

CLEARVIEW OLDER ADULT CENTER

SEPTEMBER 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 <i>No class 9/6</i>
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	9:00 Leisure Games	9:30 Ping Pong
9:30 Ping Pong	10:30 Zumba with Darryl	10:30 Chair Yoga <i>Recorded session</i>	9:15 Dance Fitness with Mary Grace	10:00 Beginner English (ESL) with Jimmy
10:30 We Walk with Marsha	10:30 English Conversation with Marlene - <i>New Time Begins 9/10</i>	1:00 Beading & Drawing/Painting with Susan	10:30 We Walk with Marsha	10:30 Tai Chi Practice with Keith
11:00 Aerobics with Michael	1:00 Stained Glass	1:00 Ping Pong	1:00 Stained Glass	12:45 Current Events 9/13, 9/27
1:00 Stained Glass	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Ping Pong	1:15 Line Dancing with Judy	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>	2:30 Zumba with Meiling 9/12, 9/26	1:15 Line Dancing
1:15 Line Dancing with Colin				4:00 Movie Chat 9/6, 9/20
2:45 Tai Chi Practice with Keith				

SPECIAL EVENTS	FALL SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
A Guide to Digestive Diseases & Gut Health Thursday, September 5, 10:30	<u>Labor Day</u> Center Closed Monday, September 2 nd	Call us at 718-224-7888
Town Hall Wednesday, September 11, 10:30		Clearview Older Adult Center 208-11 26 th Ave Bayside, NY 11360
Progressive Muscle Relaxation 身体放松练习 with Guowei Thursday, September 12 English 10:30-11:00 中文 11:00-11:30	Karaoke Performance for Chinese Mid-Autumn Moon Festival Wednesday, September 18, 1:00	
Special Dessert for Senior Appreciation Month Thursday, September 12, 11:45	Elder Abuse – Sunnyside Svcs. Thursday, September 19, 10:30	
	Age Well Circle Chat with Guowei Thursday, September 26, 10:30	
	Special Dessert Sponsored by NYS Senator John Liu Friday, September 27, 11:30	<i>Funded by NYC Aging</i>

LUNCH MENU – SEPTEMBER 2024

Lunch Served 11:45 – 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED	3 BAKED ZITI WITH BEEF MEATBALLS CALIFORNIA BLEND VEGETABLES APPLE ORANGE PINEAPPLE JUICE	4 HEARTY SUMMER MINISTRONE SOUP TOMATO & CUCIMBER SALAD GRAPES ORANGE JUICE	5 CHICKEN STIR FRY WITH VEGETABLES CHINESE-STYLE SPAGHETTI STEAMED CARROTS BANANA ORANGE JUICE	6 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES APPLE JUICE
9 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PASRLEY ORANGE APPLE JUICE	10 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	11 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	12 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	13 VEGETABLE SOUP TUNA FISH SALAD, TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
16 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	17 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	18 SPRINGTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD ORANGE APPLE JUICE	19 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS BANANA ORANGE JUICE	20 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
23 WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	24 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	25 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	26 DELUXE CHEESEBURGER WITH ONIONS LETTUCE & TOMATO BAKED RED POTATO WEDGES FRUIT COCKTAIL ORANGE PINEAPPLE JUICE	27 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE
30 CHICKEN NOODLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE JUICE				