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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



1



2

12pm – Jewelry Making
1pm – Chair Zumba
w/ Carmencita, TechWorld
2pm – 3D Gem Painting

3

11am – Recreational Games
1pm – Stretching w/ Shanel
2pm – Glass Painting
w/ Aydelis, TechWorld

<p>6</p> <p>11am – Chair Yoga 1pm – Technology Class w/ Tech World 2pm – Meditation Mondays</p>	<p>7</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>8</p> <p>9am – Walking Club 11am – Queens Center Mall Shopping Trip</p>	<p>9</p> <p>12pm – Jewelry Making 1pm – Stretching Exercises w/ Peter, TechWorld 2pm – 3D Gem Painting</p>	<p>10</p> <p>11am – Recreational Games 12pm – ‘Telehealth & Older Americans’ w/ Charles, TechWorld 1pm – Creative Arts w/ Jennifer, TechWorld</p>
<p>13</p> <p>11am – Chair Yoga 1pm – Technology Class w/ Tech World 2pm – Meditation Mondays</p>	<p>14</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>15</p> <p>9am – Walking Club 11:30am – Luncheon at Umi Sushi & Seafood Buffet</p>	<p>16</p> <p>12pm – “Cutting Back on Sugar in the New Year” w/ Pnina, TechWorld 1pm – Stretching Exercises w/ Peter, TechWorld 2pm – Jewelry Making</p>	<p>17</p> <p>11am – Recreational Games 12pm – 3D Wooden House Puzzles 1pm – MLK TRIVIA HOUR</p>
<p>20</p> 	<p>21</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>22</p> <p>11am – Walking Club 1pm – Senior Advisory Meeting 2pm – Adult Coloring</p>	<p>23</p> <p>12pm – Jewelry Making 1pm – Winter Centerpieces 2pm – 3D Gem Painting</p>	<p>24</p> <p>11am – Recreational Games 12pm – ‘Ageism’ w/ Charles, TechWorld 1pm – Sewing Winter Pillows</p>
<p>27</p> <p>11am – Chair Yoga 12pm – “Holiday Eating on a Budget” w/ Pnina, TechWorld 1pm – Technology Class w/ Shanel 2pm – Meditation Mondays</p>	<p>28</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>29</p> <p>11am – Walking Club 1pm – General Membership Meeting 2pm – Adult Coloring</p>	<p>30</p> <p>12pm – Jewelry Making 1pm – BINGO w/ NYPD, Community Affairs Bureau</p>	<p>31</p> <p>11am – Recreational Games 1pm – Birthday Party</p> 

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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This menu is subject to change



2025



		<p>1</p> 	<p>2</p> <p>Vegetable Soup Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>3</p> <p>Oven Fried Fish Roasted Potatoes Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>6</p> <p>Oven Baked Wings Garlic Mashed Potatoes Steamed Carrots & Green Beans Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>7</p> <p>Baked Chicken Thighs Brown Rice w/ Kidney Beans Creamed Spinach 1% Low Fat Milk Apple</p>	<p>8</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice Corn 1% Low Fat Milk Orange</p>	<p>9</p> <p>Vegetable Soup Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>10</p> <p>Baked Fish w/Cilantro Sauce Roasted Potatoes Baby Carrots w/Parsley 1% Low Fat Milk Apple</p>
<p>13</p> <p>BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Green Beans w/Onions 1% Low Fat Milk Banana</p>	<p>14</p> <p>Baked Chicken Quarters Rice w/Vegetables Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>15</p> <p>Baked Fish Brown Rice Steamed Cauliflower 1% Low Fat Milk Orange</p>	<p>16</p> <p>Vegetable Soup Ceasar Salad Whole Wheat Bread 1% Low Fat Milk Banana</p>	<p>17</p> <p>Mexican Style Chicken Thighs & Rice Mexican Confetti Rice Roasted Broccoli 1% Low Fat Milk Apple</p>

20



21

Arroz Con Pollo
 Perfect White Rice
 Baby Spinach w/ Lemon
 Vinaigrette
 1% Low Fat Milk
 Apple

22

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

23

Springtime Whole Wheat Rotini
 w/Spinach & Chickpeas
 Tomato & Cucumber Salad
 Whole Wheat Bread
 1% Low Fat Milk
 Banana

24

Oven Fried Chicken Wings
 Garlic Mashed Potatoes
 Babyh Carrots w/Parsley
 Whole Wheat Bread
 1% Low Fat Milk
 Apple

27

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

28

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

29

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

30

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

31

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