

Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473
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JANUARY 2023

Monday

Tuesday

Wednesday

Thursday

Friday

To participate, click on any scheduled time of activities for a direct link to join on ZOOM
 – or – go to <https://zoom.us/join> and sign in using the Meeting IDs & Passwords.

The highlighted times of activities will be conducted in both virtual and in person.

Sheila’s Activity Room

Meeting ID: 686 338 4309
 Password: 10460

Senior Planet

Meeting ID: 170-361-931
<https://seniorplanet.org/event/morning-stretch-4-2022-10-04/>

Nutrition Education & Health

Management Presentations w/ Tech World
 Meeting ID: 628 351 4488
 Password: 111

2



CENTER CLOSED

3

11am – Chair Exercises
 1pm – Adult Coloring
 (Winter Scenery)

4

12pm – Technology Class
 w/ Tech World
 1pm – Canvas Painting

5

11am – Recreational Games
 1pm – Jewelry Making
 w/ Betty
 2pm – Zumba Gold
 w/ Tech World

6

12pm – Recreational Games
 1pm – **New Year Celebration**



2023!

<p>9</p> <p>10am – Morning Stretch w/ Senior Planet</p> <p>12pm – The Flexitarian Diet w/ TechWorld</p> <p>1pm – Creative Arts w/ Tech World</p> <p>2pm – Senior Fitness w/ Tech World</p>	<p>10</p> <p>11am – Chair Exercises 12pm – DIY Photo Frame</p> <p>1pm – Grief & Loss Presentation w/ VNS</p>	<p>11</p> <p>12pm – Technology Class w/ Tech World</p> <p>1pm – Safety Presentation w/ NYPD</p>	<p>12</p> <p>11am – Recreational Games 12pm – Martial Arts w/ Tech World</p>	<p>13</p> <p>11am – Friday Flicks 12:15pm – Foods for Skin Health w/ Sheila</p>
<p>16</p> 	<p>17</p> <p>11am – Chair Exercises 12pm – “Ageism” w/ Tech World</p> <p>1pm – Smoke-Free Event w/ Health People</p>	<p>18</p> <p>12pm – Technology Class w/ Shanel</p> <p>1pm – DIY Snow Globes 2pm – Super Bingo</p>	<p>19</p> <p>10am – Foot Health Presentation</p> <p>11am – Recreational Games 1pm – Jewelry Making w/ Betty</p> <p>2pm – Zumba Gold w/ Tech World</p>	<p>20</p> <p>12:15pm – Nutrition for Bone & Joint Health w/ Sheila</p> <p>1pm – Birthday Celebration</p> 
<p>23</p> <p>10am – Morning Stretch w/ Senior Planet</p> <p>1pm – Creative Arts w/ Tech World</p> <p>2pm – Senior Fitness w/ Tech World</p>	<p>24</p> <p>11am – Chair Exercises 1pm – Smoke-Free Event w/ Health People</p>	<p>25</p> <p>12pm – Technology Class w/ Tech World</p> <p>1pm – Adult Coloring (Flowers)</p>	<p>26</p> <p>11am – Recreational Games 1pm – Jewelry Making w/ Betty</p> <p>2pm – Martial Arts w/ Tech World</p>	<p>27</p> <p>11am – Recreational Games 12pm – “Tele Health & Older Americans” w/ Tech World</p> <p>1pm – Smoothie Session 1:30pm – Friday Flicks</p>
<p>30</p> <p>12pm – Recreational Games 1pm – Creative Arts w/ Tech World</p> <p>2pm – Senior Fitness w/ Tech World</p>	<p>31</p> <p>11am – Sewing Pillows 12pm – Chair Exercises 1pm – Tuesday Theatre Hosted by The NY Public Library</p>	<p style="text-align: center;"><u>FUNDING PARTNERS</u></p> <p style="text-align: center;">NYC Department for the Aging NYC Department of Youth and Community Development New York State Office of Victim Services New York State Office for the Aging New York City Council Local Initiatives</p>		

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

JANUARY



CENTER CLOSED

<p>3</p> <p>Tomato Sauce Turkey Meatballs Spaghetti California Blend Vegetables Garlic Bread Orange Juice 1% Lowfat Milk Apple</p>	<p>4</p> <p>Arroz con Pollo Chicken Breast and Rice Braised Collard Greens Whole Wheat Dinner Roll Orange-Pineapple Juice 1% Lowfat Milk Banana</p>	<p>5</p> <p>Eggplant and Lentil Curry Baked Brown Rice Pilaf Israeli Salad Whole Wheat Pita Grape Juice / 1% Lowfat Milk Pear</p>	<p>6</p> <p>Lemon Pepper Fish Roasted Potatoes Sautéed Zucchini Whole Wheat Bread Orange Juice / 1% Lowfat Milk Fresh Pineapple</p>
<p>9</p> <p>Stewed Pork Chops Yellow Rice and Pigeon Peas Arugula Salad with Balsamic Vinaigrette Whole Wheat Bread Apple Juice / 1% Lowfat Milk Pear</p>	<p>10</p> <p>Chickpea Stew Brown Rice Steamed Broccoli Whole Wheat Bread Orange Juice 1% Lowfat Milk Apple</p>	<p>11</p> <p>Turkey Bean Chili Mexican Confetti Rice Broccoli and Red Pepper Salad Whole Wheat Dinner Roll Grape Juice / 1% Lowfat Milk Cantaloupe</p>	<p>12</p> <p>BBQ Chicken Leg Quarters Garlic and Rosemary Roasted Potatoes Baby Spinach w/ Lemon Vinaigrette Whole Wheat Dinner Roll Orange-Pineapple Juice 1% Lowfat Milk Banana</p>
<p>16</p> 	<p>17</p> <p>Stewed Chicken Breast Yellow Rice Vegetable Mix (Non-Starchy) Whole Wheat Bread Orange Juice / 1% Lowfat Milk Apple</p>	<p>18</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice & Pigeon Peas Yellow Plantains Mixed Green Salad Grape Juice / 1% Lowfat Milk Honey Dew</p>	<p>19</p> <p>Cheese Tortellini Light Basil Cream Sauce Steamed Carrots and Green Beans Whole Wheat Bread Orange-Pineapple Juice 1% Lowfat Milk Banana</p>
			<p>20</p> <p>Baked Salmon With Cilantro Citrus Sauce Brown Rice with Kidney Beans California Blend Vegetables Whole Wheat Dinner Roll Grape Juice / 1% Lowfat Milk Tangerine</p>

23

Baked Chicken Quarters
Baked Macaroni & Cheese
Roasted Broccoli
Apple Juice / 1% Lowfat Milk
Fresh Pineapple

24

Pork Spare Ribs
Baked Brown Rice Pilaf
Easy Black Beans
Steamed Collard Greens
Orange Juice/ 1% Lowfat Milk
Apple

25

Vegetable Lasagna
Mixed Green Salad
Garlic Bread
Grape Juice / 1% Lowfat Milk
Banana

26

Chicken Salad
Lettuce and Tomato
Spinach, Apple and Red Onion Salad
Whole Wheat Bread
Apple Juice / 1% Lowfat Milk
Orange

27

Bistec Encebollao
(Puerto Rican Steak and Onions)
Yellow Rice and Pigeon Peas
Baby Carrots w/Parsley
Orange-Pineapple Juice
1% Lowfat Milk
Pear

30

BBQ Chicken Leg Quarters
Roasted Potatoes and Vegetables
Sautéed Spinach
Whole Wheat Dinner Roll
Grape Juice / 1% Lowfat Milk
Orange

31

Chickpea Stew
Brown Rice
Beet, Arugula, and Feta Salad
Whole Wheat Bread
Orange-Pineapple Juice
1% Lowfat Milk
Apple

