

CLEARVIEW OLDER ADULT CENTER

JULY 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:15 Dance Fitness with Mary Grace	9:00 Stained Glass	9:15 StayWell with Darryl
9:00 Leisure Games	9:15 Zumba with Darryl	9:30 Drawing/Painting & Beading with Susan	9:00 Leisure Games	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	10:30 Zumba with Meiling	9:00 Wii Bowling	9:30 Ping Pong
9:30 Ping Pong	10:30 Zumba with Darryl	1:00 Drawing/Painting & Beading with Susan	9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy
11:00 Aerobics with Michael	1:00 Stained Glass	1:00 Ping Pong	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison	1:00 Stained Glass	12:45 Current Events with Marty 7/17, 7/31
1:00 Ping Pong	1:00 Art Residency with Steve 7/7	1:30 Tai Chi Practice with Keith	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Bingo	1:15 Line Dancing with Judy		1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Line Dancing with Colin				1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith				4:00 Movie Chat 7/10, 7/24

LUNCH MENU - JULY 2026

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	2 ITALIAN CHICKPEA PASTA SALAD GARDEN SALAD WITH CHICKPEAS CANNED SLICED PEACHES ORANGE JUICE	3 CENTER CLOSED
6 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	7 CHILI CON CARNE CORNBREAD WHITE RICE ITALIAN GREEN BEANS APPLE ORANGE PINEAPPLE JUICE	8 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	9 VEGETABLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	10 BAKED CHICKEN WINGS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANE PINEAPPLE JUICE
13 BAKED FALAFEL BALLS CABBAGE CARROT SLAW ISRAELI SALAD CANNED SLICED PEACHES APPLE JUICE	14 BEEF SALISBURY STEAK WITH MUSHROOM SAUCE MASHED POTATOES STEAMED CARROTS & GREEN BEANS GRAPES ORANGE PINEAPPLE JUICE	15 BAKED BREA		