



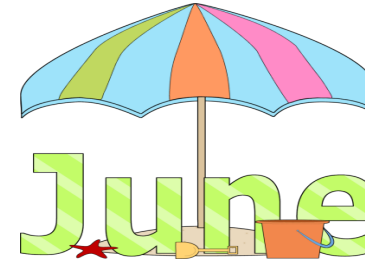
www.nshopp.org



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

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



June 2024

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


<p>3</p> <p>12pm – ‘Nutrition w/ Spices & Herbs’ w/ Pnina, TechWorld 1pm – Technology Class w/ Shanel 2pm – Meditation Mondays</p>	<p>4</p> <p>11am – Chair Exercises w/ Shanel 12pm – <i>The Chit Chat Club</i> 1pm – Loom Knitting w/ Carmen 2pm – Tuesday Theatre</p>	<p>5</p> <p>12pm – General Membership Meeting 1pm – Recreational Games 2pm – BingoCize</p>	<p>6</p> <p>11am – Jewelry Making w/ Betty 12pm – Stretching w/ Shanel 1pm – BingoCize</p>	<p>7</p> <p>10am – Walking Club 11am – ‘Respiratory Syncytial Virus’ w/ Charles, TechWorld 12pm – Walmart Shopping Trip</p>
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<p>10</p> <p>12pm – ‘Summer Eating & Brain Health’ w/ Pnina, TechWorld</p> <p>1pm – Technology Class w/ Shanel</p> <p>2pm – Meditation Mondays</p>	<p>11</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Loom Knitting w/ Carmen</p> <p>2pm – Chair Exercises w/ VNS</p>	<p>12</p> <p>8:45am – SHOPP Fashion Show at Maestros</p> <p>11am – Recreational Games</p> <p>1pm – Wednesday Theatre</p>	<p>13</p> <p>11am – Recreational Games</p> <p>12pm – Stretching w/ Peter, TechWorld</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – BingoCize</p>	<p>14</p> <p>12pm – Father’s Day Celebration / BBQ</p> <p>1pm – Creative Arts w/ Lisa, TechWorld</p>
<p>17</p> <p>12pm – Salad Making w/ Shanel</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>18</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Juneteenth Trivia</p>  <p>2pm – Tuesday Theatre</p>	<p>19</p>  <p>We will be CLOSED June 19th in observance of Juneteenth</p>	<p>20</p> <p>11am – Recreational Games</p> <p>12pm – Chair Boxing w/ Peter, TechWorld</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – BingoCize</p>	<p>21</p> <p>11am – Recreational Games</p> <p>12pm – Bowling Trip</p>
<p>24</p> <p>1pm – Technology Class w/ Carlos, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>25</p> <p>11am – Chair Exercises</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Loom Knitting w/ Carmen</p> <p>2pm – Tuesday Theatre</p>	<p>26</p> <p>11am – Recreational Games</p> <p>12:30pm – Fire Safety Presentation w/ FDNY</p> <p>2pm – BingoCize</p> <p>2pm – ‘Talent is Timeless’ Round 1 Competition</p>	<p>27</p> <p>11am – Recreational Games</p> <p>12pm – Chair Boxing w/ Peter, TechWorld</p> <p>1pm – Jewelry Making w/ Betty</p> <p>2pm – BingoCize</p>	<p>28</p> <p>11am – Walking Club</p> <p>12pm – ‘Medulloblastoma’ w/ Charles, TechWorld</p> <p>1pm – Creative Arts w/ Lisa, TechWorld</p>

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

This program is funded by NYC Aging

<p>3</p> <p>Pork Chops Yellow Rice & Pigeon Peas Lettuce & Tomato 1% Low Fat Milk Orange</p>	<p>4</p> <p>Cajun Style White Beans & Greens Brown Rice Tomato & Cucumber Salad 1% Low Fat Milk Apple</p>	<p>5</p> <p>Pernil (Roasted Pork Shoulder) Mexican Confetti Rice Mixed Green Salad 1% Low Fat Milk Pear</p>	<p>6</p> <p>BBQ Chicken Leg Quarters Apple Sweet Potatoes California Blend Vegetables Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>7</p> <p>Baked Salmon w/Cilantro Citrus Sauce Brown Rice Steamed Carrots 1% Low Fat Milk Orange</p>
<p>10</p> <p>Springtime Whole Wheat Rotini w/Spinach & Chickpeas Garden Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>11</p> <p>Pork Spareribs Baked Brown Rice Pilaf Ultimate Stewed Black Beans Tomato & Cucumber Salad 1% Low Fat Milk Apple</p>	<p>12</p> <p>Spanish Style Baked Fish Whole Wheat Macaroni & Cheese Mixed Green Salad 1% Low Fat Milk Orange</p>	<p>13</p> <p>Stewed Chicken Breast Yellow Rice Lettuce & Tomato 1% Low Fat Milk Pear</p>	<p>14</p> <p>Puerto Rican Steak & Onions Roasted Potatoes Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Banana</p>
<p>17</p> <p>BBQ Chicken Leg Quarters Caribbean Rice & Red Beans California Blend Vegetables Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>18</p> <p>Meat Sauce Whole Wheat Spaghetti Arugula Salad w/Roasted Beets & Carrots 1% Low Fat Milk Apple</p>	<p>19</p> 	<p>20</p> <p>Italian Sausage Baked Red Potato Wedges Italian Blend Vegetables Whole Wheat Dinner Roll 1% Low Fat Milk Pear</p>	<p>21</p> <p>Stewed Codfish Brown Rice w Black Beans Cucumber & Tomato Salad 1% Low Fat Milk Banana</p>
<p>24</p> <p>Sofrito Steak w/Peppers & Onions Caribbean Rice & Red Beans Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p>25</p> <p>Spanish Style Baked Chicken Apple Sweet Potatoes Lettuce & Tomato Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p>26</p> <p>Pernil (Roasted Pork Shoulder) Mexican Style Brown Rice w/Pigeon Peas Steamed Carrots & Green Beans 1% Low Fat Milk Banana</p>	<p>27</p> <p>Hearty Winter Minestrone Soup Brown Rice Arugula Salad w/ Balsamic Vinaigrette 1% Low Fat Milk Orange</p>	<p>28</p> <p>Ginger & Lime Salmon Roasted Potatoes Spinach, Hard Boiled Egg, Mushroom & Red Onion Salad 1% Low Fat Milk Pear</p>