

CLEARVIEW OLDER ADULT CENTER

SEPTEMBER 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke with Irene Begins September 9	9:00 Stained Glass	9:15 StayWell with Darryl
9:00 Leisure Games	9:15 Zumba with Darryl		9:00 Leisure Games	9:30 Needlepoint with Susan
9:30 StayWell with Darryl	9:30 Ping Pong	9:15 Dance Fitness with Mary Grace	9:00 Wii Bowling	9:30 Ping Pong
9:30 Ping Pong	10:30 Zumba with Darryl		9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy
11:00 Aerobics with Michael	1:00 Stained Glass	9:30 Drawing/Painting & Beading with Susan	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Ping Pong	10:30 Zumba with Meiling	1:00 Stained Glass	12:45 Current Events with Marty 9/4, 9/18
1:00 Ping Pong	1:15 Line Dancing with Judy	1:00 Drawing/Painting & Beading with Susan	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Bingo		1:00 Ping Pong	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Line Dancing with Colin		1:15 Line Dancing with Lisa & Harrison		1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith		1:30 Tai Chi Practice with Keith		4:00 Movie Chat 9/4, 9/18

SPECIAL EVENTS

Estate Planning: Wills & Trusts
Wednesday, September 2, 10:30

The MIND Diet for Brain Health
Thursday September 3, 10:30

Cleaning Your Home Safely
Wednesday, September 9, 10:30

Town Hall Meeting
Monday, September 14, 10:30

Queens Center Rehabilitation
& Nursing
Wednesday, September 16, 10:30

Melodies & Memories with Guowei
Thursday, September 17, 11:00

September Birthday Celebration
Monday, September 21, 11:45

Trader Joe's
Tuesday, September 22, 9:00

LABOR DAY HOURS

Friday, September 4 – Closing at 2pm
Monday, September 7 - Center Closed

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 - SEPTEMBER 2026

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	2 MINISTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	3 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES STEAMED BROCCOLI CANNED SLICED PEACHES ORANGE JUICE	4 VEGETABLE LASAGNA GARDEN SALAD WITH CHICKPEAS BANANA APPLE JUICE
7 CENTER CLOSED	8 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI CANNED PINEAPPLE APPLE JUICE	9 BBQ CHICKEN LEGS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	10 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS BANANA ORANGE JUICE	11 VEGETABLE SOUP TUNA SALAD GARDEN SALAD WITH CHICKPEAS GRAPES ORANGE PINEAPPLE JUICE
14 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE ROSH HASHANA DESSERT	15 BAKED SALMON BROWN RICE CALIFORNIA BLEND VEGETABLES CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	16 LEMON CHICKEN ORZO SAUTÉED STRING BEANS ORANGE APPLE JUICE	17 CUBAN STYLE SPLIT PEA SOUP GARDEN SALAD WITH CHICKPEAS BANANA ORANGE JUICE	18 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE
21 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI GRAPES ORANGE PINEAPPLE JUICE	22 BBQ CHICKEN LEGS BAKED SWEET POTATO SAUTÉED STRING BEANS APPLE ORANGE JUICE	23 BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	24 ITALIAN PASTA SALAD WITH CHICKPEAS GARDEN SALAD WITH CHICKPEAS CANNED SLICED PEACHES ORANGE JUICE	25 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA ORANGE PINEAPPLE JUICE
28 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	29 CHILI CONCARNE CORNBREAD WHITE RICE ITALIAN CUT GREEN BEANS APPLE ORANGE PINEAPPLE JUICE	30 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE		