

CLEARVIEW OLDER ADULT CENTER

APRIL 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke	9:00 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 Painting/Drawing 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 Sing with Me English Karaoke	1:00 Beading & Painting/ Drawing with Susan	1:00 Stained Glass	10:30 Tai Chi Practice with Keith
11:00 Aerobics with Michael	1:00 Stained Glass	1:00 Ping Pong	1:00 Ping Pong	12:45 Current Events 4/12, 4/26
11:00 Tech 101 with David <i>No session 4/1</i>	1:00 Ping Pong	1:00 Ping Pong	1:00 Conversational English with Marlene	1:00 Painting/Drawing Needlepoint with Susan
1:00 Stained Glass	1:15 Ballroom Dancing . with James	1:15 Line Dancing with Lisa & Harrison	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:00 Ping Pong		1:30 Tai Chi Practice with Keith		1:15 Line Dancing
1:00 Bingo		4:00 Toning & Lifting w/Darryl On Zoom		3:00 Movie Chat on Zoom 4/5, 4/19
1:15 Line Dancing w/ Colin				
2:45 Tai Chi Practice with Keith				

SPECIAL EVENTS	COVID SAFETY	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Nutrition: Decoding Food Labels Wednesday, April 3, 10:30</p> <p>Town Hall Thursday, April 4, 10:30</p> <p>Mental Health Prize Day! During Lunch Tuesday, April 2 Tuesday April 9</p> <p>Shopping Trips - 8:45 Trader Joe's - Tuesday, April 9 North Shore Farms Grocery Store - Tuesday, April 30</p>	<p style="text-align: center;">Surgical masks and KN95 masks are available in the office</p>	<p style="text-align: center;">Call us at 718-224-7888</p> <p style="text-align: center;">Clearview Older Adult Center 208-11 26th Ave Bayside, NY 11360</p> <p style="text-align: center;"><i>Funded by NYC Aging</i></p>

LUNCH MENU – APRIL 2024

Lunch Served 11:45 – 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 RASTA PASTA TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	2 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	3 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	4 DELUXE CHEESEBURGER WITH ONIONS LETTUCE & TOMATOES BAKED RED POTATO WEDGES TOSSED SALAD FRUIT COCKTAIL ORANGE PINEAPPLE JUICE	5 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE
8 CHICKEN NOODLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE JUICE	9 SHEPHERD'S PIE STEAMED SPINACH GRAPES ORANGE PINEAPPLE JUICE	10 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	11 SPRINGTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOMATO & CUCUMBER SALAD ORANGE APPLE JUICE	12 OVEN-FRIED CHICKEN WINGS POTATO SALAD STEAMED COLLARD GREENS APPLE BANANA ORANGE PINEAPPLE JUICE
15 BAKED ZITI WITH CHEESE STEAMED BROCCOLI CANNED SLICED PEACHES APPLE JUICE	16 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE	17 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS APPLE ORANGE JUICE	18 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	19 BBQ CHICKEN LEG QUARTERS RICE & BEANS SAUTÉED STRING BEANS BANANA ORANGE JUICE
22 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI CANNED SLICED PEACHES APPLE JUICE	23 BAKED ZITI WITH BEEF MEATBALLS CALIFORNIA BLEND VEGETABLES APPLE ORANGE PINEAPPLE JUICE	24 HEARTY SUMMER MINISTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	25 CHICKEN STIR FRY WITH VEGETABLES CHINESE SYLE SPAGHETTI STEAMED CARROTS BANANA ORANGE JUICE	26 WHOLE WHEAT PASTA PRIMAVERA WITH CHEESE TOSSED SALAD ORANGE ORANGE PINEAPPLE JUICE
29 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	30 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE			