

# CLEARVIEW OLDER ADULT CENTER

## MAY 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 Chinese Dance Workshop	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 5/8, 5/22
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	1:15 Line Dancing with Lisa & Harrison	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Moving for Life with Tom	1:15 Line Dancing with Judy	1:30 Tai Chi Practice with Keith	2:30 Korean Dance Workshop	1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith		2:30 Latin Social Dance		4:00 Movie Chat 5/1, 5/15, 5/29

### SPECIAL EVENTS

Craft Sale  
Friday, May 1, 9:30-12:30

Town Hall Meeting  
Monday, May 4, 10:30

Building Strong Bones to Prevent Osteoporosis  
Wednesday May 6, 10:30

Dementia vs. Alzheimer's: What's the Difference?  
Thursday, May 7, 10:30

Mother's Day Celebration  
Friday, May 8, 11:45

Elder Abuse  
Wednesday, May 13, 10:30

Scams and Frauds  
Thursday, May 14, 10:30

May Birthday Celebration  
Monday, May 18, 11:45

Trader Joe's  
Tuesday, May 19, 9:00

Foundations of Investing  
Wednesday, May 20, 10:30

Creating More Good Days  
Thursday, May 21, 11:00

Technology for Mental Wellness  
Wednesday, May 27, 10:30

Korean Dance Performance  
Thursday, May 28, 2:30

Asian Heritage Month Performance  
Friday, May 29, 1:15

### HOLIDAY SCHEDULE

**Friday, May 22, Closing at 2 pm**  
**Monday, May 25, Center Closed**

### **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 - MAY 2026

Lunch Served 11:45 - 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED CABBAGE BANANA ORANGE PINEAPPLE JUICE
<b>4</b> BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	<b>5</b> BEEF SALISBURY STEAK WITH MUSHROOM SAUCE MASHED POTATOES STEAMED CARROTS & GREEN BEANS GRAPES ORANGE PINEAPPLE JUICE	<b>6</b> BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	<b>7</b> BBQ CHICKEN LEG QUARTERS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	<b>8</b> CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
<b>11</b> SWEDISH MEATBALLS WITH TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE	<b>12</b> CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	<b>13</b> BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	<b>14</b> HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	<b>15</b> DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA APPLE JUICE
<b>18</b> GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	<b>19</b> BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	<b>20</b> FARMHOUSE BEAN & VEGGIE STEW WHIE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	<b>21</b> BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	<b>22</b> VEGETABLE SOUP TUNA SALAD TOSSED SAAD GRAPES ORANGE PINEAPPLE JUICE
<b>25</b>  CENTER CLOSED	<b>26</b> WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS TOSSED SALAD BANANA ORANGE JUICE	<b>27</b> LEMON CHICKEN EGG NOODLES SAUTÉED STRING BEANS ORANGE APPLE JUICE	<b>28</b> BAKED SALMON MASHED POTATOES BROCCOLI & RED PEPPERS CANNED PINEAPPLE APPLE JUICE	<b>29</b> SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE