



www.nshopp.org



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

Tel: 929-263-1182 / Fax: 347-284-3045



2023

This calendar is subject to change

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.

Nutrition Education & Health Management Presentations w/ Tech World

Meeting ID: 628 351 4488

Password: 111

1




11am – Blood Pressure Screening w/ CUNY RN
12:30pm – Health Presentation w/ CUNY RN
1:30pm – Creative Arts w/ Tech World

2

11am – Recreational Games
1pm – Jewelry Making w/ Betty
2pm – Chair Exercises

3




11am – Anxiety Attacks w/ Tech World
1pm - Walk With Ease
1:30pm – Creative Arts w/ Tech World

<p>6</p> <p>12pm – Nutrition & Immune System w/ Tech World</p> <p>1pm – Walk With Ease</p> <p>1:30pm – Technology w/ Tech World</p> <p>2:30pm – Meditation Mondays</p>	<p>7</p> <p>11am – Recreational Games</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Walk With Ease</p> <p>1:30pm – Tuesday Theatre</p>	<p>8</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12:30pm – Health Presentation w/ CUNY RN</p> <p>1:30pm – Creative Arts w/ Tech World</p>	<p>9</p> <p>11am – Senior Advisory Election Day!</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Boxing w/ Tech World</p>	<p>10</p> <p>11am – Migraines w/ Tech World</p> <p>1pm – Walk With Ease</p> <p>1:30pm – Creative Arts w/ Tech World</p>
<p>13</p> <p>12pm – DIY Thanksgiving Centerpieces</p> <p>1pm – Walk With Ease</p> <p>1:30pm – Self Defense w/ Tech World</p> <p>2:30pm – Meditation Mondays</p>	<p>14</p> <p>11am – Recreational Games</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Bingo Tournament w/ NYPD</p>	<p>15</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12:30pm – Health Presentation w/ CUNY RN</p> <p>1:30pm – Creative Arts w/ Tech World</p>	<p>16</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Boxing w/ Tech World</p>	<p>17</p> <p>11am – The Association of Social Media with Social Well-Being & Mental Health w/ Tech World</p> <p>12pm – Thanksgiving Feast</p>
<p>20</p> <p>12pm – Tweaking the Diet For Pre-diabetes w/ Tech World</p> <p>1pm – Walk With Ease</p> <p>1:30pm – Self Defense w/ Tech World</p> <p>2:30pm – Meditation Mondays</p>	<p>21</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Walk With Ease</p> <p>2pm – Chair Yoga w/ Tech World</p>	<p>22</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12:30pm – Health Presentation w/ CUNY RN</p>	<p>23</p> 	<p>24</p> 
<p>27</p> <p>1pm – Walk With Ease</p> <p>1:30pm – Technology w/ Tech World</p> <p>2:30pm – Meditation Mondays</p>	<p>28</p> <p>11am – Canvas Painting</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Walk With Ease</p> <p>1:30pm – Tuesday Theatre</p>	<p>29</p> <p>11am – Recreational Games</p> <p>12pm – Golden Corral Trip</p>	<p>30</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Boxing w/ Tech World</p>	 <p>This program is funded by NYC Aging</p>

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

	<p>1</p> <p>Spanish Style Baked Fish Whole Wheat Macaroni & Cheese Mixed Green Salad 1% Low Fat Milk Orange</p>	<p>2</p> <p>Stewed Chicken Breast Yellow Rice & Pigeon Peas Lettuce & Tomato Yellow Plantains 1% Low Fat Milk Pear</p>	<p>3</p> <p>Puerto Rican Steak & Onions Roasted Potatoes Mixed Green Salad Whole Wheat Dinner Roll 1 % Low Fat Milk Banana</p>	
<p>6</p> <p>BBQ Chicken Leg Quarters Rice & Red Beans California Blend Vegetables 1% Lowfat Milk Banana</p>	<p>7</p> <p>Meat Sauce Whole Wheat Spaghetti Beet, Arugula & Feta Salad Italian Cut Green Beans 1% Lowfat Milk Apple</p>	<p>8</p> <p>Lasagna Roll Ups w/Tofu Ricotta Steamed Broccoli & Cauliflower Whole Wheat Dinner Roll 1% Lowfat Milk Orange</p>	<p>9</p> <p>Italian Sausage Sauteed Mushrooms, Peppers & Onions Baked Red Potato Wedges California Blend Vegetables Whole Wheat Bread 1% Lowfat Milk Pear</p>	<p>10</p> <p>Stewed Codfish Brown Rice w/Black Beans Cucumber & Tomato Salad w/Balsamic Vinaigrette 1% Lowfat Milk Banana</p>
<p>13</p> <p>Sofrito Steak w/ Peppers & Onions Rice and Red Beans Mixed Green Salad Whole Wheat Bread 1% Lowfat Milk Orange</p>	<p>14</p> <p>Spanish Style Baked Chicken Black Beans & Rice Brown Rice Lettuce & Tomato 1% Lowfat Milk Apple</p>	<p>15</p> <p>Pork Tenderloin w/Zesty Cilantro Sauce Roasted Sweet Potato Slices Steamed Carrots and Green Beans Whole Wheat Bread 1% Lowfat Milk Banana</p>	<p>16</p> <p>Whole Wheat Baked Ziti w/ Vegetables Caesar Salad Whole Wheat Bread 1% Lowfat Milk Oranges</p>	<p>17</p> <p>Ginger & Lime Salmon Rice w/Vegetables Spinach, Hard Boiled Egg, Mushroom & Red Onion Salad 1% Lowfat Milk Pear</p>

<p>20</p> <p>Yankee Pot Roast Cauliflower & Potato Mash Baby Carrots w/Parsley Whole Wheat Dinner Roll 1% Lowfat Milk Orange</p>	<p>21</p> <p>Baked Turkey Wings Brown Rice w/Kidney Beans Mixed Green Salad Whole Wheat Bread 1% Lowfat Milk Apple</p>	<p>22</p> <p>Arroz con Pollo Chicken Breast & Rice Stewed Pink Beans Tossed Salad w/Dressing Whole Wheat Dinner Roll 1% Lowfat Milk Pear</p>	<p>23</p> 	<p>24</p> 
<p>27</p> <p>Stewed Pork Chops Yellow Rice & Pigeon Peas Garden Salad Whole Wheat Bread 1% Lowfat Milk Pear</p>	<p>28</p> <p>Vegan Baked Ziti w/Tofu Ricotta Steamed Broccoli Whole Wheat Bread 1% Low Fat milk Apple</p>	<p>29</p> <p>Sofrito Steak w/ Peppers & Onions Rice and Red Beans Mixed Green Salad Whole Wheat Bread 1% Lowfat Milk Orange</p>	<p>30</p> <p>Oven Fried Chicken Wings Brown Rice w/Kidney Beans Baby Spinach Salad w/Lemon Vinaigrette 1% Low Fat Milk Banana</p>	 <p>This program is funded by NYC Aging</p>