

# CLEARVIEW OLDER ADULT CENTER

## FEBRUARY 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass	9:00 Stained Glass	9:00 Karaoke - English	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	10:30 Zumba with Darryl	10:30 Karaoke - Chinese	9:15 Dance Fitness with Mary Grace	10:00 ESL with Jimmy
11:00 Aerobics with Michael	10:30 English Conversation with Marlene	10:30 Zumba with Meiling	10:30 Chair Yoga with Theresa	10:30 Tai Chi Practice with Keith
1:00 Stained Glass	1:00 Stained Glass	1:00 Drawing/Painting & Beading with Susan	1:00 Stained Glass	12:45 Current Events with Marty 2/13, 2/27
1:00 Ping Pong	1:00 Ping Pong	1:00 Ping Pong	1:00 Ping Pong	1:00 Drawing/Painting & Needlepoint with Susan
1:00 Bingo	1:00 Art Residency with Steve 2/10, 2/17, 2/24	1:15 Line Dancing with Lisa & Harrison	1:15 Toning & Lifting with Darryl	1:00 Ping Pong
1:15 Indian Dance	1:15 Line Dancing with Judy No session 2/10	1:30 Tai Chi Practice with Keith		1:15 Line Dancing with Angela & Lisa
2:45 Tai Chi Practice with Keith				4:00 Movie Chat 2/6, 2/20

SPECIAL EVENTS		QUESTIONS? WANT TO BECOME A MEMBER?
Town Hall Meeting Monday, February 2, 10:30	February Birthday Celebration Monday, February 16, 11:45	Call us at 718-224-7888
Mastering Heart-Healthy Habits Wednesday, February 4, 10:30	Trader Joe's Tuesday, February 17, 9:15	Clearview Older Adult Center 208-11 26 <sup>th</sup> Ave Bayside, NY 11360
Healthy Living Bingo with Guowei Thursday, February 5, 11:00	Celebrate Lunar New Year with Line Dancing and Chinese Calligraphy Wednesday February 18, 1:15pm	
Singer Bobby Harden Tuesday, February 10, 1:30	Move Well-Age Well Presentation Thursday, February 19, 10:30	
Medicare Advantage Plans – Molina Thursday, February 12, 10:30	Crime Prevention Wednesday, February 25, 10:30	 Funded in part by NYC Aging

# LUNCH MENU - FEBRUARY 2026

Lunch Served 11:45 - 12:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WHOLE WHEAT ROTINI WITH SPINACH & CHICKPEAS STEAMED BROCCOLI ORANGE APPLE JUICE	3 SHEPHERD'S PIE STEAMED SPINACH APPLE ORANGE PINEAPPLE JUICE	4 BAKED SALMON CALIFORNIA BLEND VEGETABLES GARLIC & ROSEMARY ROASTED POTATOES CANNED PINEAPPLE APPLE JUICE	5 CHICKEN NOODLE SOUP SPINACH MOZZARELLA QUICHE TOSSED SALAD GRAPES ORANGE JUICE	6 BAKED CHICKEN WINGS BAKED SWEET POTATO STEAMED CABBAGE BANANA ORANGE PINEAPPLE JUICE
9 BAKED ZITI WITH CHEESE STEAMED SPINACH CANNED SLICED PEACHES APPLE JUICE	10 BEEF SALISBURY STEAK WITH MUSHROOM SAUCE MASHED POTATOES STEAMED CARROTS & GREEN BEANS GRAPES ORANGE PINEAPPLE JUICE	11 BAKED BREADED FISH BAKED POTATO STEAMED BROCCOLI APPLE ORANGE JUICE	12 BBQ CHICKEN LEG QUARTERS BAKED SWEET POTATO SAUTÉED STRING BEANS BANANA ORANGE JUICE	13 CUBAN STYLE SPLIT PEA SOUP TOSSED SALAD ORANGE APPLE JUICE
16 SWEDISH MEATBALLS WITH TURKEY CALIFORNIA BLEND VEGETABLES EGG NOODLES APPLE ORANGE PINEAPPLE JUICE	17 CHICKEN PARMESAN SPAGHETTI STEAMED SPINACH ORANGE ORANGE PINEAPPLE JUICE	18 BAKED FISH WITH GARLIC PARMESAN CRUST GARLIC & ROSEMARY ROASTED POTATOES SAUTÉED STRING BEANS CANNED SLICED PEACHES ORANGE JUICE	19 HEARTY MINESTRONE SOUP TOMATO & CUCUMBER SALAD GRAPES ORANGE JUICE	20 DELUXE CHEESEBURGER WITH ONIONS BAKED RED POTATO WEDGES LETTUCE & TOMATO BANANA APPLE JUICE
23 GRANDMA'S BAKED EGGPLANT PARMESAN PENNE BABY CARROTS & PARSLEY ORANGE APPLE JUICE	24 BBQ CHICKEN LEG QUARTERS BAKED MACARONI & CHEESE SAUTÉED STRING BEANS APPLE ORANGE JUICE	25 FARMHOUSE BEAN & VEGGIE STEW WHITE RICE STEAMED SPINACH CANNED PINEAPPLE APPLE JUICE	26 BEEF MEATLOAF BALSAMIC ROASTED BRUSSELS SPROUTS MASHED POTATOES BANANA ORANGE JUICE	27 VEGETABLE SOUP TUNA SALAD TOSSED SALAD GRAPES ORANGE PINEAPPLE JUICE