



# Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

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# 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



1

11am – **BINGO** etize

12pm – Recreational  
Games

<p>4</p> 	<p>5</p> <p>11am – 3D Gem Coaster Painting</p> <p><b>12pm</b> – Intergenerational Friendship w/ TechWorld</p> <p>1pm – Chair Boxing w/ Tech World</p> <p>2pm – <i>The Chit-Chat Club</i></p>	<p>6</p> <p><b>11am</b> – <b>B I N G O</b> eize®</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Creative Arts</p>	<p>7</p> <p><b>11am</b> – <b>B I N G O</b> eize®</p> <p>12pm – Stretching w/ Tech World</p> <p>12:30pm – Jewelry Making w/ Betty</p> <p>2pm – Thursday Theatre</p>	<p>8</p> <p><b>11am - 4pm</b></p> <p><b>Soundview's 2<sup>nd</sup> Annual Open House</b></p>
<p>11</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p><b>12pm</b> – Nutrition &amp; Lifestyle For Better Sleep w/ Tech World</p> <p>1:30pm – Technology w/ Tech World</p>	<p>12</p> <p>11am – Canvas Painting</p> <p><b>12pm</b> – Healthy Aging w/ Sheila</p> <p>1pm – Chair Boxing w/ Tech World</p> <p>2pm – <i>The Chit-Chat Club</i></p>	<p>13</p> <p><b>11am</b> – <b>B I N G O</b> eize®</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Creative Arts</p>	<p>14</p> <p>11am – Recreational Games</p> <p>12pm – Stretching w/ Tech World</p> <p>1pm – Technology w/ Tech World</p> <p>2pm – Jewelry Making w/ Betty</p>	<p>15</p> <p><b>11am</b> – <b>B I N G O</b> eize®</p> <p><b>12pm</b> – <b>National Older Adult Center Month Celebration</b></p>
<p>18</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p><b>12pm</b> – Summer Eating for Heart Health w/ Tech World</p> <p>1:30pm – Technology w/ Tech World</p>	<p>19</p> <p>11am – Ceramic Painting</p> <p><b>12pm</b> – Health &amp; Wellness Presentation w/ Tech World</p> <p>1pm – Chair Boxing w/ Tech World</p> <p>2pm – <i>The Chit-Chat Club</i></p>	<p>20</p> <p><b>11am</b> – <b>B I N G O</b> eize®</p> <p><b>12pm</b> – <b>Movie Trip for 'Excellent Attendance'</b></p>	<p>21</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Technology w/ Tech World</p> <p><b>2pm</b> – <b>Thursday Theatre w/ NY Public Library</b></p>	<p>22</p> <p><b>11am</b> – <b>B I N G O</b> eize®</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1:30pm – Creative Arts</p>
<p>25</p> <p><b>10am</b> – Morning Stretch w/ Senior Planet</p> <p>1:30pm – Technology w/ Tech World</p>	<p>26</p> <p>11am – Canvas Painting</p> <p><b>12pm</b> – Health Literacy w/ Sheila</p> <p>2pm – <i>The Chit-Chat Club</i></p>	<p>27</p> <p>11am – Music Therapy</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Creative Arts</p>	<p>28</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>2pm – Thursday Theatre</p>	<p>29</p> <p>11am – Recreational Games</p> <p><b>12pm</b> – <b>Birthday Celebration</b></p> 

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

					<p><b>1</b></p> <p>Lemon Pepper Fish Garlic &amp; Rosemary Roasted Potatoes Creamy Spinach Whole Wheat Bread 1% Lowfat Milk Pear</p>
<p><b>4</b></p> 	<p><b>5</b></p> <p>Black Bean Tacos w/Pineapple Salsa Mexican Confetti Rice Tomato &amp; Cucumber Salad w/Dressing 1% Lowfat Milk Apple</p>	<p><b>6</b></p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice &amp; Pigeon Peas Mixed Green Salad Whole Wheat Dinner Roll 1% Lowfat Milk Pear</p>	<p><b>7</b></p> <p>Baked Salmon w/Cilantro Citrus Sauce White Rice Steamed Carrots &amp; Green Beans Stewed Beans 1% Lowfat Milk Banana</p>	<p><b>8</b></p> <p>BBQ Chicken Leg Quarters Apple Sweet Potatoes California Blend Vegetables Whole Wheat Dinner Roll 1% Lowfat Milk Orange</p>	
<p><b>11</b></p> <p>Whole Wheat Bean Burrito Brown Rice Garden Salad 1% Lowfat Milk Banana</p>	<p><b>12</b></p> <p>Pork Spare Ribs Baked Brown Rice Pilaf Easy Black beans Kale w/Tomato Steamed Collard Greens 1% Low Fat milk Apple</p>	<p><b>13</b></p> <p>Spanish Style Baked Fish Whole Wheat Macaroni &amp; Cheese Mixed Green Salad 1% Low Fat Milk Orange</p>	<p><b>14</b></p> <p>Stewed Chicken Breast Yellow Rice &amp; Pigeon Peas Lettuce &amp; Tomato Yellow Plantains 1% Low Fat Milk Pear</p>	<p><b>15</b></p> <p>Bistec Encebollao (Puerto Rican Steak &amp; Onions) Roasted Potatoes Mixed Green Salad 1% Low Fat Milk Banana</p>	

<p><b>18</b></p> <p><b>BBQ Chicken Leg Quarters</b>  <b>Rice &amp; Red Beans</b>  <b>Roasted Potatoes &amp; Vegetables</b>  <b>1% Lowfat Milk</b>  <b>Banana</b></p>	<p><b>19</b></p> <p><b>Meat Sauce</b>  <b>Whole Wheat Spaghetti</b>  <b>Beet, Arugula &amp; Feta Salad</b>  <b>Whole Wheat Bread</b>  <b>1% Lowfat Milk</b>  <b>Apple</b></p>	<p><b>20</b></p> <p><b>Lasagna Roll Ups</b>  <b>w/ Tofu Ricotta</b>  <b>Raw Broccoli Salad</b>  <b>Whole Wheat Dinner Roll</b>  <b>1% Lowfat Milk</b>  <b>Orange</b></p>	<p><b>21</b></p> <p><b>Italian Sausage</b>  <b>Sauteed Mushrooms, Peppers &amp; Onions</b>  <b>Baked Red Potato Wedges</b>  <b>California Blend Vegetables</b>  <b>Whole Wheat Bread</b>  <b>1% Lowfat Milk</b>  <b>Pear</b></p>	<p><b>22</b></p> <p><b>Stewed Codfish</b>  <b>White Rice</b>  <b>Cucumber &amp; Tomato Salad</b>  <b>w/ Balsamic Vinaigrette</b>  <b>Whole Wheat Dinner Roll</b>  <b>1% Lowfat Milk</b>  <b>Banana</b></p>
<p><b>25</b></p> <p><b>Sofrito Steak</b>  <b>w/ Peppers &amp; Onions</b>  <b>Rice and Red Beans</b>  <b>Mixed Green Salad</b>  <b>Whole Wheat Bread</b>  <b>1% Lowfat Milk</b>  <b>Orange</b></p>	<p><b>26</b></p> <p><b>Spanish Style Baked Chicken</b>  <b>Black Beans &amp; Rice</b>  <b>Brown Rice</b>  <b>Lettuce &amp; Tomato</b>  <b>1% Lowfat Milk</b>  <b>Apple</b></p>	<p><b>27</b></p> <p><b>Pork Tenderloin</b>  <b>w/Zesty Cilantro Sauce</b>  <b>Roasted Sweet Potato Slices</b>  <b>Steamed Carrots</b>  <b>and Green Beans</b>  <b>Whole Wheat Bread</b>  <b>1% Lowfat Milk</b>  <b>Banana</b></p>	<p><b>28</b></p> <p><b>Whole Wheat Baked Ziti</b>  <b>w/ Vegetables</b>  <b>Caesar Salad</b>  <b>Whole Wheat Bread</b>  <b>1% Lowfat Milk</b>  <b>Oranges</b></p>	<p><b>29</b></p> <p><b>Tuna Fish Salad</b>  <b>Spinach, Hard Boiled Egg,</b>  <b>Mushroom</b>  <b>and Red Onion Salad</b>  <b>Whole Wheat Hamburger Bun</b>  <b>1% Lowfat Milk</b>  <b>Pear</b></p>

**This program is funded by NYC Aging**