

CLEARVIEW OLDER ADULT CENTER

JUNE 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 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 1:00 Stained Glass 1:00 Ping Pong 1:15 Line Dancing with Judy	9:00 Karaoke - Chinese 10:30 Karaoke - English 9:15 Dance Fitness with Mary Grace 9:30 Drawing/Painting with Susan 10:30 Zumba with Meiling 6/11, 6/25 1:00 Beading & Drawing/Painting with Susan 1:00 Ping Pong 1:15 Line Dancing with Lisa & Harrison (No class 6/18) 1:30 Tai Chi Practice with Keith (No class 6/18)	9:00 Stained Glass 9:00 Leisure Games 9:00 Wii Bowling 9:15 Dance Fitness with Mary Grace 10:30 Chair Yoga with Theresa 1:00 Stained Glass 1:00 Ping Pong 1:15 Toning & Lifting with Darryl 2:30 Samba Workshop	9:15 StayWell with Darryl 9:30 Needlepoint with Susan 9:30 Ping Pong 10:00 ESL with Jimmy (No class 6/6 & 6/13) 10:30 Tai Chi Practice with Keith 12:45 Current Events 6/6, 6/20 1:00 Drawing/Painting & Needlepoint with Susan 1:00 Ping Pong 1:15 Line Dancing with Angela & Lisa 4:00 Movie Chat 6/13, 6/27
SPECIAL EVENTS Estate Planning, Wills, and Trusts Wednesday, June 4, 10:30 Decoding Food Labels and Navigating the Grocery Store Thursday, June 5, 10:30 Finance: Market Updates and Tools & Strategies Wednesday, June 11, 10:30 Progressive Muscle Relaxation with Guowei 身体放松练习 Thursday, June 12 11:00 - English 11:30 - 身体放松练习		HOLIDAY SCHEDULE Juneteenth Center Closes at 2 pm Wednesday, June 18 Center Closed Thursday, June 19		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 – JUNE 2025

Lunch Served 11:45 – 12:15

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