

CLEARVIEW OLDER ADULT CENTER

DECEMBER 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 <i>No session 12/4</i>	9:00 Wii Bowling	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong <i>No session 12/17</i>	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
11:00 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 w/ Keith <i>No session 12/13</i>
11:00 Tech 101 12/2, 12/9, 12/16	1:00 Stained Glass	1:15 Line Dancing with Lisa & Harrison	1:00 Stained Glass	12:45 Current Events 12/6, 12/20
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 <i>No session 12/16</i>				1:15 Line Dancing with Angela & Lisa
1:15 Line Dancing with Colin <i>No session 12/16</i>				4:00 Movie Chat 12/13, 12/27
2:45 Tai Chi Practice with Keith				

<p style="text-align: center;">SPECIAL EVENTS</p> <p>Tech 101: Mondays, 11:00 Scams - Dec 2 Phone Storage & Organization - Dec 9 Maps & Location Tracking - Dec 16</p> <p>Nutrition: Diabetes & Blood Sugar Thurs, Dec 5, 10:30</p> <p>Town Hall Meeting - Mon, Dec 9, 10:30</p> <p>Age Well Circle Chat with Guowei: Holiday Blues - Thurs, Dec 12, 10:30</p> <p>Craft Sale - Fri, Dec 13, 10:00-1:30</p> <p>The Importance of Having a Hobby and of Physical Self-Care Fri, Dec 13, 10:30</p>	<p style="text-align: center;">HOLIDAY SCHEDULE</p> <p>Tuesday, December 31 Center Closing at 2 pm</p> <p>Wednesday, January 1 Center Closed</p>	<p style="text-align: center;">QUESTIONS? WANT TO BECOME A MEMBER?</p> <p style="text-align: center;">Call us at 718-224-7888</p> <p style="text-align: center;">Clearview Older Adult Center 208-11 26th Ave Bayside, NY 11360</p> <div style="text-align: center; margin-top: 20px;">  <p><i>Selfhelp</i></p> <p><i>Funded in part by NYC Aging</i></p> </div>
--	---	---

LUNCH MENU – DECEMBER 2024

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GRANDMA'S EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	3 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRIN G BEANS APPLE ORANGE JUICE	4 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	5 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	6 VEGETABLE SOUP TUNA SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
9 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	10 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	11 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	12 SPRINGTIME WHOLE WHEAT ROTINI WITH SPIINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	13 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
16 BAKED BREADED FSH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	17 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	18 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	19 WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	20 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
23 WINTER WHOLE WHEAT ROTINI WITH SPIINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	24 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	25 CENTER CLOSED	26 CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	27 BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE
30 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	31 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE			