

CLEARVIEW OLDER ADULT CENTER

AUGUST 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 8/7, 8/21
1:00 Ping Pong	1:15 Line Dancing with Judy No session 8/25	1:30 Tai Chi Practice with Keith	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Bingo			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 8/7, 8/21

SPECIAL EVENTS

Nutrition: Preventing Osteoporosis
Wednesday, August 5, 10:30

Building Brain-Healthy Habits
Thursday August 6, 10:30

Senior Helpers Home Care
Wednesday, August 12, 10:30

Town Hall Meeting
Monday, August 17, 10:30

August Birthday Celebration
Monday, August 17, 11:45

Trader Joe's
Tuesday, August 18, 9:00

Scams & Frauds
Wednesday, August 19, 10:30

Alzheimer's & Dementia with Guowei
Thursday, August 20, 11:00
LECTURE IN CHINESE

Summer Party
Tuesday, August 25, 1:15

The Four Pillars of Finance
Thursday, August 27, 10:30

SUMMER HOURS

On Fridays in July and August the Center will close at 3pm

QUESTIONS? WANT TO BECOME A MEMBER?

Call us at 718-224-7888

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

Selfhelp

Funded in part by NYC Aging

LUNCH MENU - AUGUST 2026

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	4 BAKED SALMON BROWN RICE CALIFORNIA BLEND VEGETABLES CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	5 LEMON CHICKEN ORZO SAUTÉED STRING BEANS ORANGE APPLE JUICE	6 CUBAN STYLE SPLIT PEA SOUP GARDEN SALAD WITH CHICKPEAS BANANA ORANGE JUICE	7 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
10 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI GRAPES ORANGE PINEAPPLE JUICE	11 BBQ CHICKEN LEG QUARTERS BAKED SWEET POTATO SAUTÉED STRING BEANS APPLE ORANGE JUICE	12 BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	13 ITALIAN CHICKPEA PASTA SALAD GARDEN SALAD WITH CHICKPEAS CANNED SLICED PEACHES ORANGE JUICE	14 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA ORANGE PINEAPPLE JUICE
17 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	18 CHILI CON CARNE CORNBREAD WHITE RICE ITALIAN GREEN BEANS APPLE ORANGE PINEAPPLE JUICE	19 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	20 VEGETABLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	21 BAKED CHICKEN WINGS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE PINEAPPLE JUICE
24 BAKED FALAFEL BALLS BROWN RICE ISRAELI SALAD TATZIKI YOGURT DRESSING CANNED PINEAPPLE APPLE JUICE	25 BEEF SALISBURY STEAK WITH MUSHROOM SAUCE GARLIC MASHED POTATOES STEAMED CARROTS GRAPES ORANGE PINEAPPLE JUICE	26 BAKED ZITI WITH CHEESE GARDEN SALAD WITH CHICKPEAS APPLE ORANGE JUICE	27 BBQ CHICKEN LEG QUARTERS BAKED POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	28 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI ORANGE APPLE JUICE
31 SWEDISH MEATBALLS WITH TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE				