

CLEARVIEW OLDER ADULT CENTER

FEBRUARY 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Karaoke - English	9:00 Stained Glass	9:15 StayWell with Darryl
9:00 Leisure Games	9:15 Zumba with Darryl	10:30 Karaoke - Chinese	9:00 Leisure Games	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	9:15 Dance Fitness with Mary Grace	9:00 Wii Bowling	9:30 Ping Pong
9:30 Ping Pong	10:30 Zumba with Darryl	9:30 Drawing/Painting with Susan	9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy 2/28
11:00 Aerobics with Michael	10:30 English Conversation with Marlene	10:30 Zumba with Meiling 2/5, 2/19	12:45 Tell Your Stories with Rachel 2/6, 2/20	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	11:00 Tech 101 2/11, 2/25	1:00 Beading & Drawing/Painting with Susan	10:30 Chair Yoga - In Person 2/6	12:45 Current Events 2/14, 2/28
1:00 Ping Pong	1:00 Stained Glass	1:00 Ping Pong	1:00 Stained Glass	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Line Dancing with Colin	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison	1:00 Ping Pong	1:00 Ping Pong
2:45 Tai Chi Practice with Keith	1:15 Line Dancing with Judy	1:30 Tai Chi Practice with Keith	1:15 Toning & Lifting with Darryl	1:15 Line Dancing with Angela & Lisa
				4:00 Movie Chat 2/7, 2/21

SPECIAL EVENTS	HOLIDAY SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Town Hall Meeting Wednesday, February 3, 10:30</p> <p>Lunar New Year Celebration Wednesday, February 5, 1:15</p> <p>Chair Yoga In-Person Session Thursday, Feb 6, 10:30</p> <p>Nutrition: Blood Pressure & Health Thursday, February 6, 10:30</p> <p>Tell Your Stories with Rachel Thursday, February 6, 12:45 Thursday, February 20, 12:45</p>	<p>Tech 101 with Rachel Practical & Productive - Feb 11, 11:00 Storage & Organization - Feb 25, 11:00</p> <p>Finance 101: Foundations of Investing Wednesday, February 12, 10:30</p> <p>Age Well Circle Chat with Guowei Thursday, February 13, 10:30</p> <p>Trader Joe's Tuesday, January 25, 8:45</p>	<p>Presidents' Day</p> <p>Friday, February 14 Center Closing at 2 pm</p> <p>Monday, February 17 Center Closed</p> <p>Call us at 718-224-7888</p> <p>Clearview Older Adult Center 208-11 26th Ave Bayside, NY 11360</p> <p style="text-align: center;"><i>Selfhelp</i></p> <p style="text-align: center;"><i>Funded in part by NYC Aging</i></p>

LUNCH MENU – FEBRUARY 2025

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	4 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	5 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	6 CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	7 BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE
10 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	11 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE	12 BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	13 TURKEY WITH GRAVY BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	14 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
17 CENTER CLOSED	18 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI BANANA APPLE JUICE	19 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	20 HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	21 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE
24 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	25 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	26 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	27 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	28 VEGETABLE SOUP TUNA SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE