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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



# 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 virtually and in person.

## Nutrition Education & Health Management Presentations w/ TechWorld

Meeting ID: 628 351 4488

Password:111



| 1   | 2  | 3   | 4   |
|---|--|---|---|
| 11am – <i>The Chit Chat Club</i><br><b>12:30pm – BINGOCIZE</b><br>Evidence Based Program<br><b>2pm – SU-CASA Program w/ Lorenza</b> | 11am – Walking Club<br>12:30pm – 3D-Gem Painting | 11am – Jewelry Making<br><b>12:30pm – BINGOCIZE</b><br>Evidence Based Program<br>2pm – Recreational Games | 11am – Walking Club<br><b>12pm</b> – “Exercise”<br>w/ Charles, TechWorld<br>1pm – Dream Catchers w/ TechWorld |

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|---|---|---|---|--|
| <p>7</p> <p><b>12pm</b> – “Anti-nutrients in Our Food”<br/>w/ Pnina, TechWorld</p> <p>1pm – Technology Class<br/>w/ Tech World</p> <p>2pm – <b>Elder Abuse Presentation</b><br/>w/ Cecilie, SHOPP VIP</p> | <p>8</p> <p>11am – <i>The Chit Chat Club</i></p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – <b>SU-CASA Program</b><br/>w/ Lorenza</p>  | <p>9</p> <p>11am – Walking Club</p> <p>1pm – 3D-Gem Painting</p> <p>2pm – Recreational Games</p>  | <p>10</p> <p>11am – Jewelry Making</p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – Stretching Exercises<br/>w/ Peter, TechWorld</p> | <p>11</p> <p>10am – Walking Club</p> <p>11am – <b>Walmart Shopping Trip</b></p> <p>1pm – Friday Films</p>                                      |
| <p>14</p> <p>11am – Chair Yoga</p> <p>1pm – Technology Class<br/>w/ Tech World</p> <p>2pm – Movie Mondays</p>   | <p>15</p> <p>11am – <i>The Chit Chat Club</i></p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – <b>SU-CASA Program</b><br/>w/ Lorenza</p> | <p>16</p> <p>11am – Walking Club</p> <p>1pm – <b>Advisory Board Meeting</b></p> <p>1:30pm – <i>Make your own Personal Pizza</i><br/>w/ Shanel</p> | <p>17</p> <p>11am – Jewelry Making</p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – Chair Zumba<br/>w/ Carmencita, TechWorld</p>     | <p>18</p> <p>11am – Recreational Games</p> <p><b>12pm</b> – “GI Gut Health”<br/>w/ Charles, TechWorld</p> <p><b>1pm Easter Celebration</b></p> |
| <p>21</p> <p><b>12pm</b> – “Nutrition for Digestion”<br/>w/ Pnina, TechWorld</p> <p>1pm – Technology Class<br/>w/ Tech World</p> <p>2pm – Movie Mondays</p>   | <p>22</p> <p>11am – <i>The Chit Chat Club</i></p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – <b>SU-CASA Program</b><br/>w/ Lorenza</p> | <p>23</p> <p>11am – Walking Club</p> <p>1pm – <b>General Membership Meeting</b></p> <p>1:30pm – Easter Flower Vases w/ Shanel</p>                 | <p>24</p> <p>11am – Jewelry Making</p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – Stretching Exercises<br/>w/ Peter, TechWorld</p> | <p>25</p> <p>10am – Recreational Games</p> <p>11am – <b>Applebee’s Restaurant Trip</b></p> <p>2pm – Meditation</p>                             |
| <p>28</p> <p>11am – Chair Yoga</p> <p>1pm – Technology Class<br/>w/ Shanel</p> <p>2pm – Meditation Mondays</p>  | <p>29</p> <p>11am – <i>The Chit Chat Club</i></p> <p><b>12:30pm – BINGOCIZE</b><br/>Evidence Based Program</p> <p>2pm – <b>SU-CASA Program</b><br/>w/ Lorenza</p> | <p>30</p> <p>11am – Recreational Games</p> <p>1pm – Succulent Planting<br/>w/ Shanel</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>1</b></p> <p><b>Lemon Pepper Fish</b><br/> <b>Mexican Style Brown Rice</b><br/> <b>w/Pigeon Peas</b><br/> <b>Cesar Salad</b><br/> <b>1% Low Fat Milk</b><br/> <b>Apple</b></p>   | <p><b>2</b></p> <p><b>Roasted Chicken Legs</b><br/> <b>Yellow Rice</b><br/> <b>California Blend Vegetables</b><br/> <b>1% Low Fat Milk</b><br/> <b>Orange</b></p>                                 | <p><b>3</b></p> <p><b>Black Bean Soup</b><br/> <b>Perfect White Rice</b><br/> <b>Steamed Cauliflower</b><br/> <b>1% Low Fat Milk</b><br/> <b>Banana</b></p>  | <p><b>4</b></p> <p><b>Chili con Carne</b><br/> <b>Garlic Mashed Potatoes</b><br/> <b>Mixed Green Salad</b><br/> <b>Whole Wheat Bread</b><br/> <b>1% Low Fat Milk</b><br/> <b>Apple</b></p> |  |
| <p><b>7</b></p> <p><b>Mexican Style Chicken Thighs &amp; Rice</b><br/> <b>Mexican Style Brown Rice</b><br/> <b>w/Pigeon Peas</b><br/> <b>Sauteed Green Beans w/Onions</b><br/> <b>1% Low Fat Milk</b><br/> <b>Banana</b></p> | <p><b>8</b></p> <p><b>Baked Fish</b><br/> <b>Rice w/Vegetables</b><br/> <b>Baby Spinach w/Lemon Vinaigrette</b><br/> <b>1% Low Fat Milk</b><br/> <b>Apple</b></p>                                 | <p><b>9</b></p> <p><b>Baked Chicken Quarter</b><br/> <b>Brown Rice</b><br/> <b>Steamed Cauliflower</b><br/> <b>1% Low Fat Milk</b><br/> <b>Orange</b></p>  | <p><b>10</b></p> <p><b>Hearty Summer Minestrone Soup</b><br/> <b>Perfect White Rice</b><br/> <b>Mixed Green Salad</b><br/> <b>1% Low Fat Milk</b><br/> <b>Banana</b></p>                   | <p><b>11</b></p> <p><b>Smothered Pork Chops</b><br/> <b>Garlic Mashed Potatoes</b><br/> <b>Roasted Broccoli</b><br/> <b>Whole Wheat Bread</b><br/> <b>1% Low Fat Milk</b><br/> <b>Apple</b></p>            |
| <p><b>14</b></p> <p><b>Oven Fried Chicken Wings</b><br/> <b>Brown Rice</b><br/> <b>Sauteed Green Beans w/Onions</b><br/> <b>1% Low Fat Milk</b><br/> <b>Banana</b></p>   | <p><b>15</b></p> <p><b>Baked Fish w/Sweet &amp; Sour Sauce</b><br/> <b>Rice w/Vegetables</b><br/> <b>Baby Spinach Salad w/Lemon Vinaigrette</b><br/> <b>1% Low Fat Milk</b><br/> <b>Apple</b></p> | <p><b>16</b></p> <p><b>Italian Roast Chicken</b><br/> <b>Mexican Style Brown Rice</b><br/> <b>w/Pigeon Peas</b><br/> <b>California Blend Vegetables</b><br/> <b>1% Low Fat Milk</b><br/> <b>Orange</b></p> | <p><b>17</b></p> <p><b>Hearty Winter Minestrone Soup</b><br/> <b>Perfect White Rice</b><br/> <b>Tomato &amp; Cucumber Salad</b><br/> <b>1% Low Fat Milk</b><br/> <b>Banana</b></p>         | <p><b>18</b></p> <p><b>Roasted Pork Shoulder</b><br/> <b>Garlic Mashed Potatoes</b><br/> <b>Baby Carrots &amp; Parsley</b><br/> <b>Whole Wheat Bread</b><br/> <b>1% Low Fat Milk</b><br/> <b>Apple</b></p> |

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|--|---|---|--|---|
| <p><b>21</b></p> <p>Oven Fried Chicken Wings<br/>Rice w/Corn<br/>Steamed Green Beans<br/>1% Low Fat Milk<br/>Banana</p>            | <p><b>22</b></p> <p>Baked Fish<br/>Brown Rice<br/>Lettuce &amp; Tomato<br/>1% Low Fat Milk<br/>Apple</p>  | <p><b>23</b></p> <p>Roasted Pork Shoulder<br/>Mexican Style Brown Rice<br/>w/Pigeon Peas<br/>California Blend Vegetables<br/>1% Low Fat Milk<br/>Orange</p> | <p><b>24</b></p> <p>Hearty Winter Minestrone Soup<br/>Perfect White Rice<br/>Garden Salad<br/>1% Low Fat Milk<br/>Banana</p> | <p><b>25</b></p> <p>Dairy-Free Baked Ziti w/Beef<br/>Baby Carrots w/Parsley<br/>Whole Wheat Bread<br/>1% Low Fat Milk<br/>Apple</p> |
| <p><b>28</b></p> <p>Smothered Pork Chops<br/>Brown Rice w/Kidney Beans<br/>Lettuce &amp; Tomato<br/>1% Low Fat Milk<br/>Banana</p> | <p><b>29</b></p> <p>BBQ Chicken Leg Quarters<br/>Garlic Mashed Potatoes<br/>Steamed Cauliflower<br/>Whole Wheat Bread<br/>1% Low Fat Milk<br/>Apple</p> | <p><b>30</b></p> <p>Lemon Pepper Fish<br/>Brown Rice<br/>Italian Blend Vegetables<br/>1% Low Fat Milk<br/>Orange</p>  | <p><b>2025</b></p>   |   |