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# Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473

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

# August 2024

**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



1

11am – Recreational Games  
12pm – Stretching  
w/ Peter, TechWorld  
1pm – BingoCize  
2pm – 3D Gem Painting

2

11am – Recreational Games  
**12pm** – Vertigo Presentation  
w/ Charles, TechWorld  
1pm – Canvas Painting  
w/ Shanel

<p>5</p> <p><b>12pm</b> – Nutrition Presentation w/ Pnina, TechWorld</p> <p>1pm – Meditation Mondays</p> <p>2pm – Technology Class w/ Carlos, TechWorld</p>	<p>6</p> <p>11am – Chair Exercises w/ Shanel</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>2pm – Tuesday Theatre</b></p>	<p>7</p> <p>9am – Walking Club</p> <p><b>10am – Walmart Shopping Trip</b></p>	<p>8</p> <p>11am – Recreational Games</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p>9</p> <p>11am – Recreational Games</p> <p><b>12pm</b> – Anxiety Attacks Presentation w/ Charles, TechWorld</p> <p>2pm – Creative Arts w/ Lisa, TechWorld</p>
<p>12</p> <p><b>12pm</b> – Nutrition Presentation w/ Pnina, TechWorld</p> <p>1pm – Meditation Mondays</p> <p>2pm – Technology Class w/ Carlos, TechWorld</p>	<p>13</p> <p>11am – Chair Exercises</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>2pm – Tuesday Theatre</b></p>	<p>14</p> <p>11am – Walking Club</p> <p><b>1pm – Senior Advisory Board Meeting</b></p> <p>2pm – 3D Gem Painting</p>	<p>15</p> <p>11am – Recreational Games</p> <p><b>1pm – Soundview's Carnival Day</b></p>	<p>16</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making</p> <p><b>2pm – Self-Defense Class w/ VNS Health</b></p>
<p>19</p> <p>12pm – Smoothie Session w/ Shanel</p> <p>1pm – Meditation Mondays</p> <p>2pm – Technology Class w/ Carlos, TechWorld</p>	<p>20</p> <p>10am – Chair Exercises w/ Shanel</p> <p><b>11am – Coney Island Aquarium Trip</b></p>	<p>21</p> <p>11am – Walking Club</p> <p><b>1pm – General Membership Meeting</b></p> <p>2pm – 3D Gem Painting</p>	<p>22</p> <p>11am – Recreational Games</p> <p>1pm – Chair Boxing w/ Peter, TechWorld</p> <p>2pm – Canvas Painting</p>	<p>23</p> <p>10am – Recreational Games</p> <p>11am – Jewelry Making</p> <p>12pm – Canvas Tote Bag Decorating w/ Shanel</p>
<p>26</p> <p>12pm – Salad Making w/ Shanel</p> <p>1pm – Technology Class w/ Shanel</p> <p>2pm – Meditation Mondays</p>	<p>27</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><b>2pm – Tuesday Theatre</b></p>	<p>28</p> <p><b>8am Holiday Hills Trip</b></p>	<p>29</p> <p>11am – Recreational Games</p> <p>1pm – Chair Boxing w/ Peter, TechWorld</p> <p>2pm – Canvas Painting</p>	<p>30</p> <p>11am – Recreational Games</p> <p>12pm – Jewelry Making</p> <p>2pm – Creative Arts w/ Lisa, TechWorld</p>

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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2024

1

Whole Wheat Spaghetti w/Hearty  
Red Lentil Sauce  
Ceasar Salad  
Whole Wheat Bread  
1% Low Fat Milk  
Banana

2

Mexican Style Chicken Thighs  
& Rice  
Mexican Confetti Rice  
Roasted Broccoli  
1% Low Fat Milk  
Apple

5

Meat Sauce  
Pasta  
Sauteed Green Beans w/Onions  
Whole Wheat Bread  
1% Low Fat Milk  
Banana

