



www.nshopp.org



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

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



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 CENTER CLOSED 	2 12pm - New Year Celebration 	3 12pm – Recreational Games 1pm – Creative Arts w/ Lisa, Tech World 2:30pm – Black History Month Play Rehearsal	4 11am – Recreational Games 1pm – Jewelry Making w/ Betty 2pm – Chair Exercises	5 11am – Canvas Painting 1pm – Nutrition for Bone Health w/ Shanel 2:30pm – Black History Month Play Rehearsal
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<p>8</p> <p>12pm – Nutrition & Food Trends Ahead for 2024 w/ Pnina, Tech World</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>9</p> <p>11am – Recreational Games</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1:30pm – Tuesday Theatre</p>	<p>10</p> <p>11am – Walmart Trip</p>	<p>11</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p>	<p>12</p> <p>11am – DIY Ceramic Planters</p> <p>12pm – Health Presentation on ‘Eczema’ w/ Charles, TechWorld</p> <p>1pm – Creative Arts w/ Lisa, Tech World</p>
<p>15</p> 	<p>16</p> <p>11am – Recreational Games</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>2pm – Salad Making w/ Shanel</p>	<p>17</p> <p>11am – DIY Wintery Mason Jars</p> <p>1pm – Creative Arts w/ Lisa, Tech World</p> <p>2pm – “Common Types of Elder Financial Exploitation” w/ Ponce Bank</p>	<p>18</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Boxing w/ David, Tech World</p>	<p>19</p> <p>12:15pm – 2024 Small Food Changes w/ Sheila</p> <p>1pm – Creative Arts w/ Lisa, Tech World</p> <p>2pm – Stretching w/ Peter, Tech World</p>
<p>22</p> <p>12pm – Nutrition Presentation w/ Pnina, Tech World</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>23</p> <p>11am – Recreational Games</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Jewelry Boxes w/ Betty & Blanche</p> <p>2pm – Salad Making w/ Shanel</p>	<p>24</p> <p>12pm – General Membership Meeting</p> <p>1pm – Creative Arts w/ Lisa, Tech World</p> <p>2:30pm – Black History Month Play Rehearsal</p>	<p>25</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Boxing w/ Tech World</p>	<p>26</p> <p>11am – Jewelry Boxes w/ Betty & Blanche</p> <p>12pm – Health Presentation on ‘Fistulas’ w/ Charles, Tech World</p> <p>1pm – Creative Arts w/ Lisa, Tech World</p> <p>2pm – Stretching w/ Peter, Tech World</p> <p>2:45pm – Black History Month Play Rehearsal</p>
<p>29</p> <p>12pm – Mental Health & Aging w/ Sheila</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>30</p> <p>11am – Recreational Games</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1:30pm – Tuesday Theatre</p>	<p>31</p> <p>12pm – Birthday Celebration</p>  <p>2:30pm – Black History Month Play Rehearsal</p>	 <p>This program is funded by NYC Aging</p>	

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

1		2	Baked Turkey Wings Brown Rice w/Kidney Beans Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Apple	3	Chicken Breast & Rice Stewed Pink Beans Tossed Salad w/Dressing Whole Wheat Dinner Roll 1% Low Fat Milk Pear	4	Whole Wheat Rotini w/Spinach, Chickpeas & Garlic Italian Cut Green Beans Steamed Broccoli 1% Low Fat Milk Orange	5	Fish w/Fresh Salsa Relish Dirty Brown Rice Sauteed Zucchini 1% Low Fat Milk Apple
8	Stewed Pork Chops Yellow Rice & Pigeon Peas Garden Salad Whole Wheat Bread 1% Low Fat Milk Pear	9	Vegan Baked Ziti w/Tofu Ricotta Steamed Broccoli Whole Wheat Bread 1% Low Fat Milk	10	Sofrito Steak w/Peppers & Onions Brown Rice Mixed Green Salad 1% Low Fat Milk Orange	11	Oven Fried Chicken Wings Brown Rice w/ Kidney Beans Baby Spinach Salad w/Lemon Vinaigrette 1% Low Fat Milk Banana	12	Lemon Pepper Fish Garlic & Rosemary Roasted Potatoes Creamy Spinach 1% Low Fat Milk Pear
15		16	Black Bean Tacos w/Pineapple Salsa Mexican Confetti Rice Tomato & Cucumber Salad w/Dressing 1% Low Fat Milk Apple	17	Pernil (Roasted Pork Shoulder) Brown Rice Mixed Green Salad Whole Wheat Dinner Roll 1% Low Fat Milk Pear	18	Baked Salmon w/Cilantro Citrus Sauce Brown Rice Steamed Carrots & Green Beans Stewed Beans 1% Low Fat Milk Banana	19	BBQ Chicken Leg Quarters Apple Sweet Potatoes California Blend Vegetables Whole Wheat Dinner Roll 1% Low Fat Milk Orange

22	Whole Wheat Bean Burrito Brown Rice Garden Salad Whole Wheat Bread 1% Low Fat Milk Banana	23	Pork Spare Ribs Baked Brown Rice Pilaf Easy Black Beans Kale w/Tomato Steamed Collard Greens 1% Low Fat Milk Apple	24	Spanish Style Baked Fish Whole Wheat Macaroni & Cheese Mixed Green Salad 1% Low Fat Milk Orange	25	Stewed Chicken Breast Yellow Rice & Pigeon Peas Lettuce & Tomato Yellow Plantains 1% Low Fat Milk Pear	26	Puerto Rican Steak & Onions Roasted Potatoes Mixed Green Salad Whole Wheat Dinner Roll 1% Low Fat Milk Banana
29	BBQ Chicken Leg Quarters Rice & Red Beans California Blend Vegetables 1% Low Fat Milk Banana	30	Meat Sauce Whole Wheat Spaghetti Beet, Arugula & Feta Salad Italian Cut Green Beans 1% Low Fat Milk Apple	31	Lasagna Roll Ups w/Tofu Ricotta Steamed Broccoli & Cauliflower Whole Wheat Dinner Roll 1% Low Fat Milk Orange	<div><p>2024</p><p>This program is funded by NYC Aging</p></div>			