

# CLEARVIEW OLDER ADULT CENTER

## MAY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke <i>No session 5/15</i>	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 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 Stained Glass	1:00 Beading & Drawing/ Painting with Susan	1:00 Stained Glass	10:30 Tai Chi Practice with Keith
11:00 Aerobics with Michael	1:00 Ping Pong	1:00 Ping Pong	1:00 Conversational English with Marlene	12:45 Current Events 5/10, 5/24
11:00 Tech 101 with David Last Class May 6	1:00 Sing with Me English Karaoke <i>No session 5/14</i>	1:15 Line Dancing with Lisa & Harrison <i>No session 5/8 &amp; 5/29</i>	1:15 Toning & Lifting with Darryl	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Stained Glass	1:15 Line Dancing . with Judy	1:30 Tai Chi Practice with Keith		1:00 Ping Pong
1:00 Ping Pong		4:00 Toning & Lifting w/Darryl On Zoom		1:15 Line Dancing
1:00 Bingo <i>No session 5/6</i>				3:00 Movie Chat on Zoom 5/3, 5/17, 5/31
1:15 Line Dancing w/ Colin <i>No session 5/6</i>				

SPECIAL EVENTS	MEMORIAL DAY SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Nutrition Lecture: Embracing Movement Wednesday, May 1, 10:30</p> <p>Emergency Preparedness Thursday, May 2, 10:30</p> <p>Rewind the Band Monday, May 6, 1:15</p> <p>Craft Sale Wednesday, May 8, 9:00-12:30</p> <p>Spring Bash Party Wednesday, May 8, 1:15</p> <p>Assisted Living Thursday, May 9, 10:30</p>	<p>Shopping Trips – 8:45 Trader Joe’s – Tues, May 14 Skyview Mall – Tues, May 21</p> <p>Concierge Home Care on Demand Thursday, May 16, 10:30</p> <p>Asian American &amp; Pacific Islander Celebration Wednesday, May 22, 9:00</p> <p>Town Hall Wednesday, May 23, 10:30</p> <p>Talent Show Wednesday, May 29, 1:30</p> <p>Coping with Stress &amp; Anxiety Thursday, May 30, 10:30</p>	<p>Center Closing at 2 pm Friday, May 24</p> <p>Center Closed Monday, May 27</p> <p>Call us at 718-224-7888</p> <p>Clearview Older Adult Center 208-11 26<sup>th</sup> Ave Bayside, NY 11360</p> <p style="text-align: center;"><i>Funded by NYC Aging</i></p>

# LUNCH MENU – MAY 2024

Lunch Served 11:45 – 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	2 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	3 VEGETABLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICCE
6 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	7 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	8 SPRINGTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD ORANGE APPLE JUICE	9 TURKEY WITH GRAVY MASHED POATOES SAUTÉED STRING BEANS BANANA ORANGE JUICE	10 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
13 RASTA PASTA TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	14 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	15 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	16 DELUXE HAMBURGER WITH ONIONS LETTUCE & TOMATOES BAKED RED POTATO WEDGES TOSSED SALAD FRUIT COCKTAIL ORANGE PINEAPPLE JUICE	17 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE
20 CHICKEN NOODLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE JUICE	21 SHEPHERD'S PIE STEAMED SPINACH GRAPES ORANGE PINEAPPLE JUICE	22 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	23 SPRINGTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOMATO & CUCUMBER SALAD ORANGE APPLE JUICE	24 OVEN-BAKED CHICKEN WINGS POTATO SALAD, STEAMED COLLARD GREENS APPLE BANANA ORANGE PINEAPPLE JUICE
27  CENTER CLOSED	28 BAKED ZITI WITHI CHEESE STEAMED BROCCOLI CANNED SLICED PEACHES APPLE JUICE	29 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS APPLE ORANGE JUICE	30 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	31 BBQ CHICKEN LEG QUARTERS RICE & BEANS SAUTÉED STRING BEANS BANANA ORANGE JUICE