


# CLEARVIEW OLDER ADULT CENTER

## FEBRUARY 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Stained Glass 9:00 Leisure Games 9:30 StayWell with Darryl 9:30 Ping Pong 11:00 Aerobics with Michael 1:00 Stained Glass 1:00 Ping Pong 1:00 Bingo 1:15 Indian Dance 2:45 Tai Chi Practice with Keith	9:00 Stained Glass 9:15 Zumba with Darryl 9:30 Ping Pong 10:30 Zumba with Darryl 10:30 English Conversation with Marlene 1:00 Stained Glass 1:00 Ping Pong 1:00 Art Residency with Steve 2/10, 2/17, 2/24 1:15 Line Dancing with Judy No session 2/10	9:00 Karaoke - English 9:15 Dance Fitness with Mary Grace 9:30 Drawing/Painting & Beading with Susan 10:30 Karaoke - Chinese 10:30 Zumba with Meiling 1:00 Drawing/Painting & Beading with Susan 1:00 Ping Pong 1:15 Line Dancing with Lisa & Harrison 1:30 Tai Chi Practice with Keith	9:00 Stained Glass 9:00 Leisure Games 9:00 Wii Bowling 9:15 Dance Fitness with Mary Grace 10:30 Chair Yoga with Theresa 1:00 Stained Glass 1:00 Ping Pong 1:15 Toning & Lifting with Darryl	9:15 StayWell with Darryl 9:30 Needlepoint with Susan 9:30 Ping Pong 10:00 ESL with Jimmy 10:30 Tai Chi Practice with Keith 12:45 Current Events with Marty 2/13, 2/27 1:00 Drawing/Painting & Needlepoint with Susan 1:00 Ping Pong 1:15 Line Dancing with Angela & Lisa 4:00 Movie Chat 2/6, 2/20
<b>SPECIAL EVENTS</b>  Town Hall Meeting Monday, February 2, 10:30  Mastering Heart-Healthy Habits Wednesday, February 4, 10:30  Healthy Living Bingo with Guowei Thursday, February 5, 11:00  Singer Bobby Harden Tuesday, February 10, 1:30  Medicare Advantage Plans - Molina Thursday, February 12, 10:30			<b>QUESTIONS? WANT TO BECOME A MEMBER?</b>  Call us at 718-224-7888  Clearview Older Adult Center 208-11 26 <sup>th</sup> Ave Bayside, NY 11360    <i>Funded in part by NYC Aging</i>	
February Birthday Celebration Monday, February 16, 11:45  Trader Joe's Tuesday, February 17, 9:15  Celebrate Lunar New Year with Line Dancing and Chinese Calligraphy Wednesday February 18, 1:15pm  Move Well-Age Well Presentation Thursday, February 19, 10:30  Crime Prevention Wednesday, February 25, 10:30				

# LUNCH MENU – FEBRUARY 2026

Lunch Served 11:45 – 12:15

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