


# CLEARVIEW OLDER ADULT CENTER

## JULY 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 1:00 Stained Glass 1:00 Ping Pong 1:15 Line Dancing with Judy	9:00 Karaoke - English 9:15 Dance Fitness with Mary Grace 9:30 Drawing/Painting & Beading with Susan 10:30 Karaoke - Chinese 10:30 Zumba with Meiling 7/9, 7/23 1:00 Drawing/Painting & Beading with Susan 1:00 Ping Pong 1:15 Line Dancing with Lisa & Harrison 1:30 Tai Chi Practice with Keith	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	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 7/18 1:00 Drawing/Painting & Needlepoint with Susan 1:00 Ping Pong 1:15 Line Dancing with Angela & Lisa 4:00 Movie Chat 7/11, 7/25
<b>SPECIAL EVENTS</b>  July 4 <sup>th</sup> Party Tuesday, July 1, 1:15  Town Hall Meeting Wednesday, July 2, 10:30  Trader Joe's Tuesday, July 8, 8:45  Healthy Living Bingo Tuesday, July 8, 11:00		<b>HOLIDAY SCHEDULE</b>  <u>July 4<sup>th</sup></u> Center Closes at 2 pm Thursday, July 3  Center Closed Friday, July 4  <u>Summer Hours</u> Fridays in July & August Center closes at 3 pm		<b>QUESTIONS? WANT TO BECOME A MEMBER?</b>  Call us at 718-224-7888  Clearview Older Adult Center 208-11 26 <sup>th</sup> Ave Bayside, NY 11360    <i>Funded in part by NYC Aging</i>

## LUNCH MENU – JULY 2025

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	<b>2</b> GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	<b>3</b> RASTA PASTA TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	<b>4</b>  CENTER CLOSED
<b>7</b> WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	<b>8</b> SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	<b>9</b> BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	<b>10</b> CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	<b>11</b> BAKED CHICKEN WINGS BAKED SWEET POTATOES STEAMED CABBAGE BANANA ORANGE PINEAPPLE JUICE
<b>14</b> BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	<b>15</b> BEEF SALISBURY STEAK WITH MUSHROOM GRAVY MASHED POTATOES STEAMED CARROTS & GREEN BEANS GRAPES ORANGE PINEAPPLE JUICE	<b>16</b> BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	<b>17</b> BBQ CHICKEN LEG QUARTERS BAKED SWEET POTATOES SAUTÉED STRING BEANS BANANA ORANGE JUICE	<b>18</b> CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
<b>21</b> SWEDISH MEATBALLS WITH BEEF & TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE	<b>22</b> CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	<b>23</b> BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	<b>24</b> HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	<b>25</b> DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA APPLE JUICE
<b>28</b> GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	<b>29</b> BAKED CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	<b>30</b> FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	<b>31</b> BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	