



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



<p>1</p> <p>11am – Recreational Games          1pm – Jewelry Making              w/ Betty          2pm – Chair Boxing              w/ Peter, Tech World</p>	<p>2</p> <p>11am – Black History Month          Play Rehearsal  <b>12pm</b> – “Heart Health”              w/ Charles, TechWorld          1pm – Creative Arts              w/ Lisa, Tech World</p>
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<p>5 11am – Black History Month Play Rehearsal <b>12pm</b> – “New Developments for Nutrition &amp; Sleep” w/ Pnina, TechWorld 1pm – Technology Class w/ Carlos, TechWorld 2pm – Meditation Mondays</p>	<p>6 11am – Black History Month Play Rehearsal 12pm – <i>The Chit Chat Club</i> 1pm – Loom Knitting w/ Carmen <b>2pm – Tuesday Theatre</b></p>	<p>7 <b>11am – Walmart Trip</b></p>	<p>8 11am – Recreational Games 12pm – Valentine Pillow Making w/ Shanel 2pm – Stretching w/ Peter, Tech World</p>	<p>9 11am – Black History Month Play Rehearsal <b>12pm</b> – “Movement Issues” w/ Charles, TechWorld 1pm – Creative Arts w/ Lisa, Tech World</p>
<p>12 11am – Black History Month Play Rehearsal <b>12pm</b> – “Sugar Sweeteners &amp; Heart Health” w/ Pnina, TechWorld 2pm – Meditation Mondays</p>	<p>13 <b>11am – Buffet Trip</b> 1pm – Recreational Games</p>	<p>14 11am – Health Management w/ CUNY RN <b>12pm – Valentine’s Day Celebration w/ DJ Radar</b></p>	<p>15 11am – Recreational Games <b>12pm – Bingo Tournament w/ the NYPD</b></p>	<p>16 11am – Valentine’s Ceramic Painting <b>1pm</b> – Black History Month Performance at SHOPP Casa Boricua OAC</p>
<p>19 </p>	<p>20 12pm – <i>The Chit Chat Club</i> 1pm – Loom Knitting w/ Carmen <b>2pm – Tuesday Theatre</b></p>	<p>21 11am – Health Management w/ CUNY RN 2pm – Scams Targeting Veterans w/ Ponce Bank</p>	<p>22 11am – Recreational Games <b>1pm – Fire Safety Presentation w/ FDNY</b> 2pm – Chair Boxing w/ Peter, Tech World</p>	<p>23 <b>1:30pm – Black History Month Fashion Show at Lafayette Estates</b> </p>
<p>26 12pm – Canvas Painting 1pm – Technology Class w/ Carlos, TechWorld 2pm – Meditation Mondays</p>	<p>27 11am – Recreational Games 12pm – <i>The Chit Chat Club</i> 1pm – Loom Knitting w/ Carmen <b>2pm – Tuesday Theatre</b></p>	<p>28 11am – Health Management w/ CUNY RN <b>12pm – General Membership Meeting</b> <b>2pm – Game Day at Soundview</b></p>	<p>29 11am – Recreational Games 1pm – Jewelry Making w/ Betty 2pm – Chair Boxing w/ Peter, Tech World</p>	<p><b>American Heart Month</b>  This program is funded by NYC Aging</p>

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm



2024

<p><b>1</b></p> <p>Italian Sausage Sauteed Mushrooms, Peppers &amp; Onions Baked Red Potato Wedges California Blend Vegetables Whole Wheat Bread 1% Low Fat Milk Pear</p>	<p><b>2</b></p> <p>Stewed Codfish Brown Rice w/Black Beans Cucumber &amp; Tomato Salad w/Balsamic Vinaigrette 1% Low Fat Milk Banana</p>			
<p><b>5</b></p> <p>Sofrito Steak w/Peppers &amp; Onions Rice &amp; Red Beans Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p><b>6</b></p> <p>Spanish Style Baked Chicken Black Beans &amp; Rice Brown Rice Lettuce &amp; Tomato 1% Low Fat Milk Apple</p>	<p><b>7</b></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><b>8</b></p> <p>Whole Wheat Baked Ziti w/ Vegetables Caesar Salad Whole Wheat Bread 1% Low Fat Milk Oranges</p>	<p><b>9</b></p> <p>Ginger &amp; Lime Salmon Rice w/Vegetables Spinach, Hard Boiled Egg, Mushroom &amp; Red Onion Salad 1% Low Fat Milk Pear</p>
<p><b>12</b></p> <p>Yankee Pot Roast Cauliflower &amp; Potato Mash Baby Carrots w/Parsley Whole Wheat Dinner Roll 1% Low Fat Milk Orange</p>	<p><b>13</b></p> <p>Baked Turkey Wings Brown Rice w/Kidney Beans Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p><b>14</b></p> <p>Chicken Breast &amp; Rice Stewed Pink Beans Tossed Salad w/Dressing Whole Wheat Dinner Roll 1% Low Fat Milk Pear</p>	<p><b>15</b></p> <p>Whole Wheat Rotini w/Spinach Chickpeas, &amp; Garlic Italian Cut Green Beans Steamed Broccoli 1%Low Fat Milk Orange</p>	<p><b>16</b></p> <p>Fish w/ Fresh Salsa Relish Dirty Brown Rice Sauteed Zucchini 1% Low Fat Milk Apple</p>



**20**  
**Vegan Baked Ziti**  
**w/Tofu Ricotta**  
**Steamed Broccoli**  
**Whole Wheat Bread**  
**1% Low Fat Milk**

**21**  
**Sofrito Steak**  
**w/Peppers & Onions**  
**Brown Rice**  
**Mixed Green Salad**  
**1% Low Fat Milk**  
**Orange**

**22**  
**Oven Fried Chicken Wings**  
**Brown Rice w/ Kidney Beans**  
**Baby Spinach Salad**  
**w/Lemon Vinaigrette**  
**1% Low Fat Milk**  
**Banana**

**23**  
**Lemon Pepper Fish**  
**Garlic & Rosemary**  
**Roasted Potatoes**  
**Creamy Spinach**  
**1% Low Fat Milk**  
**Pear**

**26**  
**BBQ Chicken Leg Quarters**  
**Rice & Red Beans**  
**California Blend Vegetables**  
**1% Low Fat Milk**  
**Banana**

**27**  
**Black Bean Tacos**  
**w/Pineapple Salsa**  
**Mexican Confetti Rice**  
**Tomato & Cucumber Salad**  
**w/Dressing**  
**1% Low Fat Milk**  
**Apple**

**28**  
**Pernil (Roasted Pork Shoulder)**  
**Brown Rice**  
**Mixed Green Salad**  
**Whole Wheat Dinner Roll**  
**1% Low Fat Milk**  
**Pear**

**29**  
**Baked Salmon**  
**w/Cilantro Citrus Sauce**  
**Brown Rice**  
**Steamed Carrots & Green Beans**  
**Stewed Beans**  
**1% Low Fat Milk**  
**Banana**



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