

CLEARVIEW OLDER ADULT CENTER

OCTOBER 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	10:30 English Conversation with Marlene	10:30 Zumba with Meiling 10/1, 10/15, 10/29	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Stained Glass	10:30 Chair Yoga with Theresa 10/22	1:00 Stained Glass	12:45 Current Events with Marty 10/10, 10/24
1:00 Ping Pong	1:00 PP Ping Pong	1:00 Drawing/Painting & Beading with Susan	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Line Dancing with Colin	1:15 Line Dancing with Judy	1:00 Ping Pong	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
2:45 Tai Chi Practice with Keith		1:15 Line Dancing with Lisa & Harrison		1:15 Line Dancing with Angela & Lisa
		1:30 Tai Chi Practice with Keith		4:00 Movie Chat 10/3, 10/17, 10/31

SPECIAL EVENTS

Town Hall Meeting
Monday, October 6, 10:30

Violin & Viola Performance
Wednesday, October 8, 11:00

Trader Joe's
Tuesday, October 14, 9:15

Inflammation and Immune Health
Wednesday, October 15, 10:30

Mindfulness for Emotional & Mental Well-Being with Guowei
Thursday, October 16, 11:00

Minhwa Painting with Stephanie
Thursday, October 16, 1:00

Managing Your Money
Tuesday, October 21, 12:30

Making 2026 Medicare Choices
Wednesday, October 29, 10:30

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 – OCTOBER 2025

Lunch Served 11:45 – 12:15

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