# Soundview Social Club

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>
| 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/](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 |  

*To participate, click on any scheduled time of activities for a direct link to join on ZOOM or go to [https://zoom.us/join](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.*
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</table>
| 1 | 11:30am - Jewelry Making w/Betty | 2 | 11am – Dominoes  
 12:30pm – Chair Boxing w/Tech World*  
 2pm – Creative Arts w/Tech World |
| 2 | 11:30am - Jewelry Making w/Betty | 3 |   |
| 3 | 12pm – Technology Class w/Tech World  
 1:30pm – Thursday Theatre | 4 |   |
| 4 | 10am – Morning Stretch w/ Senior Planet  
 12pm-Chair Exercises w/Tech World  
 1pm – Creative Arts w/ Tech World | 5 |   |
| 5 | 11am – Recreational Games  
 12pm – Chair Boxing w/ Tech World  
 1pm – Heart Health w/ Tech World  
 2pm – Creative Arts w/ Tech World* | 6 |   |
| 6 | 11am- Canvas Painting  
 12pm – Technology Class w/ Tech World  
 1pm – Smoothie Session*  
 2pm – Jewelry Making w/Betty  
 2pm – Creative Arts w/ Tech World* | 7 |   |
| 7 | 11am – Recreational Games  
 12pm – Stretching w/ Tech World*  
 1pm – Jewelry Making w/ Betty  
 2pm – Choir Rehearsal | 8 |   |
| 8 | 11am – 3D Gem Painting  
 12:30pm – Chair Boxing w/ Tech World  
 3pm – Creative Arts w/Tech World* | 9 |   |
| 9 | 11am – Dominoes  
 12:30pm – Sugar Busters w/Tech World | 10 |   |
| 10 | 10am – Morning Stretch w/ Senior Planet  
 12pm – “Cognitive Health” w/ Tech World  
 1pm – Creative Arts w/ Tech World* | 11 | Walmart Trip  
 9:30am- Maestro’s SHOPP Fashion Show |
| 11 | 11am – Recreational Games  
 12pm – Stretching w/ Tech World*  
 1pm- Technology Class w/ Tech World*  
 2pm – Jewelry Making w/ Betty | 12 |   |
| 12 | 11am – 3D Gem Painting  
 12:30pm – Chair Boxing w/ Tech World  
 3pm – Creative Arts w/Tech World* | 13 |   |
| 13 | 11am – Recreational Games  
 12pm – Stretching w/ Tech World*  
 1pm- Technology Class w/ Tech World*  
 2pm – Jewelry Making w/ Betty | 14 |   |
| 14 | 11am – Dominoes  
 12:30pm – Chair Boxing w/Tech World*  
 2pm – Creative Arts w/Tech World |
| 15 | 11am – Dominoes  
 12pm – Chair Boxing w/Tech World*  
 2pm – Creative Arts w/Tech World |
| 16 | 11am – Dominoes  
 12pm – Sugar Busters w/Tech World |
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>19</td>
<td>Center Closed In observance of</td>
</tr>
<tr>
<td>20</td>
<td>10am - Chair Exercises w/ Tech World*</td>
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<tr>
<td></td>
<td>12pm - Chair Boxing w/ Tech World*</td>
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<tr>
<td></td>
<td>1pm - “Exercise” w/ Tech World*</td>
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<td></td>
<td>2pm - Salad Making w/ Shanel*</td>
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<tr>
<td>21</td>
<td>10am - Golden Corral Trip</td>
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<tr>
<td>22</td>
<td>11am - Recreational Games w/ Tech World*</td>
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<tr>
<td></td>
<td>12pm - Stretching w/ Tech World*</td>
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<tr>
<td></td>
<td>1pm - Technology Class w/ Tech World*</td>
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<tr>
<td></td>
<td>2pm - Jewelry Making w/ Betty</td>
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<tr>
<td>23</td>
<td>11am - Nutrition &amp; Brain Health w/ Tech World*</td>
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<tr>
<td></td>
<td>12:30pm - Chair Boxing w/ Tech World*</td>
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<td></td>
<td>3pm - Creative Arts w/ Tech World*</td>
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<tr>
<td>26</td>
<td>10am - Morning Stretch w/ Senior Planet</td>
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<td></td>
<td>12pm - Water: Hydration, Cognition &amp; the Effect w/ Tech World</td>
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<tr>
<td></td>
<td>1pm - Creative Arts w/ Tech World*</td>
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<tr>
<td>27</td>
<td>12pm - Chair Boxing w/ Tech World*</td>
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<tr>
<td></td>
<td>1pm - “Movement Issues” w/ Tech World*</td>
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<tr>
<td></td>
<td>2pm - Smoothie Session</td>
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<tr>
<td>28</td>
<td>10am - City Island Trip</td>
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<tr>
<td>29</td>
<td>11am - Jewelry Making w/ Betty</td>
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<tr>
<td></td>
<td>12pm - Stretching w/ Tech World*</td>
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<tr>
<td></td>
<td>1pm - Technology Class w/ Tech World*</td>
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<tr>
<td></td>
<td>2pm - Inflammageing: How to prevent Inflammation with good nutrition w/ Tech World</td>
</tr>
<tr>
<td>30</td>
<td>11am - Recreational Games</td>
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<tr>
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<td>12pm - Summer Bash</td>
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# Soundview Social Club Lunch Menu

