CLEARVIEW OLDER ADULT CENTER
NOVEMBER 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 No class 11/10, Class held instead 11/9	10:30 Zumba with Meiling Chair: Nov 4, 18 Standing: Nov 11, 25	9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy
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 Nov 6, 20
1:00 Ping Pong	1:00 Ping Pong	1:15 Line Dancing with Lisa & Harrison *No session 11/25*	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:15 Bingo	1:15 Line Dancing with Judy *No session 11/17*	1:30 Tai Chi Practice with Keith *No session 11/25*	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 Nov 13, 27

SPECIAL EVENTS

Tech 101: Storage, Apps, & Search
Wednesday, November 4, 10:00

健康養生小组, 主持人 嚴国威
11 月 5 日, 星期四, 12:45
Wellness Support Group

KOREAN LECTURE
For people with both Medicare & Medicaid:
Medicare Advantage & Long-Term Care
Wednesday, November 11, 10:30

Medicare Overview by DFTA
Thursday, November 12, 10:30

健康養生小组, 主持人 嚴国威
11 月 12 日, 星期四, 12:45
Wellness Support Group

Crafts Fair
Friday, November 13, 9:30 -1:00

Town Hall
Monday, November 16, 10:30

Birthday Celebration
Monday, November 16, 11:45

Thanksgiving Party & Art Exhibit
Tuesday, November 17, 1:15

Tech 101: Online Shopping
Wednesday, November 18, 10:30

CHINESE LECTURE
For people with both Medicare & Medicaid:
Medicare Advantage & Long-Term Care
Thursday, November 19, 10:30

歌曲與回憶, 嚴国威
11 月 19 日, 12:45
Melodies & Memories

Nutrition: Understanding Diabetes
Tuesday, November 24, 10:30

Tech 101: Communication Apps
Wednesday, November 25, 10:00

THANKSGIVING HOLIDAY
Wednesday, Nov 25 – Closing at 2pm
Thurs & Fri, Nov 26 & 27 – 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 – NOVEMBER 2026

Lunch Served 11:45 – 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI GRAPES ORANGE PINEAPPLE JUICE	3 BBQ CHICKEN LEGS BAKED SWEET POTATO SAUTÉED STRING BEANS APPLE ORANGE JUICE	4 BAKED EGGPLANT PARMESAN PENNE STEAMED SPINACH ORANGE APPLE JUICE	**5** ITALIAN CHICKPEA PASTA SALAD GARDEN SALAD WITH CHICKPEAS CANNED SLICED PEACHES ORANGE JUICE	**6** DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA ORANGE PINEAPPLE JUICE
9 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	**10** CHILI CON CARNE WHITE RICE CORNBREAD ITALIAN CUT GREEN BEANS APPLE ORANGE PINEAPPLE JUICE	**11** BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	**12** VEGETABLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	**13** BAKED CHICKEN WINGS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE PINEAPPLE JUICE
16 BAKED FALAFEL BALLS BROWN RICE ISRAELI SALAD TZATZIKI YOGURT DRESSING CANNED PINEAPPLE APPLEJUICE	**17** TURKEY WITH GRAVY MASHED POTATOES STUFFING & CRANBERRY SAUCE STRING BEANS CHALLAH ROLL APPLE PIE APPLE JUICE	**18** BAKED ZITI WITH CHEESE GARDEN SALAD WITH CHICKPEAS APPLE ORANGE JUICE	**19** BBQ CHICKEN LEGS BAKED POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	**20** BAKED BREADED FISH MASHED POTATOES STEAMED BROCCOLI ORANGE APPLE JUICE
23 SWEDISH MEATBALLS WITH TURKEY CALIFORIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE	**24** CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	**25** MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	**26** CENTER CLOSED	**27** CENTER CLOSED
30 EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE				