



www.nshopp.org



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473
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2024

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>12pm – ‘Healthy Diet & Moving More for Aging’ w/ Pnina, TechWorld</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>2</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Loom Knitting w/ Carmen</p> <p>2pm – Tuesday Theatre</p>	<p>3</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12pm – Health Presentation w/ CUNY RN</p> <p>1pm – Line Dancing w/ Mary</p>	<p>4</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Stretching w/ Peter, TechWorld</p>	<p>5</p> <p>12pm – Walking Club</p> <p>1pm – Creative Arts w/ Lisa, TechWorld</p>
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<p>8</p> <p>12pm – ‘Weight Management for Healthy Aging’ w/ Pnina, Tech World</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>9</p> <p>11am – Queens Center Mall Trip</p>	<p>10</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12pm – Health Presentation w/ CUNY RN</p> <p>1pm – Line Dancing w/ Mary</p>	<p>11</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Stretching w/ Peter, TechWorld</p>	<p>12</p> <p>11am – Walking Club</p> <p>12pm – ‘GI Gut Health’ w/ Charles, TechWorld</p> <p>1pm – Creative Arts w/ Lisa, TechWorld</p> <p>2pm – Recreational Games</p>
<p>15</p> <p>12pm – Salad Making w/ Shanel</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>16</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Loom Knitting w/ Carmen</p> <p>2pm – Tuesday Theatre</p>	<p>17</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12pm – Health Presentation w/ CUNY RN</p> <p>2pm – Line Dancing w/ Mary</p>	<p>18</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Stretching w/ Peter, TechWorld</p>	<p>19</p> <p>11am – Walking Club</p> <p>12pm – ‘Exercise’ w/ Charles, TechWorld</p> <p>1pm – DIY Spring Centerpieces w/ Shanel</p>
<p>22</p> <p>11am – Walmart Shopping Trip (Queens)</p>	<p>23</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Loom Knitting w/ Carmen</p> <p>2pm – Tuesday Theatre</p>	<p>24</p> <p>11am – Blood Pressure Screening w/ CUNY RN</p> <p>12pm – Health Presentation w/ CUNY RN</p> <p>1pm – General Membership Meeting</p>	<p>25</p> <p>11am – Recreational Games</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – Chair Exercises w/ Shanel</p>	<p>26</p> <p>11am – Walking Club</p> <p>12pm – Smoothie Session</p> <p>1pm – Creative Arts w/ Lisa, TechWorld</p> <p>2pm – Recreational Games</p>
<p>29</p> <p>12pm – Canvas Painting w/ Shanel</p> <p>1pm – Technology Class w/ Shanel</p> <p>2pm – Meditation Mondays</p>	<p>30</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – BAKE SALE</p> 	 <p>This program is funded by NYC Aging.</p>		

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

<p>1</p> <p>Sofrito Steak w/Peppers & Onions Caribbean Rice & Red Beans Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p>2</p> <p>Spanish Style Baked Chicken Apple Sweet Potatoes Lettuce & Tomato Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p>3</p> <p>Pernil (Roasted Pork Shoulder) Mexican Style Brown Rice w/Pigeon Peas Steamed Carrots & Green Beans 1% Low Fat Milk Banana</p>	<p>4</p> <p>Hearty Winter Minestrone Soup Brown Rice Arugula Salad w/ Balsamic Vinaigrette 1% Low Fat Milk Orange</p>	<p>5</p> <p>Ginger & Lime Salmon Roasted Potatoes Spinach, Hard Boiled Egg, Mushroom & Red Onion Salad 1% Low Fat Milk Pear</p>
<p>8</p> <p>Beef Pot Roast Garlic Mashed Potatoes Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p>9</p> <p>Baked Pork Chops Brown Rice w/Kidney Beans Mixed Green Salad 1% Low Fat Milk Apple</p>	<p>10</p> <p>Baked Chicken Breast Rice w/Vegetables Tossed Salad w/Dressing 1% Low Fat Milk Pear</p>	<p>11</p> <p>Springtime Whole Wheat Rotini w/Spinach & Chickpeas Italian Cut Green Beans 1%Low Fat Milk Orange</p>	<p>12</p> <p>Fish w/ Fresh Salsa Relish Roasted Potatoes Ceasar Salad Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>15</p> <p>Stewed Pork Chops Mashed Sweet Potatoes Garden Salad Whole Wheat Bread 1% Low Fat Milk Pear</p>	<p>16</p> <p>Cozy Lentil & Veggie Soup Perfect White Rice Tomato & Cucumber Salad w/ Dressing 1%Low Fat Milk Apple</p>	<p>17</p> <p>Roasted Chicken Legs Roasted Potatoes & Vegetables Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p>18</p> <p>Sofrito Steak w/Peppers & Onions Brown Rice Baby Spinach w/ Lemon Vinaigrette 1% Low Fat Milk Banana</p>	<p>19</p> <p>Lemon Pepper Fish Garlic & Rosemary Roasted Potatoes Whole Wheat Bread 1% Low Fat Milk Pear</p>

<p>22 Puerto Rican Steak & Onions Roasted Potatoes Lettuce & Tomato Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p>23 Cajun Style White Beans & Greens Brown Rice Tomato & Cucumber Salad w/ Dressing 1% Low Fat Milk Apple</p>	<p>24 Pernil (Roasted Pork Shoulder) Mexican Confetti Rice Mixed Green Salad 1% Lowfat Milk Pear</p>	<p>25 BBQ Chicken Leg Quarters Apple Sweet Potatoes California Blend Vegetables Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>26 Baked Salmon w/ Cilantro Citrus Sauce Brown Rice Steamed Carrots 1% Low Fat Milk Orange</p>
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29
Springtime Whole Wheat Rotini
w/Spinach & Chickpeas
Garden Salad
1%Low Fat Milk
Banana

30
Pork Spare Ribs
Baked Brown Rice Pilaf
Tomato & Cucumber Salad
w/ Dressing
Ultimate Stewed Black Beans
1% Low Fat Milk
Apple



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