

CLEARVIEW OLDER ADULT CENTER

JULY 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	9:15 Zumba with Darryl	9:15 Dance Fitness with Mary Grace	9:00 Stained Glass	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	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 <i>Recorded session</i>	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 Ping Pong	12:45 Current Events 7/19
1:00 Stained Glass	1:15 Line Dancing . with Judy	1:15 Line Dancing with Lisa & Harrison	1:00 Conversational English with Marlene <i>No July & August sessions Resumes September 5</i>	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Ping Pong		1:30 Tai Chi Practice with Keith	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:00 Bingo		4:00 Toning & Lifting w/Darryl <i>On Zoom</i>		1:15 Line Dancing
1:15 Line Dancing with Colin				4:00 Movie Chat 7/26
2:45 Tai Chi Practice with Keith				

SPECIAL EVENTS	<u>JULY 4TH HOLIDAY SCHEDULE</u>	QUESTIONS? WANT TO BECOME A MEMBER?
Age Well Circle Chat with Guowei Tuesday, July 9, 10:30	CENTER CLOSING AT 2 PM Wednesday, July 3 rd	Call us at 718-224-7888
July 4 th Dance Party Tuesday, July 9, 1:30	CENTER CLOSED Thursday, July 4 th & Friday, July 5 th	Clearview Older Adult Center 208-11 26 th Ave Bayside, NY 11360
Building Strong Bones Wednesday, July 10, 10:30	<u>SUMMER SCHEDULE FOR JULY AND AUGUST</u>	<i>Funded by NYC Aging</i>
Housing & Financial Scams Thursday, July 11, 10:30	Center closes at 3 pm on Fridays until Labor Day, Sept. 2 nd	
Zumba Workshop with Meiling Friday, July 12, 1:00		
Fused Glass Monday, July 15, 10:00		
Town Hall Wednesday, July 17, 10:30		
Elder Abuse: Who to Contact? Thursday, July 18, 10:30		
Shopping Trip – Trader Joe’s Tuesday, July 23, 8:45		
Progressive Muscle Relaxation w/ Guowei Tuesday, July 23, 10:30		
Elder Abuse: What It Is & What to Do Thursday, July 25, 10:30		

LUNCH MENU – JULY 2024

Lunch Served 11:45 – 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TASTY WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	2 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	3 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	4 CENTER CLOSED	5 CENTER CLOSED
8 CHICKEN NOODLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE JUICE	9 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	10 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	11 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOMATO & CUCUMBER SALAD ORANGE APPLE JUICE	12 BAKED CHICKEN WINGS POTATO SALAD STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE
15 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	16 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE	17 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	18 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	19 BBQ CHICKEN LEG QUARTERS RICE & BEANS STEAMED RED OR GREEN CABBAGE BANANA ORANGE JUICE
22 WHOLE WHEAT PASTA PRIMAVERA WITH CHEESE TOSSED SALAD ORANGE ORANGE PINEAPPLE 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 STYLE SPAGHETTI STEAMED CARROTS BANANA ORANGE JUICE	26 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES APPLE 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	31 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE		