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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 both virtual and in person.

Nutrition Education & Health Management Presentations w/ TechWorld

Meeting ID: 628 351 4488

Password:111



1

11am – Jewelry Making

12:30pm – BINGOCIZE
Evidence Based Program

2pm – Chair Zumba
w/ Carmencita, TechWorld

2

9am – Walking Club

12pm – “Chronic Obstructive
Pulmonary Disease”
w/ Charles, TechWorld

1pm – Creative Arts
w/ TechWorld

<p>5</p> <p>12pm – “Nutrition & Skin Health” w/ Pnina, TechWorld</p> <p>1pm – Cinco de Mayo Luncheon</p> <p>2pm – Recreational Games</p>	<p>6</p> <p>11am – <i>The Chit Chat Club</i></p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – SU-CASA Program w/ Lorenza</p>	<p>7</p> <p>9am – Walking Club</p> <p>10:30am – Green Acres Mall Shopping Trip</p>	<p>8</p> <p>11am – Jewelry Making</p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – Stretching Exercises w/ Peter, TechWorld</p>	<p>9</p> <p>10am – Walking Club</p> <p>11:30am – Creative Arts w/ Tech World</p> <p>1pm – Mother’s Day Celebration</p>
<p>12</p> <p>11am – Chair Yoga</p> <p>1pm – Technology Class w/ Tech World</p> <p>2pm – Movie Mondays</p>	<p>13</p> <p>11am – <i>The Chit Chat Club</i></p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – SU-CASA Program w/ Lorenza</p>	<p>14</p> <p>11am – Walking Club</p> <p>1pm – Advisory Board Meeting</p> <p>2pm – DIY Photo Album Gift Box</p>	<p>15</p> <p>11am – Jewelry Making</p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – Stretching Exercises w/ Peter, TechWorld</p>	<p>16</p> <p>11am – Recreational Games</p> <p>12pm – “Myasthenia Gravis” w/ Charles, TechWorld</p> <p>Cake Sale 1pm-3pm</p>
<p>19</p> <p>12pm – Nutrition Presentation w/ Pnina, TechWorld</p> <p>1pm – Technology Class w/ Tech World</p> <p>2pm – Movie Mondays</p>	<p>20</p> <p>11am – <i>The Chit Chat Club</i></p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – SU-CASA Program w/ Lorenza</p>	<p>21</p> <p>9am – Walking Club</p> <p>11am – General Membership Meeting</p> <p>2pm – Diamond Painting: Butterfly Sun Catchers</p>	<p>22</p> <p>Older Americans Month BBQ 11am-3pm</p>	<p>23</p> <p>10am – Recreational Games</p> <p>11am – BINGOCIZE Evidence Based Program</p>
<p>26</p> 	<p>27</p> <p>11am – <i>The Chit Chat Club</i></p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – SU-CASA Program w/ Lorenza</p>	<p>28</p> <p>11am – Technology Class w/ Shanel</p> <p>1pm – Emergency Preparedness Presentation w/ ReadyNY</p>	<p>29</p> <p>11am – Jewelry Making</p> <p>12:30pm – BINGOCIZE Evidence Based Program</p> <p>2pm – Stretching Exercises</p>	<p>30</p> <p>10am – Walking Club</p> <p>11am – Hook & Reel Luncheon Trip</p> <p>1pm – Friday Films</p>

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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1

Classic Minestrone Soup
Or
Vegetable Soup
White Rice
Garden Salad
Whole Wheat Bread
1% Low Fat Milk
Banana

2

Oven Fried Chicken
Rice w/Vegetables
California Blend Vegetables
1% Low Fat Milk
Apple

5

Pork Spareribs
Mexican Brown Rice
w/Pigeon Peas
Steamed Broccoli
1% Low Fat Milk
Banana

6

Oven Fried Chicken Wings
Rice w/Vegetables
Mixed Green Salad
1% Low Fat Milk
Apple

7

Baked Fish
Roasted Potatoes
Italian Cut Green Beans
Whole Wheat Bread
1% Low Fat Milk
Orange

8

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

9

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

<p>12</p> <p>Baked Chicken Thighs Brown Rice w/ Kidney Beans Steamed Carrots & Green Beans 1% Low Fat Milk Banana</p>	<p>13</p> <p>Lemon Pepper Fish Mexican Style Brown Rice w/Pigeon Peas Cesar Salad 1% Low Fat Milk Apple</p>	<p>14</p> <p>Roasted Chicken Legs Yellow Rice California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>15</p> <p>Black Bean Soup Perfect White Rice Steamed Cauliflower 1% Low Fat Milk Banana</p>	<p>16</p> <p>Chili con Carne Garlic Mashed Potatoes Mixed Green Salad Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>19</p> <p>Mexican Style Chicken Thighs & Rice Mexican Style Brown Rice w/Pigeon Peas Sauteed Green Beans w/Onions 1% Low Fat Milk Banana</p>	<p>20</p> <p>Baked Fish Rice w/Vegetables Baby Spinach w/Lemon Vinaigrette 1% Low Fat Milk Apple</p>	<p>21</p> <p>Baked Chicken Quarters Brown Rice Steamed Cauliflower 1% Low Fat Milk Orange</p>	<p>22</p> <p>Hearty Summer Minestrone Soup Perfect White Rice Mixed Green Salad 1% Low Fat Milk Banana</p>	<p>23</p> <p>Smothered Pork Chops Garlic Mashed Potatoes Roasted Broccoli Whole Wheat Bread 1% Low Fat Milk Apple</p>
<p>26</p> 	<p>27</p> <p>Baked Fish w/Sweet & Sour Sauce Rice w/Vegetables Baby Spinach Salad 1% Low Fat Milk Apple</p>	<p>28</p> <p>Italian Roast Chicken Mexican Style Brown Rice w/Pigeon Peas California Blend Vegetables 1% Low Fat Milk Orange</p>	<p>29</p> <p>Hearty Winter Minestrone Soup Perfect White Rice Tomato & Cucumber Salad 1% Low Fat Milk Banana</p>	<p>30</p> <p>Roasted Pork Shoulder Garlic Mashed Potatoes Baby Carrots & Parsley Whole Wheat Bread 1% Low Fat Milk Apple</p>