

CLEARVIEW OLDER ADULT CENTER

JANUARY 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 Beginner English (ESL) with Jimmy
11:00 Aerobics with Michael	10:30 English Conversation with Marlene	10:30 Zumba with Meiling 1/8, 1/22	10:30 Chair Yoga <i>Recorded session</i>	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	11:00 Tech 101 1/14, 1/28	1:00 Beading & Drawing/Painting with Susan	1:00 Stained Glass	12:45 Current Events 1/3, 1/17, 1/31
1:00 Ping Pong	1:00 Stained Glass	1:00 Ping Pong	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Bingo	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Line Dancing with Colin	1:15 Line Dancing with Judy	1:30 Tai Chi Practice with Keith		1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith				4:00 Movie Chat 1/10, 1/24

SPECIAL EVENTS	HOLIDAY SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Tech 101: Camera Basics – Tues, Jan 14, 11:00 Social Media – Tues, Jan 28, 11:00</p> <p>Progressive Muscle Relaxation 身体放松练习 with Guowei Thursday, Jan 2 Thursday, Jan 16 English - 10:30-11:00 中文 - 11:00-11:30</p> <p>Town Hall Meeting Wednesday, January 8, 10:30</p>	<p style="text-align: center;">New Year's Day Wednesday, January 1 Center Closed</p> <p style="text-align: center;">Martin Luther King Jr. Day Monday, January 20 Center Closed</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> <p style="text-align: center;"></p> <p style="text-align: center;"><i>Funded in part by NYC Aging</i></p>
<p>Nutrition: Fad Diets Thursday, January 9, 10:30</p> <p>Finance: Managing Your Spending & Understanding Your Credit Score Wednesday, January 15, 10:30</p> <p>Trader Joe's Tuesday, January 21, 8:45</p> <p>Tell Your Stories with Rachel Thursday, January 23, 10:30</p> <p>Nutrition: Fiber Fueled Thursday, January 30, 10:30</p>		

LUNCH MENU - JANUARY 2025

Lunch Served 11:45 - 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CENTER CLOSED	2 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE	3 TURKEY WITH GRAVY BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE
6 SWEDISH MEATBALLS WITH BEEF & TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE	7 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	8 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	9 HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	10 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI BANANA APPLE JUICE
13 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	14 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	15 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	16 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	17 VEGETABLE SOUP TUNA SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
20 CENTER CLOSED	21 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	22 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	23 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	24 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
27 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	28 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	29 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	30 WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	31 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE