


CLEARVIEW OLDER ADULT CENTER

NOVEMBER 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	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	1:00 Beading & Drawing/Painting with Susan	9:15 Dance Fitness with Mary Grace	10:00 Beginner English (ESL) with Jimmy 11/1, 11/8
11:00 Aerobics with Michael	10:30 English Conversation with Marlene	1:00 Ping Pong	10:30 Chair Yoga <i>Recorded session</i>	10:30 Tai Chi Practice with Keith
11:00 Tech 101 11/4, 11/18	1:00 Stained Glass	1:15 Line Dancing with Lisa & Harrison No class 11/6	1:00 Stained Glass	12:45 Current Events 11/8, 11/22
1:00 Stained Glass	1:00 Ping Pong	1:30 Tai Chi Practice with Keith	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Ping Pong	1:15 Line Dancing with Judy		1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:00 Bingo				1:15 Line Dancing with Angela & Lisa
1:15 Line Dancing with Colin				4:00 Movie Chat 11/1, 11/15, 11/29
2:45 Tai Chi Practice with Keith				

SPECIAL EVENTS	THANKSGIVING SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
Craft Sale Friday, November 1, 10:00-1:00	Wednesday, November 27 Center Closing at 2 pm	Call us at 718-224-7888
Town Hall Meeting Wednesday November 6, 10:30	Thursday, November 28 Center Closed	Clearview Older Adult Center 208-11 26 th Ave Bayside, NY 11360
Thanksgiving Party Wednesday, November 6, 1:15- 3:15	Friday, November 29 Center Closed	
Improve Your Health with a Plant-Based Vegan Diet Thursday November 7, 10:30		
Auburndale Library Services Friday, November 8 10:30		<i>Funded in part by NYC Aging</i>
Finance 101: Understanding Bonds Wednesday, November 13, 10:30		
Age Well Circle Chat with Guowei: Making & Maintaining Friendships Thursday, November 14, 10:30		
Trader Joe's Tuesday, November 19, 8:45		
Progressive Muscle Relaxation 身体放松练习 with Guowei Thursday, November 21		
English - 10:30-11:00 中文 - 11:00-11:30		

LUNCH MENU – NOVEMBER 2024

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
4 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	5 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	6 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	7 WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	8 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
11 SPRINGTIME WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	12 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	13 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	14 CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	15 BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE
18 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	19 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE	20 BAKED BREADED FISH BAKED POTATO STEAMED ROCCOLI APPLE ORANGE JUICE	21 TURKEY WITH GRAVY BAKED SWEET POTATO SAUTEED STRING BEANS BANANA ORANGE JUICE	22 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
25 SWEDISH MEATBALLS EGG NOODLES CALIFORNIA BLEND APPLE ORANGE PINEAPPLE JUICE	26 CHICKEN PARMESAN SPAGHETTI SPINACH ORANGE ORANGE PINEAPPLE JUICE	27 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC AND ROSEMARY ROASTED POTATOES SAUTEED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	28 <p style="text-align: center;">CENTER CLOSED</p>	29 <p style="text-align: center;">CENTER CLOSED</p>