**Served Monday - Friday at 12pm**

| 1 | Chicken Salad  
Lettuce and Tomato  
Spinach, Apple, and Red Onion Salad  
Whole Wheat Bread  
Apple Juice / 1% Lowfat Milk  
Orange |
|---|---|
| 2 | Bistec Encebollao  
(Puerto Rican Steak and Onions)  
Yellow Rice and Pigeon Peas  
Baby Carrots w/Parsley  
Orange-Pineapple Juice  
1% Lowfat Milk  
Pear |
| 3 | BBQ Chicken Leg Quarters  
Roasted Potatoes and Vegetables  
Whole Wheat Dinner Roll  
Grape Juice / 1% Lowfat Milk  
Orange |
| 4 | Cumin Spiced Chickpea & Tomato Stew  
Brown Rice  
Beet, Arugula, and Feta Salad  
Whole Wheat Bread  
Orange-Pineapple Juice  
1% Lowfat Milk  
Apple |
| 5 | Beef Stir Fry w/Broccoli and Carrots  
Brown Rice  
Steamed Carrots  
Whole Wheat Bread  
Grape Juice / 1% Lowfat Milk  
Cantaloupe |
| 6 | Stewed Codfish  
(Bacalao Fresco Guisado)  
White Rice  
California Blend Vegetables  
Whole Wheat Bread  
Orange Juice / 1% Lowfat Milk  
Banana |
| 7 | Beef and Turkey Meatloaf w/Mushroom Gravy  
Instant Mashed Potatoes  
Sautéed Green Beans  
Whole Wheat Dinner Roll  
Apple Juice / 1% Lowfat Milk  
Pear |
| 8 | Sofrito Steak w/ Peppers & Onions  
Rice and Red Beans  
Mixed Green Salad  
Whole Wheat Bread  
Grape Juice  
1% Lowfat Milk  
Orange |
| 9 | Tuna Fish Salad  
Cabbage Carrot Slaw  
Lettuce and Tomato  
Whole Wheat Bread  
Orange-Pineapple Juice  
1% Lowfat Milk  
Apple |
| 10 | Pork Tenderloin w/Zesty Cilantro Sauce  
Black Beans and Rice  
Steamed Carrots and Green Beans  
Whole Wheat Bread  
Apple Juice / 1% Lowfat Milk  
Banana |
| 11 | Baked Ziti w/Ricotta  
Broccoli w/Toasted Garlic  
Garlic Bread  
Orange Juice  
1% Lowfat Milk  
Fresh Pineapple |
| 12 | 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 |
### 19. Center Closed in Observance of Juneteenth

- Tomato Sauce Turkey Meatballs Spaghetti California Blend Vegetables Garlic Bread Orange Juice 1% Lowfat Milk Apple

### 20. Tomato Sauce Turkey Meatballs Spaghetti California Blend Vegetables Garlic Bread Orange Juice 1% Lowfat Milk Apple

### 21. Arroz con Pollo Chicken Breast and Rice Braised Collard Greens Whole Wheat Dinner Roll Orange-Pineapple Juice 1% Lowfat Milk Banana

### 22. Eggplant and Lentil Curry Baked Brown Rice Pilaf Israeli Salad Whole Wheat Pita Grape Juice / 1% Lowfat Milk Pear

### 23. Lemon Pepper Fish Roasted Potatoes Sauteed Zucchini Whole Wheat Bread Orange Juice / 1% Lowfat Milk Fresh Pineapple

### 26. Stewed Pork Chops Yellow Rice and Pigeon Peas Arugula Salad with Balsamic Vinaigrette Whole Wheat Bread Apple Juice / 1% Lowfat Milk Pear

### 27. Cumin Spiced Chickpea & Tomato Stew Brown Rice Steamed Broccoli Whole Wheat Bread Orange Juice 1% Lowfat Milk Apple

### 28. Turkey Bean Chili Mexican Confetti Rice Broccoli and Red Pepper Salad Whole Wheat Dinner Roll Grape Juice / 1% Lowfat Milk Cantaloupe

### 29. 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

### 30. Codfish Salad White Rice Lettuce and Tomato Yuca w/ Onions Whole Wheat Bread Apple Juice / 1% Lowfat Milk Orange