



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



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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



2

3

11am – Chair Exercises
w/ Shanel

12pm – *The Chit Chat Club*

2pm – Tuesday Theatre

4

10am – Walking Club

11am – City Island Trip

5

11am – Recreational Games

1pm – Salsa Classes
w/ Juan, TechWorld

2pm – 3D Gem Painting

6

10am – 3:30pm

**Soundview Social Club's
3rd Annual Open House
Celebrating
National Senior
Center Month**


<p>9</p> <p>12pm – Nutrition for a Healthy Immune System w/ Pnina, TechWorld</p> <p>1pm – Meditation Mondays</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>10</p> <p>11am – Chair Exercises</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>2pm – Tuesday Theatre</p>	<p>11</p> <p>9am – Walking Club</p> <p>10am – Green Acres Mall Shopping Trip</p>	<p>12</p> <p>11am – Jewelry Making</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p>13</p> <p>10am – Recreational Games</p> <p>11am – Animal & Mental Health Presentation w/ Charles, TechWorld</p> <p>1pm – Birthday Celebration</p> <p>2pm – Creative Arts w/ Aydelis, TechWorld</p>
<p>16</p> <p>12pm – Nutrition & Hormonal Changes w/ Aging w/ Pnina, TechWorld</p> <p>1pm – Meditation Mondays</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>17</p> <p>11am – SAIL (Stay Active & Independent Living - Evidence Based)</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>2pm – Tuesday Theatre</p>	<p>18</p> <p>11am – SAIL (Stay Active & Independent Living - Evidence Based)</p> <p>1pm – Senior Advisory Board Meeting</p> <p>2pm – 3D Gem Painting</p>	<p>19</p> <p>11am – Recreational Games</p> <p>1pm – Chair Boxing w/ Peter, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p>20</p> <p>10am – Jewelry Making</p> <p>11am – “What is Ear Pain? Symptoms / Causes” w/ Charles, TechWorld</p> <p>12pm – Hispanic Heritage Celebration</p> <p>2pm – Creative Arts w/ Aydelis, TechWorld</p>
<p>23</p> <p>12pm – Smoothie Session w/ Shanel</p> <p>1pm – Meditation Mondays</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>24</p> <p>11am – SAIL (Stay Active & Independent Living - Evidence Based)</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>2pm – Tuesday Theatre</p>	<p>25</p> <p>11am – SAIL (Stay Active & Independent Living - Evidence Based)</p> <p>1pm – General Membership Meeting</p> <p>2pm – 3D Gem Painting</p>	<p>26</p> <p>11am – Recreational Games</p> <p>1pm – Chair Boxing w/ Peter, TechWorld</p> <p>2pm – Canvas Painting</p>	<p>27</p> <p>10am – Recreational Games</p> <p>11am – ‘Lunch on the Ferry’ Trip</p>
<p>30</p> <p>12pm – Salad Making w/ Shanel</p> <p>1pm – Technology Class w/ Shanel</p> <p>2pm – Meditation Mondays</p>				

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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This menu is subject to change

<p>2</p> 	<p>3</p> <p>Baked Chicken Thighs Brown Rice w/Kidney Beans Creamed Spinach 1% Low Fat Milk Apple</p>	<p>4</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice Tomato & Cucumber Salad 1% Low Fat Milk Orange</p>	<p>5</p> <p>Tabbouleh w/Chickpeas Garlic & Rosemary Roasted Potatoes Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>6</p> <p>Jerk Chicken Leg Quarters Perfect White Rice Mixed Green Salad 1% Low Fat Milk Apple</p>
<p>9</p> <p>BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Green Beans w/Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>10</p> <p>Baked Chicken Quarters Rice w/Vegetables Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>11</p> <p>Italian Sausage Brown Rice Steamed Cauliflower 1% Low Fat Milk Orange</p>	<p>12</p> <p>Whole Wheat Spaghetti w/Hearty Red Lentil Sauce Ceasar Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>13</p> <p>Mexican Style Chicken Thighs & Rice Mexican Confetti Rice Roasted Broccoli 1% Low Fat Milk Apple</p>
<p>16</p> <p>Meat Sauce Pasta Sauteed Green Beans w/Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>17</p> <p>Arroz con Pollo Perfect White Rice Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>18</p> <p>Pernil (Roasted Pork Shoulder) Arroz con Gandules California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>19</p> <p>Springtime Whole Wheat Rotini w/Spinach & Chickpeas Tomato & Cucumber Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>20</p> <p>Oven Fried Chicken Wings Garlic Mashed Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>

23
Beef Meat Sauce w/ Peppers &
Onions
Whole Wheat Spaghetti
Corn Niblets
1% Low Fat Milk
Banana

24
Baked Chicken Thighs
Brown Rice
Lettuce & Tomato
1% Low Fat Milk
Apple

25
Pernil (Roasted Pork Shoulder)
Arroz con Gandules
California Blend Vegetables
1% Low Fat Milk
Orange

26
Springtime Whole Wheat Rotini
w/Spinach & Chickpeas
Apple Sweet Potatoes
Garden Salad
1% Low Fat Milk
Banana

27
Baked Fish
Roasted Potatoes
Baby Carrots w/Parsley
1% Low Fat Milk
Apple

30
Smothered Pork Chops
Brown Rice w/Kidney Beans
Lettuce & Tomato
1% Low Fat Milk
Banana



2024

September is

National Senior Center Month!

National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to our communities. They offer a place for older adults to discover their unique interests, talents, and aspirations.



**September is Senior
Center Month**