


CLEARVIEW OLDER ADULT CENTER

MAY 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass 9:00 Leisure Games 9:30 StayWell with Darryl 9:30 Ping Pong 11:00 Aerobics with Michael 1:00 Stained Glass 1:00 Ping Pong 1:00 Bingo 1:15 Line Dancing with Colin 5/5, 5/19 2:45 Tai Chi Practice with Keith	9:00 Stained Glass 9:15 Zumba with Darryl 9:30 Ping Pong 10:30 Zumba with Darryl 10:30 English Conversation with Marlene 11:00 Tech 101 5/6 (last class) 1:00 Stained Glass 1:00 Ping Pong 1:15 Line Dancing with Judy	9:00 Karaoke - English 10:30 Karaoke - Chinese 9:15 Dance Fitness with Mary Grace 9:30 Drawing/Painting with Susan 10:30 Zumba with Meiling 5/28 1:00 Beading & Drawing/ Painting with Susan 1:00 Ping Pong 1:15 Line Dancing with Lisa & Harrison 1:30 Tai Chi Practice with Keith 2:45 Zumba with Meiling 5/14	9:00 Stained Glass 9:00 Leisure Games 9:00 Wii Bowling 9:15 Dance Fitness with Mary Grace 10:00 Minhwa Stephanie 5/22, 5/29 10:30 Chair Yoga with Theresa 1:00 Stained Glass 1:00 Ping Pong 1:15 Toning & Lifting with Darryl 2:00 Minhwa with Stephanie 5/1, 5/8, 5/15 2:15 Tell Your Stories with Rachel 5/8 2:30 Samba	9:15 StayWell with Darryl 9:30 Needlepoint with Susan 9:30 Ping Pong 10:00 ESL with Jimmy 10:30 Tai Chi Practice with Keith 12:45 Current Events 5/9, 5/23 1:00 Drawing/Painting & Needlepoint with Susan 1:00 Ping Pong 1:15 Line Dancing with Angela & Lisa 4:00 Movie Chat 5/2, 5/16, 5/30
SPECIAL EVENTS Nutrition: Grocery Shopping for Heath Thursday, May 1, 10:30 Tech 101 with Rachel Tuesday, May 6, 11:00 Last Class – Questions & Feedback Art Exhibit Tuesday, May 6, 11:00 Town Hall Meeting Wednesday, May 7, 10:30 Live Music Performance – 50's, 60's, & 70's With renowned singer Bobby Harden Monday, May 12, 1:30 Health & Wellness Checkup with Guowei By appointment, 15-minute session		HOLIDAY SCHEDULE Memorial Day Center Closes at 2 pm Friday, May 23 Center Closed Monday, May 26		QUESTIONS? WANT TO BECOME A MEMBER? Call us at 718-224-7888 Clearview Older Adult Center 208-11 26 th Ave Bayside, NY 11360  <i>Funded in part by NYC Aging</i>

LUNCH MENU – MAY 2025

Lunch Served 11:45 – 12:15

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