


CLEARVIEW OLDER ADULT CENTER

APRIL 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
11:00 Aerobics with Michael	10:30 English Conversation with Marlene	10:30 Korean Dance Workshop (registration required)	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	11:00 Tech 101 4/8, 4/22	1:00 Beading & Drawing/ Painting with Susan	1:00 Stained Glass	12:45 Current Events 4/4
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	1:00 Finding Inner Peace & Balance with Guowei 4/3, 4/17	1:00 Ping Pong
1:15 Line Dancing with Colin	1:00 Art Residency with Steve (class closed)	1:30 Tai Chi Practice with Keith	1:15 Toning & Lifting with Darryl	1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith	1:15 Line Dancing with Judy	2:45 Zumba with Meiling 4/2, 4/16, 4/30	2:15 Tell Your Stories with Rachel 4/10, 4/24	4:00 Movie Chat 4/11, 4/25
			2:30 Samba Dance Workshop No class 4/17	

SPECIAL EVENTS	HOLIDAY SCHEDULE	QUESTIONS? WANT TO BECOME A MEMBER?
<p>Nutrition: The Power of Soy Thursday, April 3, 10:30</p> <p>Finding Inner Peace & Balance with Guowei Thursday, April 3, 1:00 Thursday, April 17, 1:00</p> <p>Town Hall Meeting Monday, April 7, 10:30</p> <p>Tech 101 with Rachel - 11:00 Managing Health on Your Phone - April 8 Internet Safety - April 22</p> <p>Auburndale Library Services April 8, 10:30-11:30, Lobby</p>	<p style="text-align: center;">Good Friday</p> <p style="text-align: center;">Thursday, April 17 Center Closes at 2 pm</p> <p style="text-align: center;">Friday April 18 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> <div style="text-align: center;">  <p><i>Selfhelp</i></p> </div> <p style="text-align: center;"><i>Funded in part by NYC Aging</i></p>
<p>Concierge Home Health Services Wednesday April 16, 10:30</p> <p>Medicare & Other Health Insurances Thursday, April 10, 10:30</p> <p>Your Finances Thursday, April 17, 10:30</p> <p>Nutrition: Grocery Basics for Health Thursday, April 24, 10:30</p> <p>Minhwa - Korean Folk Painting 2-Session Workshop with Stephanie</p> <ul style="list-style-type: none"> • April 24 and May 1, 2:00-3:30 • May 8 and May 15, 2:00-3:30 • May 22 and May 29, 10:00-11:30 <p><i>Registration Required</i></p>		

LUNCH MENU – APRIL 2025

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	2 BAKED FISH WITH GARIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	3 HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	4 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI BANANA APPLE JUICE
7 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	8 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	9 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	10 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	11 VEGETABLE SOUP TUNA SALAD TOSSED SAAD GRAPES ORANGE PINEAPPLE JUICE
14 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	15 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	16 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	17 WHOLE WHEAT ROTINI SPINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	18 CENTER CLOSED
21 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	22 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	23 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	24 WHOLE WHEAT LO MEIN WITH CHICKPEAS TOMATO & CUCUMBER SAOAD CANNED SICED PEACHES ORANGE JUICE	25 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
28 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	29 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	30 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE		