

# CLEARVIEW OLDER ADULT CENTER

## MARCH 2026 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	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Stained Glass	1:00 Drawing/Painting & Beading with Susan	1:00 Stained Glass	12:45 Current Events with Marty 3/13, 3/27
1:00 Ping Pong	1:00 Ping Pong	1:00 Ping Pong	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Bingo	1:00 Art Residency with Steve 3/3, 3/10, 3/24, 3/31	1:15 Line Dancing with Lisa & Harrison No session 3/11	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Indian Dance	1:15 Line Dancing with Judy	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 3/6, 3/20

### SPECIAL EVENTS

Town Hall Meeting  
Monday, March 2, 10:30

Nutrition: Kidney Smarts  
Wednesday, March 4, 10:30

Emergency Preparedness  
Thursday, March 5, 10:30

Medicare 101 with Healthfirst  
Wednesday, March 11, 10:30

Dance Party  
Wednesday, March 11, 1:15

Healthy Living Bingo with Guowei  
Thursday, March 12, 11:00

Minhwa Art Workshop  
Thursday, March 12 & 19, 1:00

Selfhelp Services at Home for People with Dementia  
Monday, March 16, 10:30

Elder Abuse  
Thursday, March 19, 10:30

March Birthday Celebration  
Monday, March 23, 11:45

Trader Joe's  
Tuesday, March 24, 9:00

Retirement: Making Your Money Last  
Wednesday, March 25, 10:30

The Power of Nutrition  
Thursday, March 26, 10:30

Indian Dance Performance  
Monday, March 30, 1:15

### QUESTIONS? WANT TO BECOME A MEMBER?

Call us at 718-224-7888

Clearview Older Adult Center  
208-11 26<sup>th</sup> Ave  
Bayside, NY 11360



Funded in part by NYC Aging

# LUNCH MENU - MARCH 2026

Lunch Served 11:45 - 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	<b>3</b> BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	<b>4</b> LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	<b>5</b> WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	<b>6</b> SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
<b>9</b> BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI APPLE ORANGE JUICE	<b>10</b> BAKED CHICKEN QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS GRAPES ORANGE PINEAPPLE JUICE	<b>11</b> GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	<b>12</b> RASTA PASTA TOMATO & CUCUMBER SALAD CANNED SLICED PEACHES ORANGE JUICE	<b>13</b> DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO FRUIT COCKTAIL ORANGE PINEAPPLE JUICE
<b>16</b> WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	<b>17</b> SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	<b>18</b> BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	<b>19</b> CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	<b>20</b> BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED CABBAGE BANANA ORANGE PINEAPPLE JUICE
<b>23</b> BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE BIRTHDAY DESSERT	<b>24</b> BEEF SALISBURY STEAK WITH MUSHROOM SAUCE MASHED POTATOES STEAMED CARROTS & GREEN BEANS GRAPES ORANGE PINEAPPLE JUICE	<b>25</b> BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	<b>26</b> BBQ CHICKEN LEG QUARTERS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	<b>27</b> CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
<b>30</b> SWEDISH MEATBALLS WITH TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE	<b>31</b> CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE			