



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

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



2024

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


Monday

Tuesday

Wednesday

Thursday

Friday


<p>1</p> <p>12pm – Technology Class w/ Shanel 1pm – Meditation Mondays 2pm – BingoCize</p>	<p>2</p> <p>11am – Chair Exercises w/ Shanel 12pm – <i>The Chit Chat Club</i> 1pm – Salad Making w/ Shanel 2pm – Tuesday Theatre</p>	<p>3</p> <p>11am – Walking Club 12pm – 3D Gem Painting 1:30pm – BingoCize</p>	<p>4</p> 	<p>5</p> <p>11am – Jewelry Making w/ Betty 1pm – Recreational Games</p>
<p>8</p> <p>10am – Walking Club 12pm – Independence Day BBQ Party</p>	<p>9</p> <p>11am – Chair Exercises w/ Shanel 12pm – <i>The Chit Chat Club</i> 1pm – Technology Class w/ Shanel 2pm – Tuesday Theatre</p>	<p>10</p> <p>10am – Walmart Shopping Trip</p>	<p>11</p> <p>11am – Recreational Games 12pm – Stretching Exercises w/ Shanel 2pm – BingoCize</p>	<p>12</p> <p>12pm – Soundview's Fundraising Event 2pm – Recreational Games</p>

<p>15</p> <p>12pm – Nutrition Presentation w/ Shanel</p> <p>1pm – Technology Class w/ Shanel</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>2pm – Tuesday Theatre</p>	<p>17</p> <p>11am – Walking Club</p> <p>12pm – 3D Gem Painting</p> <p>1pm – Loom Knitting w/ Carmen</p> <p>2pm – BingoCize</p>	<p>18</p> <p>11am – Recreational Games</p> <p>12pm – Stretching Exercises w/ Shanel</p> <p>2pm – BingoCize</p>	<p>19</p> <p>11am – Walking Club</p> <p>12pm – Canvas Painting</p> <p>2pm – Stretching Exercises w/ Shanel</p>
<p>22</p> <p>12pm – Movie Monday</p> <p>2pm – Meditation Mondays</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 – Smoothie Session w/ Shanel</p>	<p>24</p> <p>11am – Walking Club</p> <p>12pm – 3D Gem Painting</p> <p>1pm – General Membership Meeting</p> <p>2pm – BingoCize</p>	<p>25</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making w/ Betty</p> <p>2pm – BingoCize</p>	<p>26</p> <p>11am – Recreational Games</p> <p>12pm – Bowling Trip</p>
<p>29</p> <p>12pm – Jewelry Making w/ Betty</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 – Loom Knitting w/ Carmen</p> <p>2pm – Tuesday Theatre</p>	<p>31</p> <p>11am – Walking Club</p> <p>12pm – 3D Gem Painting</p> <p>1:30pm – BingoCize</p>		

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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<p>1 Beef Meat Sauce w/ Peppers & Onions Whole Wheat Spaghetti Corn Niblets 1% Low Fat Milk Banana</p>	<p>2 Baked Chicken Thighs Brown Rice Lettuce & Tomato 1% Low Fat Milk Apple</p>	<p>3 Pernil (Roasted Pork Shoulder) Arroz con Gandules California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>4</p> 	<p>5 Baked Fish Roasted Potatoes Baby Carrots w/ Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>8 Smothered Pork Chops Brown Rice w/Kidney Beans Lettuce & Tomato 1% Low Fat Milk Banana</p>	<p>9 BBQ Chicken Leg Quarters Garlic Mashed Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p>10 Lemon Pepper Fish Perfect White Rice Italian Blend Vegetables 1% Low Fat Milk Orange</p>	<p>11 Marvelously Meaty Mushroom Lasagna Garden Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>12 Baked Chicken Thighs Rice w/Vegetables California Blend Vegetables 1% Low Fat Milk Apple</p>
<p>15 Pernil (Pork Shoulder) Arroz con Gandules Steamed Broccoli 1% Low Fat Milk Banana</p>	<p>16 Turkey Meat Sauce Penne Mixed Green Salad 1% Low Fat Milk Apple</p>	<p>17 Oven Fried Chicken Wings Brown Rice w/ Black Beans Italian Cut Green Beans 1 % Low Fat Milk Orange</p>	<p>18 Cajun Style White Beans & Greens Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>19 Oven Fried Fish Roasted Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>

<p>22</p> <p>Chili con Carne Garlic Mashed Potatoes Steamed Carrots & Green Beans Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>23</p> <p>Baked Chicken Thighs Brown Rice w/ Kidney Beans Creamed Spinach 1% Low Fat Milk Apple</p>	<p>24</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice Tomato & Cucumber Salad 1% Low Fat Milk Orange</p>	<p>25</p> <p>Tabbouleh w/ Chickpeas Garlic & Rosemary Roasted Potatoes Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>26</p> <p>Jerk Chicken Leg Quarters Perfect White Rice Mixed Green Salad 1% Low Fat Milk Apple</p>
<p>29</p> <p>BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Green Beans w/Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>30</p> <p>Baked Chicken Quarters Rice w/Vegetables Baby Spinach Salad w/ Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>31</p> <p>Italian Sausage Brown Rice Steamed Cauliflower 1% Low Fat Milk Orange</p>		