6

Arroz con Pollo  
Perfect White Rice  
Baby Spinach w/Lemon  
Vinaigrette  
1% Low Fat Milk  
Apple

7

Pernil (Roasted Pork Shoulder)  
Arroz con Gandules  
California Blend Vegetables  
1% Low Fat Milk  
Orange

8

Springtime Whole Wheat Rotini  
w/Spinach & Chickpeas  
Tomato & Cucumber Salad  
Whole Wheat Bread  
1% Low Fat Milk  
Banana

9

Oven Fried Chicken Wings  
Garlic Mashed Potatoes  
Baby Carrots & Parsley  
Whole Wheat Bread  
1% Low Fat Milk  
Apple

12

Beef Meat Sauce w/ Peppers &  
Onions  
Whole Wheat Spaghetti  
Corn Niblets  
1% Low Fat Milk  
Banana

13

Baked Chicken Thighs  
Brown Rice  
Lettuce & Tomato  
1% Low Fat Milk  
Apple

14

Pernil (Roasted Pork Shoulder)  
Arroz con Gandules  
California Blend Vegetables  
1% Low Fat Milk  
Orange

15

Springtime Whole Wheat Rotini  
w/Spinach & Chickpeas  
Apple Sweet Potatoes  
Garden Salad  
1% Low Fat Milk  
Banana

16

Baked Fish  
Roasted Potatoes  
Baby Carrots w/ Parsley  
Whole Wheat Bread  
1% Low Fat Milk  
Apple

<p><b>19</b></p> <p><b>Smothered Pork Chops</b> <b>Brown Rice w/Kidney Beans</b> <b>Lettuce &amp; Tomato</b> <b>1% Low Fat Milk</b> <b>Banana</b></p>	<p><b>20</b></p> <p><b>BBQ Chicken Leg Quarters</b> <b>Garlic Mashed Potatoes</b> <b>Baby Carrots &amp; Parsley</b> <b>Whole Wheat Bread</b> <b>1% Low Fat Milk</b> <b>Apple</b></p>	<p><b>21</b></p> <p><b>Lemon Pepper Fish</b> <b>Perfect White Rice</b> <b>Italian Blend Vegetables</b> <b>1% Low Fat Milk</b> <b>Orange</b></p>	<p><b>22</b></p> <p><b>Marvelously Meaty Mushroom</b> <b>Lasagna</b> <b>Garden Salad</b> <b>Whole Wheat Bread</b> <b>1% Low Fat Milk</b> <b>Banana</b></p>	<p><b>23</b></p> <p><b>Baked Chicken Thighs</b> <b>Rice w/Vegetables</b> <b>California Blend Vegetables</b> <b>1% Low Fat Milk</b> <b>Apple</b></p>
<p><b>26</b></p> <p><b>Pernil(Roasted Pork Shoulder)</b> <b>Arroz con Gandules</b> <b>Steamed Broccoli</b> <b>1% Low Fat Milk</b> <b>Banana</b></p>	<p><b>27</b></p> <p><b>Turkey Meat Sauce</b> <b>Penne</b> <b>Mixed Green Salad</b> <b>1% Low Fat Milk</b> <b>Apple</b></p>	<p><b>28</b></p> <p><b>Oven Fried Chicken Wings</b> <b>Brown Rice w/ Black Beans</b> <b>Italian Cut Green Beans</b> <b>1% Low Fat Milk</b> <b>Orange</b></p>	<p><b>29</b></p> <p><b>Cajun Style White Beans &amp; Greens</b> <b>Perfect White Rice</b> <b>Tomato &amp; Cucumber Salad</b> <b>1% Low Fat Milk</b> <b>Banana</b></p>	<p><b>30</b></p> <p><b>Oven Fried Fish</b> <b>Roasted Potatoes</b> <b>Baby Carrots w/Parsley</b> <b>Whole Wheat Bread</b> <b>1% Low Fat Milk</b> <b>Apple</b></p>