


CLEARVIEW OLDER ADULT CENTER

AUGUST 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 8/6, 8/20 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 with Marty 8/1, 8/15, 8/29 1:00 Drawing/Painting & Needlepoint with Susan 1:00 Ping Pong 1:15 Line Dancing with Angela & Lisa 4:00 Movie Chat 8/8, 8/22
SPECIAL EVENTS Town Hall Meeting Monday, August 4, 10:30 Smart & Easy Cooking for 1 or 2 Thursday, August 7, 10:30 Healthy Living Bingo Tuesday, August 12, 11:00		HOLIDAY SCHEDULE <u>Summer Hours</u> Fridays in August Center closes at 3 pm <u>Labor Day</u> Friday, August 29 Center closes at 2pm		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 - AUGUST 2025

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 VEGETABLE SOUP TUNA SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
4 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	5 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	6 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	7 WHOLE WHEAT ROTINI WITH SPINACH AND CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	8 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
11 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	12 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	13 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	14 RASTA PASTA TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	15 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
18 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	19 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	20 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	21 CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	22 BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED CABBAGE BANANA ORANGE PINEAPPLE JUICE
25 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	26 BEEF SALISBURY STEAK WITH MUSHROOM SAUCE MASHED POTATOES STEAMED CARROTS & GREEN BEANS GRAPES ORANGE PINEAPPLE JUICE	27 BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	28 BBQ CHICKEN LEG QUARTERS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	29 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE