



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



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 – “Vitamins, Minerals, Supplements and their Role for Healthy Aging” w/ Pnina, TechWorld</p> <p>2pm – Meditation Mondays</p>	<p>4</p> <p>11am – <i>The Chit Chat Club</i></p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – Tuesday Theatre</p>	<p>5</p> <p>11am – Walking Club</p> <p>12pm – 3D Gem Painting</p> <p>1pm – Canvas Painting</p>	<p>6</p> <p>11am – Jewelry Making</p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – Stretching Exercises</p>	<p>7</p> <p>9am – Walking Club</p> <p>11am – Luncheon at Trattoria Zero Nove Restaurant</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> 12:30pm – BINGOCIZE Evidence Based Program 2pm – Elder Abuse Presentation w/ Cecilie, SHOPP VIP</p>	<p>12</p> <p>9am – Walking Club 10:30am – Pelham Manor Shopping Trip</p>	<p>13</p> <p>11am – Jewelry Making 12:30pm – BINGOCIZE Evidence Based Program 2pm – Stretching Exercises w/ Peter, TechWorld</p>	<p>14</p> <p>11am – Recreational Games 12pm – “Spinal Muscular Atrophy” w/ Charles, TechWorld 1pm – 2pm CAKE SALE</p>
<p>17</p> <p>11am – Chair Yoga</p> <p>1pm-3pm St. Patrick’s Day Celebration</p>	<p>18</p> <p>11am – <i>The Chit Chat Club</i> 12:30pm – BINGOCIZE Evidence Based Program 2pm – Tuesday Theatre</p>	<p>19</p> <p>11am – Walking Club 1pm – Advisory Board Meeting 2pm – 3D Gem Painting</p>	<p>20</p> <p>11am – Jewelry Making 12:30pm – BINGOCIZE Evidence Based Program 2pm – Chair Zumba w/ Carmencita, TechWorld</p>	<p>21</p> <p>11am – Recreational Games 12pm – “The Impact of the Thyroid Gland” w/ Charles, TechWorld 2pm – Dream Catchers w/ TechWorld</p>
<p>24</p> <p>12pm – “Choosing Foods for Weight Management” w/ Pnina, TechWorld 1pm – Technology Class w/ Tech World 2pm – Meditation Mondays</p>	<p>25</p> <p>11am – <i>The Chit Chat Club</i> 12:30pm – BINGOCIZE Evidence Based Program 2pm – Tuesday Theatre</p>	<p>26</p> <p>9am – Walking Club 1pm – General Membership Meeting 2pm – Sip N’ Paint w/ Shanel</p>	<p>27</p> <p>11am – Jewelry Making 12:30pm – BINGOCIZE Evidence Based Program 2pm – Stretching Exercises w/ Peter, TechWorld</p>	<p>28</p> <p>9am – 3pm Advisory Board Election Day! 11am – Mardi Gras Mask Decorating w/ Shanel 1pm – Women’s History Month Celebration</p>
<p>31</p> <p>11am – Chair Yoga 1pm – Technology Class w/ Shanel 2pm – Meditation Mondays</p>	 <p>MARCH IS WOMEN'S HISTORY MONTH</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>Oven Fried Chicken Wings Brown Rice Mixed Greens 1% Low Fat Milk Apple</p>	<p>4</p> <p>Baked Fish w/Sweet & Sour Sauce Rice w/Vegetables Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>5</p> <p>Italian Roast Chicken Mexican Style Brown Rice w/Pigeon Peas California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>6</p> <p>Hearty Winter Minestrone Soup Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>7</p> <p>Roasted Pork Shoulder Garlic Mashed Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>10</p> <p>Oven Fried Chicken Wings Rice w/Corn Steamed Green Beans 1% Low Fat Milk Banana</p>	<p>11</p> <p>Baked Fish Brown Rice Lettuce & Tomato 1% Low Fat Milk Apple</p>	<p>12</p> <p>Roasted Pork Shoulder Mexican Style Brown Rice w/Pigeon Peas California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>13</p> <p>Hearty Winter Minestrone Soup Perfect White Rice Garden Salad 1% Low Fat Milk Banana</p>	<p>14</p> <p>Dairy Free Baked Ziti w/Beef Baby Carrots w/Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>17</p> <p>Smothered Pork Chops Brown Rice w/Kidney Beans Lettuce & Tomato 1% Low Fat Milk Banana</p>	<p>18</p> <p>Baked Chicken Quarter Legs Garlic Mashed Potatoes Steamed Cauliflower Whole Wheat Bread 1% Low Fat Milk Apple</p>	<p>19</p> <p>Lemon Pepper Fish Brown Rice Italian Blend Vegetables 1% Low Fat Milk Orange</p>	<p>20</p> <p>Classic Minestrone Soup Or Vegetable Soup White Rice Garden Salad 1% Low Fat Milk Banana</p>	<p>21</p> <p>Oven Fried Chicken Rice w/Vegetables California Blend Vegetables 1% Low Fat Milk Apple</p>

24

**Pork Spare Ribs
Mexican Style Brown Rice
w/Pigeon Peas
Steamed Broccoli
1% Low Fat Milk
Banana**

25

**Oven Fried Chicken Wings
Rice w/Vegetables
Mixed Green Salad
Whole Wheat Bread
1% Low Fat Milk
Orange**

26

**Baked Fish
Roasted Potatoes
Italian Cut Green Beans
1% Low Fat Milk
Orange**

27

**White Bean Soup
Perfect White Rice
Tomato & Cucumber Salad
1% Low Fat Milk
Banana**

28

**Stewed Pork Chops
Brown Rice
Normandy Blend
1% Low Fat Milk
Apple**

31

**Baked Chicken Thighs
Brown Rice w/Kidney Beans
Steamed Carrots & Green Beans
1% Low Fat Milk
Banana**

