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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



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/ TechWorld

Meeting ID: 628 351 4488

Password:111

AUTUMN



1

11am – Recreational Games
1pm – 3D Gem Painting
2pm – Creative Arts
w/ Jennifer, TechWorld

<p>4</p> <p>12pm – Meditation Mondays</p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ Shanel</p>	<p>5</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>6</p> <p>9am – Walking Club</p> <p>10:30am – Michael’s Shopping Trip</p>	<p>7</p> <p>11am – Jewelry Making</p> <p>1pm – Chair Yoga w/ Shanel</p> <p>2pm – 3D Gem Painting</p>	<p>8</p> <p>11am – Recreational Games</p> <p>12pm – ‘Different Diseases’ w/ Charles, TechWorld</p> <p>2pm – Creative Arts w/ Aydelis, TechWorld</p>
<p>11</p> <p>12pm – Salad Making w/ Shanel</p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ Shanel</p>	<p>12</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>13</p> <p>11am – Jimmy’s Cafe Luncheon</p> <p>2pm – 3D Gem Painting</p>	<p>14</p> <p>11am – Jewelry Making</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p>15</p> <p>11am – Recreational Games</p> <p>12pm – ‘COPD’ w/ Charles, TechWorld</p> <p>2pm – ‘How to Make Traditional Pasteles’ w/ Iris & Diana</p>
<p>18</p> <p>11am – Meditation Mondays</p> <p>1pm – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>19</p> <p>11am – Golden Corral Luncheon</p> <p>2pm – Tuesday Theatre</p>	<p>20</p> <p>10am – Walking Club</p> <p>12pm – ‘Pre-diabetes & the Holiday Season’ w/ Pnina, TechWorld</p> <p>1pm – Senior Advisory Board Meeting</p> <p>2pm – DIY Fall Centerpieces</p>	<p>21</p> <p>11am – Jewelry Making</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – Traffic Safety Workshop w/ DOT Safety Education & Outreach</p>	<p>22</p> <p>10am – Recreational Games</p> <p>11am – SAIL (Stay Active & Independent Living - Evidence Based Program)</p> <p>12pm – Thanksgiving Day Potluck</p> 
<p>25</p> <p>11am – Meditation Mondays</p> <p>12pm – “Healthy Eating with Fiber” w/ Pnina, TechWorld</p> <p>1pm – SAIL (Stay Active & Independent Living)</p> <p>2pm – Technology Class w/ TechWorld</p>	<p>26</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>27</p> <p>11am – Walking Club</p> <p>12pm – General Membership Meeting</p>	<p>28 29</p> 	

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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2024

1

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

4

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

5

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

6

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

7

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

8

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

11

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

12

BBQ Chicken Leg Quarters
Garlic Mashed Potatoes
Baby Carrots w/Parsley
Whole Wheat Bread
1%Low Fat Milk
Apple

13


Lemon Pepper Fish
Perfect White Rice
Italian blend Vegetables
1% Low Fat Milk
Orange

14

Marvelously Meaty Mushroom
Lasagna
Garden Salad
Whole Wheat Bread
1% Low Fat Milk
Banana

15

Baked Chicken Thighs
Rice w/Vegetables
California Blend Vegetables
1% Low Fat Milk
Apple

<p>18</p> <p>Pernil (Roasted Pork Shoulder) Arroz con Gandules Steamed Broccoli 1% Low Fat Milk Banana</p>	<p>19</p> <p>Turkey Meat Sauce Penne Mixed Green Salad 1% Low Fat Milk Apple</p>	<p>20</p> <p>Oven Fried Chicken Wings Brown Rice w/Black Beans Italian Cut Green Beans 1% Low Fat Milk Orange</p>	<p>21</p> <p>Cajun Style White Beans & Greens Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>22</p> <p>Oven Fried Fish Roasted Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>25</p> <p>Chili Con Carne Garlic Mashed Potatoes Steamed Carrots & Green Beans Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>26</p> <p>Baked Chicken Thighs Brown Rice w/Kidney Beans Creamed Spinach 1% Low Fat Milk Apple</p>	<p>27</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice Tomato & Cucumber Salad 1% Low Fat Milk Orange</p>	<p>28 29</p> <div style="text-align: center;">  <p>WE WILL BE CLOSED THURSDAY & FRIDAY</p> </div>	