICE
6 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	7 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE	8 BAKED SALMON WHITE RICE BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	9 WHOLE WHEAT ROTINI WITH SPINACH, CHICKPEAS & GARLIC TOSSED SALAD ORANGE APPLE JUICE	10 TURKEY WITH GRAVY MASHED POTATOES SAUTÉED STRING BEANS BANANA ORANGE JUICE
13 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	14 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE CALIFORNIA BLEND VEGETABLES GRAPES ORANGE PINEAPPLE JUICE	15 EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	16 HAMBURGERS ROASTED POTATOES COLE SLAW LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE	17 RASTA PASTA TOSSED SALAD CANNED SLICED PEACHES ORANGE JUICE
20 VEGETABLE SOUP CHICKEN SALAD BROCCOLI & RED PEPPER SALAD GRAPES ORANGE JUICE	21 WHOLE WHEAT ROTINI WITH SPINACH, CHICKPEAS, & GARLIC TOSSED SALAD ORANGE APPLE JUICE	22 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	23 CENTER CLOSED	24 CENTER CLOSED
27 BAKED ZITI WITH CHEESE STEAMED BROCCOLI CANNED SLICED PEACHES APPLE JUICE	28 SHEPHERD'S PIE STEAMED SPINACH GRAPES ORANGE PINEAPPLE JUICE	29 BBQ CHICKEN LEG QUARTERS POTATO SALAD WITH EGG TOMATO & CUCUMBER SALAD APPLE ORANGE	30 SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	