



www.nshopp.org



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

Tel: 929-263-1182 / Fax: 718-691-4557



This calendar is subject to change
This program is funded by NYC Aging

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

May is Older Americans Month



1

11am – Blood Pressure Screening w/ CUNY RN
12pm – Health Presentation w/ CUNY RN
1pm – Wednesday Cinema

2

11am – Recreational Games
12pm – Technology Class w/ Shanel
1pm – Jewelry Making w/ Betty

3

10am – Walking Club
11:30am – Target Shopping Trip

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|--|---|---|--|--|
| <p>6</p> <p>12pm – ‘Diet for Arthritis’ w/ Pnina, TechWorld</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p> | <p>7</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>8</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>2pm – BingoCize</p> | <p>9</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Salad Making w/ Shanel</p> <p>2pm – BingoCize</p> | <p>10</p> <p>10am – Walking Club</p> <p>11:30am – Mother’s Day Luncheon Trip</p> |
| <p>13</p> <p>12pm – ‘Sodium in the Diet’ w/ Pnina, TechWorld</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p> | <p>14</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Elder Abuse Presentation w/ SHOPP VIP Program</p> <p>2pm – Tuesday Theatre</p> | <p>15</p> <p>11am – Smoothie Session w/ Shanel</p> <p>12pm – ‘Stiff Person Syndrome’ w/ Charles, TechWorld</p> <p>2pm – BingoCize</p> | <p>16</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – BingoCize</p> | <p>17</p> <p>11am – Birthday Bash w/ DJ Radar </p> <p>1pm – Creative Arts w/ Lisa, TechWorld</p> |
| <p>20</p> <p>Center Closed Staff Development Day</p> | <p>21</p> <p>11am – Golden Corral Trip</p> | <p>22</p> <p>12pm – ‘Chronic Fatigue Syndrome’ w/ Charles, TechWorld</p> <p>1pm – General Membership Meeting</p> <p>2pm – BingoCize</p> | <p>23</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – BingoCize</p> | <p>24</p> <p>11am – Walking Club</p> <p>12:30pm – Creative Arts w/ Lisa, TechWorld</p> |
| <p>27</p>  | <p>28</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>29</p> <p>12pm – Garden Planting w/ Shanel</p> <p>1pm – Line Dancing w/ Mary</p> <p>2pm – BingoCize</p> | <p>30</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – BingoCize</p> | <p>31</p> <p>11am – Older Americans Month Field Day & BBQ at Soundview Park</p> |

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

This program is funded by NYC Aging



2024

| | | | | |
|---|--|---|---|--|
| <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 Lettuce & Tomato 1% Low Fat Milk Pear</p> | <p>3</p> <p>Puerto Rican Steak & Onions Roasted Potatoes Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Banana</p> | | |
| <p>6</p> <p>BBQ Chicken Leg Quarters Caribbean Rice & Red Beans California Blend Vegetables Whole Wheat Bread 1% Low Fat Milk Banana</p> | <p>7</p> <p>Meat Sauce Whole Wheat Spaghetti Arugula Salad w/Roasted Beets & Carrots 1% Low Fat Milk Apple</p> | <p>8</p> <p>Mediterranean Stewed ChickPeas Yellow Rice Cesar Salad 1% Low Fat Milk Orange</p> | <p>9</p> <p>Italian Sausage Baked Red Potato Wedges Italian Blend Vegetables Whole Wheat Dinner Roll 1% Low Fat Milk Pear</p> | <p>10</p> <p>Stewed Codfish Brown Rice w Black Beans Cucumber & Tomato Salad 1% Low Fat Milk Banana</p> |
| <p>13</p> <p>Sofrito Steak w/Peppers & Onions Caribbean Rice & Red Beans Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Orange</p> | <p>14</p> <p>Spanish Style Baked Chicken Apple Sweet Potatoes Lettuce & Tomato Whole Wheat Bread 1% Low Fat Milk Apple</p> | <p>15</p> <p>Pernil (Roasted Pork Shoulder) Mexican Style Brown Rice w/Pigeon Peas Steamed Carrots & Green Beans 1% Low Fat Milk Banana</p> | <p>16</p> <p>Hearty Winter Minestrone Soup Brown Rice Arugula Salad w/ Balsamic Vinaigrette 1% Low Fat Milk Orange</p> | <p>17</p> <p>Ginger & Lime Salmon Roasted Potatoes Spinach, Hard Boiled Egg, Mushroom & Red Onion Salad 1% Low Fat Milk Pear</p> |

20

**Center Closed
Staff
Development Day**

27



21

**Baked Pork Chops
Brown Rice w/Kidney Beans
Mixed Green Salad
1% Low Fat Milk
Apple**

22

**Baked Chicken Breast
Rice w/Vegetables
Tossed Salad w/Dressing
1% Low Fat Milk
Pear**

23

**Springtime Whole Wheat Rotini
w/Spinach & Chickpeas
Italian Cut Green Beans
1%Low Fat Milk
Orange**

24

**Fish w/ Fresh Salsa Relish
Roasted Potatoes
Ceasar Salad
Whole Wheat Bread
1% Low Fat Milk
Apple**

28

**Cozy Lentil & Veggie Soup
Perfect White Rice
Tomato & Cucumber Salad
w/ Dressing
1%Low Fat Milk
Apple**

29

**Roasted Chicken Legs
Roasted Potatoes & Vegetables
Mixed Green Salad
Whole Wheat Bread
1% Low Fat Milk
Orange**

30

**Sofrito Steak
w/Peppers & Onions
Brown Rice
Baby Spinach w/ Lemon Vinaigrette
1% Low Fat Milk
Banana**

31

**Lemon Pepper Fish
Garlic & Rosemary
Roasted Potatoes
Whole Wheat Bread
1% Low Fat Milk
Pear**