


CLEARVIEW OLDER ADULT CENTER

MARCH 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 3/5	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
11:00 Aerobics with Michael	10:30 English Conversation with Marlene	10:30 Zumba with Meiling 3/5, 3/19	1:00 Stained Glass	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	11:00 Tech 101 3/4, 3/18	1:00 Beading & Drawing/Painting with Susan	1:00 Ping Pong	12:45 Current Events 3/14, 3/28
1:00 Ping Pong	1:00 Stained Glass	1:00 Ping Pong	1:15 Toning & Lifting with Darryl	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Bingo	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison	2:15 Tell Your Stories with Rachel 3/13, 3/27	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 3/7, 3/21

SPECIAL EVENTS	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Town Hall Meeting Monday, March 3, 10:30</p> <p>Tech 101 with Rachel - 11:00 Order Rides /Phone Features - March 4 Camera Basics - March 18</p> <p>Smart Nutrition for Aging Thursday, March 6, 10:30</p> <p>Progressive Muscle Relaxation 身体放松练习 with Guowei Thursday, March 6 English - 1:00-1:30 中文 - 1:30-2:00</p> <p>Rewind the Band Performance Friday, March 7, 1:15</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;"></p> <p style="text-align: center;"><i>Funded in part by NYC Aging</i></p>

LUNCH MENU - MARCH 2025

Lunch Served 11:45 - 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	4 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	5 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	6 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	7 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
10 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	11 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	12 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	13 WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	14 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
17 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	18 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	19 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	20 CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	21 BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED COLLARD GREENS BANANA ORANGE PINEAPPLE JUICE
24 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	25 BEEF MEATLOAF WITH MUSHROOM GRAVY BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES GRAPES ORANGE PINEAPPLE JUICE	26 BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	27 TURKEY WITH GRAVY BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	28 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
31 SWEDISH MEATBALLS WITH BEEF & TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE				