



# 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><b>1pm – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</b></p> <p>2pm – Technology Class w/ TechWorld</p>	<p>8</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>1pm – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</b></p> <p>2pm – Tuesday Theatre</p>	<p>9</p> <p>9am – Walking Club</p> <p><b>10:30am – Walmart Shopping Trip</b></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><b>12pm – ‘Migraines’ Presentation w/ Charles, TechWorld</b></p>
<p>14</p> 	<p>15</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>1pm – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</b></p> <p>2pm – Tuesday Theatre</p>	<p>16</p> <p>10am – Walking Club</p> <p><b>1pm – Elder Abuse Presentation w/ SHOPP Elder Justice Program</b></p> <p>2pm – 3D Gem Painting</p>	<p>17</p> <p><b>11am – Dallas BBQs Luncheon</b></p> <p>2pm – 3D Gem Painting</p>	<p>18</p> <p>11am – Recreational Games</p> <p><b>12pm – ‘Breast Cancer Awareness Month’ w/ Charles, TechWorld</b></p> <p>2pm – Creative Arts w/ Aydelis, TechWorld</p>
<p>21</p> <p>11am – Meditation Mondays</p> <p><b>12pm – ‘Seafood for Healthy Eating’ w/ Pnina, TW</b></p> <p><b>1pm – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</b></p> <p>2pm – Technology Class w/ TechWorld</p>	<p>22</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>1pm – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</b></p> <p>2pm – Tuesday Theatre</p>	<p>23</p> <p>10am – Walking Club</p> <p><b>1pm – Senior Advisory Board Meeting</b></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 – Canvas Painting</p>	<p>25</p> <p>10am – Recreational Games</p> <p><b>11am – Bowling Trip</b></p>
<p>28</p> <p>11am – Meditation Mondays</p> <p><b>12pm – Convenience with Nutritious Foods for Fall w/ Pnina, TechWorld</b></p> <p><b>1pm – SAIL (Stay Active &amp; Independent Living)</b></p> <p>2pm – Technology Class w/ TW</p>	<p>29</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>1pm – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</b></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><b>2pm – General Membership Meeting</b></p>	<p>31</p> <p>11am – Recreational Games</p> <p>12pm – 3D Gem Painting</p> <p><b>1pm – 3pm</b></p> 	

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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This menu is subject to change



2024

<p>1</p>	<p>BBQ Chicken Leg Quarters Garlic Mashed Potatoes Baby Carrots &amp; 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 &amp; Greens Perfect White Rice Tomato &amp; Cucumber Salad 1% Low Fat Milk Banana</p>	<p>11</p> <p>Oven Fried Fish Roasted Potatoes Baby Carrots &amp; 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 &amp; Cucumber Salad 1% Low Fat Milk Orange</p>	<p>17</p> <p>Tabbouleh w/Chickpeas Garlic &amp; 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><b>21</b></p> <p><b>BBQ Pulled Pork</b>  <b>Garlic Mashed Potatoes</b>  <b>Sauteed Green Beans w/Onions</b>  <b>Whole Wheat Bread</b>  <b>1% Low Fat Milk</b>  <b>Banana</b></p>	<p><b>22</b></p> <p><b>Baked Chicken Quarters</b>  <b>Rice w/Vegetables</b>  <b>Baby Spinach w/Lemon Vinaigrette</b>  <b>1% Low Fat Milk</b>  <b>Apple</b></p>	<p><b>23</b></p> <p><b>Italian Sausage</b>  <b>Brown Rice</b>  <b>Steamed Cauliflower</b>  <b>1% Low Fat Milk</b>  <b>Orange</b></p>	<p><b>24</b></p> <p><b>Whole Wheat Spaghetti w/Hearty</b>  <b>Red Lentil Sauce</b>  <b>Cesar Salad</b>  <b>Whole Wheat Bread</b>  <b>1% Low Fat Milk</b>  <b>Banana</b></p>	<p><b>25</b></p> <p><b>Mexican Style Chicken Thighs</b>  <b>&amp; Rice</b>  <b>Mexican Confetti Rice</b>  <b>Roasted Broccoli</b>  <b>1% Low Fat Milk</b>  <b>Apple</b></p>
<p><b>28</b></p> <p><b>Meat Sauce</b>  <b>Pasta</b>  <b>Sauteed Green Beans w/Onions</b>  <b>Whole Wheat Bread</b>  <b>1% Low Fat Milk</b>  <b>Banana</b></p>	<p><b>29</b></p> <p><b>Arroz con Pollo</b>  <b>Perfect White Rice</b>  <b>Baby Spinach w/Lemon Vinaigrette</b>  <b>1% Low Fat Milk</b>  <b>Apple</b></p>	<p><b>30</b></p> <p><b>Pernil (Roasted Pork Shoulder)</b>  <b>Arroz con Gandules</b>  <b>California Blend Vegetables</b>  <b>1% Low Fat Milk</b>  <b>Orange</b></p>	<p><b>31</b></p> <p><b>Springtime Whole Wheat Rotini</b>  <b>w/Spinach &amp; Chickpeas</b>  <b>Tomato &amp; Cucumber Salad</b>  <b>Whole Wheat Bread</b>  <b>1% Low Fat Milk</b>  <b>Banana</b></p>	 <p><b>NATIONAL  HISPANIC  HERITAGE MONTH</b>  September 15 to October 15</p>