



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



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

	<p>1</p> <p>11am – Chair Exercises 12pm – <i>The Chit Chat Club</i> 2pm – Tuesday Theatre</p>	<p>2</p> <p>10am – Walking Club 11am – Chair Exercises 12pm – Recreational Games</p>	<p>3</p> <p>11am – Jewelry Making 1pm – Stretching w/ Peter, TechWorld 2pm – 3D Gem Painting</p>	<p>4</p> <p>11am – Recreational Games 1pm – 3D Gem Painting 2pm – Creative Arts w/ Aydelis, TechWorld</p>
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<p>7</p> <p>12pm – Smoothie Session w/ Shanel</p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>8</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Tuesday Theatre</p>	<p>9</p> <p>9am – Walking Club</p> <p>10:30am – Walmart Shopping Trip</p>	<p>10</p> <p>11am – Jewelry Making</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p>11</p> <p>11am – Recreational Games</p> <p>12pm – ‘Migraines’ Presentation w/ Charles, TechWorld</p>
<p>14</p> 	<p>15</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Tuesday Theatre</p>	<p>16</p> <p>10am – Walking Club</p> <p>1pm – Elder Abuse Presentation w/ SHOPP Elder Justice Program</p> <p>2pm – 3D Gem Painting</p>	<p>17</p> <p>11am – Dallas BBQs Luncheon</p> <p>2pm – 3D Gem Painting</p>	<p>18</p> <p>11am – Recreational Games</p> <p>12pm – ‘Breast Cancer Awareness Month’ w/ Charles, TechWorld</p> <p>2pm – Creative Arts w/ Aydelis, TechWorld</p>
<p>21</p> <p>11am – Meditation Mondays</p> <p>12pm – ‘Seafood for Healthy Eating’ w/ Pnina, TW</p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>22</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Tuesday Theatre</p>	<p>23</p> <p>10am – Walking Club</p> <p>1pm – Senior Advisory Board Meeting</p> <p>2pm – ‘Emergency Preparedness Presentation’ w/ Citizen Preparedness Corps</p>	<p>24</p> <p>11am – Jewelry Making</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm NYPD Community Affairs</p> 	<p>25</p> <p>10am – Recreational Games</p> <p>11am – Bowling Trip</p>
<p>28</p> <p>11am – Meditation Mondays</p> <p>12pm – Convenience with Nutritious Foods for Fall w/ Pnina, TechWorld</p> <p>1pm – SAIL (Stay Active & Independent Living)</p> <p>2pm – Technology Class w/ TW</p>	<p>29</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Tuesday Theatre</p>	<p>30</p> <p>11am – Walking Club</p> <p>1pm – Halloween Mask Painting w/ Ciditty Kiddie Center</p> <p>2pm – General Membership Meeting</p>	<p>31</p> <p>11am – Recreational Games</p> <p>12pm – 3D Gem Painting</p> <p>1pm – 3pm</p> 	

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm


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This menu is subject to change



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	<p>1</p> <p>BBQ Chicken Leg Quarters Garlic Mashed Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p>2</p> <p>Lemon Pepper Fish Perfect White Rice Italian Blend Vegetables 1% Low Fat Milk Orange</p>	<p>3</p> <p>Potato Salad w/ Egg Garden Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>4</p> <p>Baked Chicken Thighs Rice w/ Vegetables California Blend Vegetables 1% Low Fat Milk Apple</p>
<p>7</p> <p>Pernil (Roasted Pork Shoulder) Arroz con Gandules Steamed Broccoli 1% Low Fat Milk Banana</p>	<p>8</p> <p>Turkey Meat Sauce Penne Mixed Green Salad 1% Low Fat Milk Apple</p>	<p>9</p> <p>Oven Fried Chicken Wings Brown Rice w/Black Beans Italian Cut Green Beans 1% Low Fat Milk Orange</p>	<p>10</p> <p>Cajun Style White Beans & Greens Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>11</p> <p>Oven Fried Fish Roasted Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>14</p>	<p>15</p> <p>Baked Chicken Thighs Brown Rice w/Kidney Beans Creamed Spinach 1% Low Fat Milk Apple</p>	<p>16</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice Tomato & Cucumber Salad 1% Low Fat Milk Orange</p>	<p>17</p> <p>Tabbouleh w/Chickpeas Garlic & Rosemary Roasted Potatoes Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>18</p> <p>Jerk Chicken Leg Quarters Perfect White Rice Mixed Green Salad 1% Low Fat Milk Apple</p>

<p>21</p> <p>BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Green Beans w/Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>22</p> <p>Baked Chicken Quarters Rice w/Vegetables Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>23</p> <p>Italian Sausage Brown Rice Steamed Cauliflower 1% Low Fat Milk Orange</p>	<p>24</p> <p>Whole Wheat Spaghetti w/Hearty Red Lentil Sauce Cesar Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>25</p> <p>Mexican Style Chicken Thighs & Rice Mexican Confetti Rice Roasted Broccoli 1% Low Fat Milk Apple</p>
<p>28</p> <p>Meat Sauce Pasta Sauteed Green Beans w/Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>29</p> <p>Arroz con Pollo Perfect White Rice Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>30</p> <p>Pernil (Roasted Pork Shoulder) Arroz con Gandules California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>31</p> <p>Springtime Whole Wheat Rotini w/Spinach & Chickpeas Tomato & Cucumber Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	 <p>NATIONAL HISPANIC HERITAGE MONTH September 15 to October 15</p>