



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



2025

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 both virtual and in person.

Nutrition Education & Health Management Presentations w/ TechWorld

Meeting ID: 628 351 4488

Password:111

<p>3</p> <p>12pm – “Nutrition Benefits of Spices & Herbs & Role For Healthy Aging” w/ Pnina, TechWorld 2pm – Meditation Mondays</p>	<p>4</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>5</p> <p>9am – Walking Club 11:30am – Luncheon <i>at Brisa Restaurant</i></p>	<p>6</p> <p>12pm – Jewelry Making 1pm – Stretching Exercises w/ Peter, TechWorld 2pm – 3D Gem Painting</p>	<p>7</p> <p>11am – Stretching w/ Shanel 1pm – Game Tournament Hour 2pm – Soap Making w/ TechWorld</p>
--	---	---	--	--

<p>10</p> <p>11am – Chair Yoga 1pm – Technology Class w/ Tech World 2pm – Meditation Mondays</p>	<p>11</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>12</p> <p>9am – Walking Club 10:30am – Walmart Shopping Trip</p>	<p>13</p> <p>12pm – Jewelry Making 1pm – Intergenerational Programming w/ Ciditty Kiddie 2pm – Stretching w/ Shanel</p>	<p>14</p> <p>11am – Recreational Games 12pm – “Mental Health & the Effects of Inflation” w/ Charles, TechWorld 1pm – Valentine Basket- Making w/ Shanel</p> <p>12pm – 2pm CAKE SALE</p>
<p>17</p> 	<p>18</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>19</p> <p>11am – Walking Club 1pm – Advisory Board Meeting 2pm – 3D Wood Puzzles w/ Shanel</p>	<p>20</p> <p>12pm – Jewelry Making 1pm – Stretching Exercises w/ Peter, TechWorld 2pm – Winter Centerpieces - Part 2 w/ Shanel</p>	<p>21</p> <p>11am – Recreational Games 12pm – “Movement Issues” w/ Charles, TechWorld 1pm – Black History Month Celebration</p>
<p>24</p> <p>12pm – “Nutrition and Heart Health” w/ Pnina, TechWorld 1pm – Technology Class w/ Shanel 2pm – Meditation Mondays</p>	<p>25</p> <p>11am – <i>The Chit Chat Club</i> 12pm – Chair Exercises 1pm – Tuesday Theatre</p>	<p>26</p> <p>9am – Walking Club 11am – General Membership Meeting</p>	<p>27</p> <p>12pm – Jewelry Making 1pm – Chair Zumba w/ Carmencita, TechWorld 2pm – 3D Gem Painting</p>	<p>28</p> <p>11am – Recreational Games 1pm – <i>Let's Play Charades</i> w/ Shanel 2pm – Resin Hearts w/ TechWorld</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>3</p> <p>Smothered Pork Chops Brown Rice w/Kidney Beans Lettuce & Tomato 1% Low Fat Milk Banana</p>	<p>4</p> <p>BBQ Chicken Leg Quarters Garlic Mashed Potatoes Steamed Cauliflower Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p>5</p> <p>Lemon Pepper Fish Brown Rice Italian Blend Vegetables 1% Low Fat Milk Orange</p>	<p>6</p> <p>Classic Minestrone Soup or Vegetable Soup Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>7</p> <p>Oven Fried Chicken Rice w/Vegetables California Blend Vegetables 1% Low Fat Milk Apple</p>
<p>10</p> <p>Pork SpareRibs Brown Rice w/Pigeon Peas Steamed Broccoli 1% Low Fat Milk Banana</p>	<p>11</p> <p>Oven Fried Chicken Rice w/Vegetables Mixed Greens 1% Low Fat Milk Apple</p>	<p>12</p> <p>Baked Fish Roasted Potatoes Italian Cut Green Beans Whole Wheat Bread 1% Low Fat Milk Orange</p>	<p>13</p> <p>White Bean Soup Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>14</p> <p>Stewed Pork Chops Brown Rice Normandy Blend 1% Low Fat Milk Apple</p>
<p>17</p> <p>Baked Chicken Thighs Brown Rice w/Kidney Beans Steamed Carrots & Green Beans 1% Low Fat Milk Banana</p>	<p>18</p> <p>Lemon Pepper Fish Brown Rice w/ Pigeon Peas Cesar Salad 1% Low Fat Milk Apple</p>	<p>19</p> <p>Roasted Chicken Legs Yellow Rice California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>20</p> <p>Black Bean Soup Perfect White Rice Steamed Cauliflower 1% Low Fat Milk Banana</p>	<p>21</p> <p>Chili Con Carne Garlic Mashed Potatoes Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Apple</p>

24

**Mexican Style Chicken Thighs
& Rice
Brown Rice w/Pigeon Peas
Sauteed Green Beans w/Onions
1% Low Fat Milk
Banana**

25

**Baked Fish
Rice w/Vegetables
Baby Spinach Salad
1% Low Fat Milk
Apple**

26

**Baked Chicken Quarter Legs
Brown Rice
Steamed Cauliflower
1% Low Fat Milk
Orange**

27

**Hearty Summer Minestrone Soup
Perfect White Rice
Mixed Green Salad
1% Low Fat Milk
Banana**

28

**Smothered Pork Chops
Garlic Mashed Potatoes
Roasted Broccoli
Whole Wheat Bread
1% Low Fat Milk
Apple**