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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

<p><b>2</b></p> <p><b>12pm</b> – “Holiday Season Nutrition - Cooking with Spices &amp; Herbs” w/ Pnina, TechWorld</p> <p><b>1pm</b> – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ Tech World</p>	<p><b>3</b></p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>1pm</b> – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</p> <p>2pm – Tuesday Theatre</p>	<p><b>4</b></p> <p>9am – Walking Club</p> <p><b>11am</b> – Luncheon at <i>Sabrosura Restaurant</i></p>	<p><b>5</b></p> <p>12pm – Jewelry Making</p> <p>1pm – Chair Zumba w/ Carmencita, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p><b>6</b></p> <p>11am – Recreational Games</p> <p><b>12pm</b> – ‘The Power of Sleep’ w/ Charles, TechWorld</p> <p>1pm – Wreath Making w/ Aydelis, TechWorld</p> <p>2pm – Stretching w/ Peter, TechWorld</p>
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<p>9</p> <p><b>12pm</b> – “Healthy Holiday Eating” w/ Pnina, TechWorld</p> <p><b>1pm</b> – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</p> <p>2pm – Technology Class w/ Tech World</p>	<p>10</p> <p>12pm – <i>The Chit Chat Club</i></p> <p><b>1pm</b> – SAIL (Stay Active &amp; Independent Living - Evidence Based Program)</p> <p>2pm – Tuesday Theatre</p>	<p>11</p> <p>9am – Walking Club</p> <p><b>11am</b> – Walmart Shopping Trip</p>	<p>12</p> <p>12pm – Jewelry Making</p> <p>1pm – Stretching w/ Peter, TechWorld</p> <p>2pm – 3D Gem Painting</p>	<p>13</p> <p>11am – Recreational Games</p> <p><b>12pm</b> – ‘Alopecia-A Hairy Topic’ w/ Charles, TechWorld</p> <p>1pm – Ornament Decorating w/ Aydelis, TechWorld</p> <p>2pm – Stretching w/ Peter, TechWorld</p>
<p>16</p> <p>11am – Chair Yoga</p> <p>1pm – Salad Making w/ Shanel</p> <p>2pm – Meditation Mondays</p>	<p>17</p> <p>12pm – <i>The Chit Chat Club</i></p> <p>1pm – Chair Exercises</p> <p>2pm – Tuesday Theatre</p>	<p>18</p> <p><b>11am</b> – Senior Advisory Meeting</p> <p>1pm – 3D Gem Painting</p> <p><b>2pm</b> – General Membership Meeting</p>	<p>19</p> <p>12pm – Jewelry Making</p> <p>1pm – Christmas Glass Painting w/ Shanel</p> <p>2pm – 3D Gem Painting</p>	<p>20</p> <p>11am – DIY Jewelry Boxes</p> <p><b>1pm</b> – Christmas Celebration</p>
<p>23</p> <p>11am – Chair Yoga</p> <p>1pm – Technology Class w/ Shanel</p> <p>2pm – Meditation Mondays</p>	<p>24</p> <p>10am – Chair Exercises</p> <p>11:30am – Tuesday Theatre</p>	<p>25</p> 	<p>26</p> <p>12pm – Jewelry Making</p> <p>1pm – DIY Jewelry Boxes</p> <p>2pm – 3D Gem Painting</p>	<p>27</p> <p>10am – Recreational Games</p> <p><b>11am</b> – New Year Celebration w/ NORC at Lafayette Estates</p> 
<p>30</p> <p>11am – Chair Yoga</p> <p>1pm – Technology Class w/ Shanel</p> <p>2pm – Meditation Mondays</p>	<p>31</p> <p>10am – Chair Exercises</p> <p>11:30am – Tuesday Theatre</p>			

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

This program is funded by NYC Aging

This menu is subject to change

<p><b>2</b></p> <p>BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Green Beans w/ Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p><b>3</b></p> <p>Baked Chicken Leg Quarters Rice w/ Vegetables Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p><b>4</b></p> <p>Baked Fish Brown Rice Steamed Cauliflower 1% Low Fat Milk Orange</p>	<p><b>5</b></p> <p>Vegetable Soup Ceasar Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p><b>6</b></p> <p>Smoked Pineapple Glazed Ham Mexican Confetti Rice Sauteed Collard Greens 1% Low Fat Milk Apple</p>
<p><b>9</b></p> <p>Meat Sauce Pasta Sauteed Green Beans w/Onions Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p><b>10</b></p> <p>Arroz con Pollo Perfect White Rice Baby Spinach Salad w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p><b>11</b></p> <p>Pernil (Roasted Pork Shoulder) Arroz Con Gandules California Blend Vegetables 1% Low Fat Milk Orange</p>	<p><b>12</b></p> <p>Springtime Whole Wheat Rotini w/Spinach &amp; Chickpeas Tomato &amp;Cucumber Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p><b>13</b></p> <p>Oven Fried Chicken Wings Garlic Mashed Potatoes Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p><b>16</b></p> <p>Beef Meat Sauce w/Peppers &amp; Onions Whole Wheat Spaghetti Corn Niblets 1% Low Fat Milk Banana</p>	<p><b>17</b></p> <p>Baked Chicken Thighs Brown Rice Lettuce &amp; Tomatoes 1% Low Fat Milk Apple</p>	<p><b>18</b></p> <p>Pernil (Roasted Pork Shoulder) Arroz Con Gandules California Blend Vegetables 1% Low Fat Milk Orange</p>	<p><b>19</b></p> <p>Springtime Whole Wheat Rotini w/Spinach &amp; Chickpeas Apple Sweet Potatoes Garden Salad 1% Low Fat Milk Banana</p>	<p><b>20</b></p> <p>Baked Fish Roasted Potatoes Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>

**23**  
Smothered Pork Chops  
Brown Rice w/Kidney Beans  
Lettuce & Tomato  
1% Low Fat Milk  
Banana

**24**  
BBQ Chicken Leg Quarters  
Garlic Mashed Potatoes  
Baby Carrots w/Parsley  
Whole Wheat Bread  
1%Low Fat Milk  
Apple



**26**  
Marvelously Meaty Mushroom  
Lasagna  
Garden Salad  
Whole Wheat Bread  
1% Low Fat Milk  
Banana

**27**  
Baked Chicken Thighs  
Rice w/Vegetables  
California Blend Vegetables  
1% Low Fat Milk  
Apple

**30**  
Pernil (Roasted Pork Shoulder)  
Arroz con Gandules  
Steamed Broccoli  
1% Low Fat Milk  
Banana

**31**  
Turkey Meat Sauce  
Penne  
Mixed Green Salad  
1% Low Fat Milk  
Apple

