

CLEARVIEW OLDER ADULT CENTER

FEBRUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke	8:30 Wii Bowling	9:15 StayWell with Darryl
9:00 Leisure Games	9:30 Ping Pong	9:15 Dance Fitness with Mary Grace	9:00 Stained Glass	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:15 Zumba with Darryl	9:30 Drawing/Painting with Susan	9:15 Dance Fitness with Mary Grace	9:30 Ping Pong
9:30 Ping Pong	10:30 Zumba with Darryl	10:30 Chair Yoga Recorded session	10:30 We Walk with Erin	10:00 Beginner English (ESL) with Jimmy
10:30 We Walk with Erin	1:00 Lion Dance 2/13, 2/20, 2/27	1:00 Beading & Drawing/ Painting with Susan	1:00 Stained Glass	12:45 Current Events 2/2, 2/16
11:00 Aerobics with Michael	1:00 Stained Glass	1:00 Ping Pong	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
11:00 Tech 101 with David	1:00 Ping Pong	1:00 Leisure Games	1:00 Conversational English with Marlene	1:00 Ping Pong
1:00 Stained Glass	1:15 Ballroom Dancing . with James	1:15 Line Dancing with Lisa & Harrison	1:15 Toning & Lifting with Darryl	1:15 Line Dancing with Joanna
1:00 Ping Pong	1:30 Calligraphy 2/6	4:00 Toning & Lifting with Darryl on Zoom		3:00 Movie Chat on Zoom 2/9, 2/23
1:00 Bingo				
1:15 Line Dancing with Colin				
2:45 Tai Chi with Keith				

SPECIAL EVENTS	HOLIDAY SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
Korean Dance Performance Thursday, February 1, 10:30	Presidents Day Friday, February 16 Closing at 2pm	Call us at 718-224-7888
Menu Meeting Friday, February 2, 10:30	Monday, February 19 Center Closed	Clearview Older Adult Center 208-11 26 th Ave Bayside, NY 11360
Music Appreciation Tuesday, Feb 6 & 20, 11:00		
Calligraphy Tuesday, February 6, 1:30		
Blood Pressure for a Healthy Heart Wednesday, February 7, 10:30		
Town Hall Thursday, February 8, 10:30		
Valentine's Day Party Wednesday, February 14, 1:30		
Shopping Trips – 8:45 Skyview Mall – Tuesday, February 6 Trader Joe's – Tuesday, February 13 Raindeu – Tuesday, February 20 H Mart – Tuesday, February 27		
Fire Safety Thursday, February 15, 10:30		
Positive Journaling, 10:30 Thurs, Feb 22, Feb 29, Mar 7, Mar 14		
Chinese New Year Celebration Wednesday, February 28, 1:15 <i>Register in the office</i>		
	COVID SAFETY Surgical masks, KN95 masks, and Covid tests are available in the office	<i>Funded by NYC Aging</i>

LUNCH MENU – FEBRUARY 2024

Lunch Served 11:45 – 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 WHOLE WHEAT ROTINI WITH SPINACH, CHICKPEAS & GARLIC TOSSED SALAD ORANGE APPLE JUICE	2 TURKEY WITH GRAVY MASHED POTATOES SAUTÉED STRING BEANS BANANA ORANGE JUICE
5 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	6 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE CALIFORNIA BLEND VEGETABLES GRAPES ORANGE PINEAPPLE JUICE	7 EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	8 HAMBURGERS LETTUCE & TOMATO COLE SLAW ROASTED POTATOES FRUIT COCKTAIL ORANGE PINEAPPLE JUICE	9 RASTA PASTA TOSSED SALAD CANNED SLICED PEACHES ORANGE JUICE
12 VEGETABLE SOUP CHICKEN SALAD BROCCOLI & RED PEPPER SALAD GRAPES ORANGE JUICE	13 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	14 WHOLE WHEAT ROTINI WITH SPINACH, CHICKPEAS & GARLIC TOSSED SALAD ORANGE APPLE JUICE	15 OVEN BAKED CHICKEN WINGS SAUTÉED SWEET POTATOES STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE	16 BEEF MEATLOAF BRUSSELS SPROUTS MASHED POTATOES APPLE ORANGE JUICE
19 CENTER CLOSED	20 BAKED ZITI WITH CHEESE STEAMED BROCCOLI CANNED SLICED PEACHES APPLE JUICE	21 BBQ CHICKEN LEG QUARTERS POTATO SALAD WITH EGG TOMATO & CUCUMBER SALAD APPLE ORANGE JUICE	22 SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	23 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS BANANA ORANGE JUICE
26 HEARTY WINTER MINISTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	27 BEEF MEATBALLS IN TOMATO SAUCE SPAGHETTI CALIFORNIA BLEND VEGETABLES APPLE ORANGE PINEAPPLE JUICE	28 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI CANNED SLICED PEACHES APPLE JUICE	29 CHICKEN STIR FRY WITH VEGETABLES WHITE RICE STEAMED CARROTS BANANA ORANGE JUICE	