

CLEARVIEW OLDER ADULT CENTER

OCTOBER 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Chinese Karaoke with Irene	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	9:30 Art Workshop Begins October 13	10:30 Zumba with Meiling	9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy No session 10/2
11:00 Aerobics with Michael	10:30 Zumba with Darryl	1:00 Drawing/Painting & Beading with Susan	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Stained Glass	1:00 Ping Pong	1:00 Stained Glass	12:45 Current Events with Marty 10/9, 10/23
1:00 Ping Pong	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison No session 10/14	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Bingo	1:15 Line Dancing with Judy	1:30 Tai Chi Practice with Keith No session 10/14	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 10/2, 10/16, 10/30

SPECIAL EVENTS

Tech 101
Tuesday, October 6, 10:00

Nutrition for Managing Stress
Wednesday, October 7, 10:30

Fall Festival
Wednesday, October 7, 1:15

健康養生小组 主持人：嚴国威
10月8日, 星期四, 12:45

Retirement Planning
Thursday, October 8, 10:30

Art Workshop
Tuesdays, Oct 13 - Nov 17, 9:30

歌曲與回憶 主持人：嚴国威
星期四, 10月15日, 11:00

Tech 101
Wednesday, October 21, 9:30

When You Retire: What to Do with Employer Plan Savings
Wednesday, October 21, 10:30

All About Medicare
Thursday, October 22, 10:30

Town Hall
Monday, October 26, 10:30

October Birthday Celebration
Monday, October 26, 11:45

Medicare Advantage & Medicaid
Wednesday, October 28, 10:30

COLUMBUS DAY HOLIDAY

Monday, October 12 - 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 - OCTOBER 2026

Lunch Served 11:45 – 12:15

October 14 – Grab 'n Go Only – 11:30-12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 VEGETABLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	2 BAKED CHICKEN WINGS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE PINEAPPLE JUICE
5 BAKED FALAFEL BALLS BROWN RICE ISRAELI SALAD TATZIKI YOGURT DRESSING CANNED PINEAPPLE APPLE JUICE	6 BEEF SALISBURY STEAK WITH MUSHROOM SAUCE GARLIC MASHED POTATOES STEAMED CARROTS GRAPES ORANGE PINEAPPLE JUICE	7 BAKED ZITI WITH CHEESE GARDEN SALAD WITH CHICKPEAS APPLE ORANGE JUICE	8 BBQ CHICKEN LEGS BAKED POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	9 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI ORANGE APPLE JUICE
12 CENTER CLOSED	13 MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	14 <i>Grab 'n Go Only – 11:30-12:00</i> CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	15 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES STEAMED BROCCOLI CANNED SLICED PEACHES ORANGE JUICE	16 VEGETABLE LASAGNA GARDEN SALAD WITH CHICKPEAS BANANA APPLE JUICE
19 BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	20 BBQ CHICKEN LEGS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	21 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI CANNED PINEAPPLE APPLE JUICE	22 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	23 VEGETABLE SOUP TUNA SALAD GARDEN SALAD WITH CHICKPEAS GRAPES ORANGE PINEAPPLE JUICE
26 BAKED ZITI WITH CHEESE STEAMED SPINACH GRAPES APPLE JUICE	27 BAKED SALMON BROWN RICE CALIFORNIA BLEND VEGETABLES CANNED PINEAPPLE ORANGE PINEAPPLE JUICE	28 LEMON CHICKEN ORZO SAUTÉED STRING BEANS ORANGE APPLE JUICE	29 CUBAN STYLE SPLIT PEA SOUP GARDEN SALAD WITH CHICKPEAS BANANA ORANGE JUICE	30 SHEPHERD'S PIE STEAMED CARROTS APPLE ORANGE JUICE