

CLEARVIEW OLDER ADULT CENTER

SEPTEMBER 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	9:15 Dance Fitness with Mary Grace	9:00 Leisure Games	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	9:30 Drawing/Painting & Beading with Susan	9:00 Wii Bowling	9:30 Ping Pong
9:30 Ping Pong	10:30 Zumba with Darryl	10:30 Karaoke - Chinese	9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy
11:00 Aerobics with Michael	1:00 Stained Glass	10:30 Zumba with Meiling 9/3, 9/17	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Ping Pong	1:00 Drawing/Painting & Beading with Susan	1:00 Stained Glass	12:45 Current Events with Marty 9/12, 9/26
1:00 Ping Pong	1:15 Line Dancing with Judy	1:00 Ping Pong	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Bingo		1:15 Line Dancing with Lisa & Harrison	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Line Dancing with Colin		1:30 Tai Chi Practice with Keith		1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith				4:00 Movie Chat 9/5

SPECIAL EVENTS

Cholesterol Made Simple
Thursday, September 4, 10:30

Healthy Living Bingo
Tuesday, September 9, 11:00

Celebrate National Older Adult Month
with the NYPD Jazz Band
Wednesday, September 10, 1:30

Town Hall Meeting
Monday, September 15, 10:30

Trader Joe's
Tuesday, September 16, 9:15

Emergency Preparedness
Wednesday, September 17, 10:30

Senior Scams
Thursday, September 18, 10:30

Finance - Open Q & A
Ask Your Questions
Wednesday, September 24, 10:30

Presentation by Harmony Road:
Mental Health Home Services & Games
Thursday, September 25, 10:30

DJ Party
Friday, September 26, 1:30

HOLIDAY SCHEDULE

Labor Day
Monday, September 1
Center Closed

QUESTIONS? WANT TO BECOME A MEMBER?

Call us at 718-224-7888

Clearview Older Adult Center
208-11 26th Ave
Bayside, NY 11360



Funded in part by NYC Aging

LUNCH MENU – SEPTEMBER 2025

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTER CLOSED	2 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	3 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	4 HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	5 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA APPLE JUICE
8 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	9 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	10 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	11 FARMHOUSE BEAN AND VEGGIE STEW WHITE RICE SPINACH CANNED PINEAPPLE APPLE JUICE	12 VEGETABLE SOUP TUNA SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE
15 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	16 BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	17 LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	18 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	19 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
22 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	23 BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	24 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	25 RASTA PASTA TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	26 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
29 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	30 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE			