



# Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473  
 Tel: 929-263-1182 / Fax: 347-284-3045



**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

**FUNDING PARTNERS**

NYC 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

1

12pm – Technology Class  
 w/ Tech World  
 1pm – Jewelry Making  
 w/ Betty  
 2pm – Card Games

2

11am – Recreational Games  
 1pm – Jewelry Making  
 w/ Betty  
 2pm – Stretching Exercises  
 w/ Tech World

3

12pm – Dominoes  
 1pm – Smoothie Session  
 2pm – Friday Flicks

<p>6</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p><b>11am</b> – Understanding Weight Loss Diets w/ Tech World</p> <p>12pm – Senior Fitness w/ Tech World</p> <p>1pm – Creative Arts w/ Tech World*</p>	<p>7</p> <p>11am – Chair Exercises</p> <p><b>12pm</b> – Virtual Reality Technological Aids for the Elderly w/ Tech World</p> <p>1pm – Canvas Painting</p>	<p>8</p> <p><b>12pm – Senior Theatre w/ SU-CASA</b></p> <p>1pm – Technology Class w/ Tech World</p> <p>2pm – Jewelry Making w/ Betty</p>	<p>9</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Yoga w/ Tech World</p>	<p>10</p> <p>11am – Colon Health Presentation</p> <p><b>12pm</b> – How to Read Food Labels w/ Tech World</p> <p><b>1pm – Birthday Celebration</b></p> 
<p>13</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p>1pm – Creative Arts w/ Tech World</p> <p>2pm – Senior Fitness w/ Tech World</p>	<p>14</p> <p>11am – Chair Exercises</p> <p><b>12:15pm</b> – Sleep Self Management Tips w/ Sheila</p> <p><b>1pm – Citizens Preparedness w/ NY Division of Military &amp; Naval Affairs</b></p>	<p>15</p> <p><b>11am – Senior Theatre w/ SU-CASA</b></p> <p>12:45pm – Stretching w/ Tech World</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Card Games</p>	<p>16</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p><b>1pm – Movie Day Hosted by The NY Public Library</b></p>	<p>17</p> <p>11am – Dominoes</p> <p><b>12pm – Soundview's Bake Sale</b></p> <p><b>2pm – St. Patrick's Day Celebration*</b></p>
<p>20</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p><b>12:15pm</b> – Eating Disorders &amp; Aging w/ Sheila</p> <p>1pm – Creative Arts w/ Tech World*</p>	<p>21</p> <p>11am – Chair Exercises</p> <p>1pm – Asthma Presentation w/ Senior Whole Health</p> <p>1:30pm – St. Patrick's Picture Frames w/ Katherine</p> <p><b>2pm – Woman History Month Celebration*</b></p>	<p>22</p> <p>11:30am – Technology Class w/ Tech World</p> <p><b>12:30pm – Senior Theatre w/ SU-CASA</b></p>	<p>23</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Yoga w/ Tech World</p>	<p>24</p> <p>11am – Dominoes</p> <p>12pm – Smoothie Session</p> <p><b>1pm – Fun Friday (Heads Up)</b></p>
<p>27</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p><b>1pm – Elder Abuse Awareness w/ Ashly Carlos, VIP</b></p> <p>2pm – Creative Arts w/ Tech World</p>	<p>28</p> <p>12pm – Chair Exercises</p> <p>1pm – Recreational Games</p> <p><b>2pm – Safety Presentation w/ NYPD</b></p>	<p>29</p> <p><b>11am – Senior Theatre w/ SU-CASA</b></p> <p>1pm – Technology Class w/ Tech World</p> <p>2pm – Jewelry Making w/ Betty</p>	<p>30</p> <p><b>12pm</b> – Climate Change w/ Tech World</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Silver Sneakers Exercises</p>	<p>31</p> <p>11am – Dominoes</p> <p>12pm – DIY Heart Puzzle</p> <p>1:15pm – 3D Gem Painting</p> <p><b>2pm – Soundview's Jewelry Sale</b></p>

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm



2023

1

Pernil (Roasted Pork Shoulder)  
Yellow Rice & Pigeon Peas  
Yellow Plantains  
Mixed Green Salad  
Grape Juice / 1% Lowfat Milk  
Honey Dew

2

Cheese Tortellini (Pre-Prepared)  
Light Basil Cream Sauce  
Steamed Carrots and Green Beans  
Whole Wheat Bread  
Orange-Pineapple Juice  
1% Lowfat Milk  
Banana

3

Baked Salmon  
With Cilantro Citrus Sauce  
Brown Rice with Kidney Beans  
California Blend Vegetables  
Whole Wheat Dinner Roll  
Grape Juice / 1% Lowfat Milk  
Tangerine

6

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

7

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

8

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

9

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

10

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

13

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

14

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

15

Beef Stir Fry w/Broccoli  
and Carrots  
Brown Rice  
Steamed Carrots  
Whole Wheat Bread  
Grape Juice / 1% Lowfat Milk  
Cantaloupe

16

Stewed Codfish  
(Bacalao Fresco Guisado)  
White Rice  
California Blend Vegetables  
Whole Wheat Bread  
Orange Juice / 1% Lowfat Milk  
Banana

17

Beef and Turkey Meatloaf  
w/Mushroom Gravy  
Instant Mashed Potatoes  
Sautéed Green Beans  
Whole Wheat Dinner Roll  
Apple Juice / 1% Lowfat Milk  
Pear

<p><b>20</b></p> <p><b>Sofrito Steak Rice and Red Beans Mixed Green Salad Whole Wheat Bread Grape Juice 1% Lowfat Milk Orange</b></p>	<p><b>21</b></p> <p><b>Tuna Fish Salad Cabbage Carrot Slaw Lettuce and Tomato Whole Wheat Bread Orange-Pineapple Juice 1% Lowfat Milk Apple</b></p>	<p><b>22</b></p> <p><b>Pork Tenderloin w/Zesty Cilantro Sauce Black Beans and Rice Steamed Carrots and Green Beans Whole Wheat Bread Apple Juice /1% Lowfat Milk Banana</b></p>	<p><b>23</b></p> <p><b>Baked Ziti w/Ricotta Broccoli w/Toasted Garlic Garlic Bread Orange Juice 1% Lowfat Milk Fresh Pineapple</b></p>	<p><b>24</b></p> <p><b>Spanish Style Baked Chicken Brown Rice Yuca con Mojo (Yuca with Garlic lime Sauce) Spinach, Hard Boiled Egg, Mushroom and Red Onion Salad Orange-Pineapple Juice 1% Lowfat Milk Pear</b></p>
<p><b>27</b></p> <p><b>Spanish Style Beef Stew White Rice Baby Carrots w/Parsley Whole Wheat Dinner Roll Apple Juice / 1% Lowfat Milk Orange</b></p>	<p><b>28</b></p> <p><b>Tomato Sauce Turkey Meatballs Spaghetti California Blend Vegetables Garlic Bread Orange Juice 1% Lowfat Milk Apple</b></p>	<p><b>29</b></p> <p><b>Arroz con Pollo Chicken Breast and Rice Braised Collard Greens Whole Wheat Dinner Roll Orange-Pineapple Juice 1% Lowfat Milk Banana</b></p>	<p><b>30</b></p> <p><b>Eggplant and Lentil Curry Baked Brown Rice Pilaf Israeli Salad Whole Wheat Pita Grape Juice / 1% Lowfat Milk 30 Pear</b></p>	<p><b>31</b></p> <p><b>Lemon Pepper Fish Roasted Potatoes Sautéed Zucchini Whole Wheat Bread Orange Juice / 1% Lowfat Milk Fresh Pineapple</b></p>