

# CLEARVIEW OLDER ADULT CENTER

## OCTOBER 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke	9:00 Stained Glass	9:15 StayWell with Darryl
9:00 Leisure Games	9:15 Zumba with Darryl	9:15 Dance Fitness with Mary Grace	9:00 Wii Bowling 10 am on 10/3	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	9:30 Drawing/Painting with Susan	9:00 Leisure Games 10 am on 10/4	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	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 10/11, 10/25
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			2:30 Zumba with Meiling 10/10, 10/24	1:15 Line Dancing with Angela & Lisa
1:15 Line Dancing with Colin				4:00 Movie Chat 10/11, 10/18
2:45 Tai Chi Practice with Keith				

SPECIAL EVENTS		QUESTIONS? WANT TO BECOME A MEMBER?
Town Hall Monday, October 7, 10:30, Dining Room	Elder Law & Estate Planning Thursday, October 17, 10:30	Call us at 718-224-7888
Age Well Circle Chat with Guowei: Physical Health & Mental Health Tuesday, October 8, 1:00	Pedestrian Safety Wednesday, October 23, 10:30	Clearview Older Adult Center 208-11 26 <sup>th</sup> Ave Bayside, NY 11360
Anti-Inflammatory Foods for Wellness Wednesday, October 9, 10:30	Progressive Muscle Relaxation 身体放松练习 with Guowei Thursday, October 31 English 10:30-11:00 中文 11:00-11:30	
Elder Abuse Thursday, October 10, 10:30		
Trader Joe's Tuesday, October 15, 8:45		
		<i>Funded by NYC Aging</i>

# LUNCH MENU – OCTOBER 2024

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BAKED SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	2 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	3 SUMMERTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOMATO & CUCUMBER SALAD ORANGE APPLE JUICE	4 BAKED CHICKEN WINGS POTATO SALAD STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE
7 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	8 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSES SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE	9 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	10 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	11 BBQ CHICKEN LEG QUARTERS RICE & BEANS STEAMED CABBAGE BANANA ORANGE JUICE
14 WHOLE WHEAT PASTA PRIMAVERA WITH CHEESE TOSSED SALAD ORANGE ORANGE PINEAPPLE JUICE	15 BAKED ZITI WITH BEEF MEATBALLS CALIFORNIA BLEND VEGETABLES APPLE ORANGE PINEAPPLE JUICE	16 HEARTY SUMMER MINISTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	17 CHICKEN STIR FRY WITH VEGETABLES CHINESE STYLE SPAGHETTI STEAMED CARROTS BANANA ORANGE JUICE	18 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES APPLE JUICE
21 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	22 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	23 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	24 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	25 VEGETABLE SOUP TUNA FISH SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
28 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	29 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	30 SUMMERTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD ORANGE APPLE JUICE	31 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS BANANA ORANGE JUICE	