



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



2026

Monday

Tuesday

Wednesday

Thursday

Friday



1

10am – Technology Office Hour
11am – Walking Club
1pm – Recreational Games

2

10am – 3D Gem Painting
11am – Jewelry Making
1pm – Voices in Motion
w/ Teatro Circulo (SU-CASA)
2pm – Zumba Gold
w/ TechWorld

3

10am - Easter Brunch
12pm – Stress & Anxiety
w/ Charles, TechWorld
(Click/press here to join Zoom)
1pm – Voices in Motion
w/ Teatro Circulo (SU-CASA)
2pm – Creative Arts
w/ TechWorld

6

10am – Chair Exercises
11am – 3pm
Celebrating Easter
at NY Botanical Gardens
1pm – Blood Pressure
Screening w/ Selina, RN

7

10am – *The Chit Chat Club*
11am – Technology Class
1pm – Blood Pressure
Screening w/ Selina, RN
2pm – Rheumatoid Arthritis
Presentation
w/ Selina, RN

8

10am – DIY Easter Baskets
11am
Walmart
Shopping Trip
2pm – Technology Office
Hour

9

11am – Jewelry Making
1pm – Voices in Motion
w/ Teatro Circulo (SU-CASA)
2pm – Self Defense Class
w/ TechWorld

10

10am – Recreational Games
12pm – Exercise Benefits
w/ Charles, TechWorld
(Click/press here to join Zoom)
1pm – Voices in Motion
w/ Teatro Circulo (SU-CASA)
2pm – Creative Arts
w/ TechWorld

<p>13</p> <p>11am – Chair Exercises 12pm – Eye Health and Nutrition with Aging w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Blood Pressure Screening w/ Selina, RN 2pm – Asthma Presentation w/ Selina, RN</p>	<p>14</p> <p>10am – <i>The Chit Chat Club</i> 11am – Technology Office Hour 1pm – Blood Pressure Screening w/ Selina, RN 2pm – Stretching Exercises w/ Selina, RN</p>	<p>15</p> <p>11am – Fashion Show Jewelry Centerpieces 1pm Health & Hygiene Super  2pm – English & Spanish Language Class w/ TechWorld</p>	<p>16</p> <p>10am – Crochet w/ Carolyn 11am – Jewelry Making 12pm – Salad Making w/ Shanel 1pm – Voices in Motion w/ Teatro Circulo (SU-CASA) 2pm – Self Defense Class w/ TechWorld</p>	<p>17</p> <p>10am – Walking Club 12pm – Android Mobile Devices Basics w/ Shanel 1pm – Voices in Motion w/ Teatro Circulo (SU-CASA) 2pm – Creative Arts w/ TechWorld</p>
<p>20</p> <p>11am – Technology Class w/ Tech World 12pm – Aging, Sleep and Nutrition w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Blood Pressure Screening w/ Selina, RN 2pm – Glaucoma Presentation w/ Selina, RN</p>	<p>21</p> <p>10am – <i>The Chit Chat Club</i> 11am – Fashion Show Jewelry Centerpieces 12pm – Tuesday Theatre 1pm – Blood Pressure Screening w/ Selina, RN 2pm – Stretching Exercises w/ Selina, RN</p>	<p>22</p> <p>10am – Walking Club 11am Jimmy's Cafe Luncheon Trip 2pm – Brain Games</p>	<p>23</p> <p>11am – Jewelry Making 12pm – Health & Wellness Spin the Wheel Trivia Game 1pm – Voices in Motion w/ Teatro Circulo (SU-CASA) 2pm – Stretching Exercises w/ TechWorld</p>	<p>24</p> <p>10am – Walking Club 11am – Technology Office Hour 1pm – Voices in Motion w/ Teatro Circulo (SU-CASA) 2pm – Creative Arts w/ TechWorld</p>
<p>27</p> <p>11am – Chair Exercises 12pm – A Look at Intuitive Eating for National Health Awareness Month w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Blood Pressure Screening w/ Selina, RN 2pm – Neuropathy Presentation w/ Selina, RN</p>	<p>28</p> <p>10am – Technology Office Hour 11am – Fashion Show Jewelry Centerpieces 12pm – <i>The Chit Chat Club</i> 1pm – Blood Pressure Screening w/ Selina, RN 2pm – Stretching Exercises w/ Selina, RN</p>	<p>29</p> <p>10am – Walking Club 1pm – General Membership Meeting 3pm SHOPP Volunteer Recognition Event</p>	<p>30</p> <p>11am – Crochet w/ Carolyn 1pm – Voices in Motion w/ Teatro Circulo (SU-CASA) 2pm – Stretching Exercises w/ TechWorld</p>	<p>April is STRESS AWARENESS MONTH</p> 

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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1
Baked Chicken Quarters
Brown Rice
California Blend Vegetables
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

2
Basic Shepherd's Pie
Normandy Blend
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

3
Oven Fried Chicken
Garlic Mashed Potatoes
Italian Blend Vegetables
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit


6
Stewed Beans
Brown Rice
Garden salad
1 % Low Fat milk
Fresh Fruit

7
Italian Roast Chicken
Yellow Rice
California Blend Vegetables
1 % Low Fat Milk
Fresh Fruit

8
BBQ Pulled Pork
Mixed Green Salad
Whole Wheat Hamburger Bun
1 % Low Fat Milk
Fresh Fruit

9
Baked Asian Style
Honey Chicken
Perfect White Rice
Steamed Broccoli
1 % Low Fat Milk
Fresh Fruit

10
Parmesan Baked Fish
Garlic Mashed Potatoes
Baby Carrots & Parsley
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

<p>13</p> <p>Cozy Lentil & Veggie Soup Perfect White Rice Roasted Potatoes & Vegetables 1 % Low Fat Milk Fresh Fruit</p>	<p>14</p> <p>Smothered Pork Chops Perfect White Rice Caesar Salad 1 % Low Fat Milk Fresh Fruit</p>	<p>15</p> <p>Beef Picadillo Roasted Potatoes Steamed Broccoli Whole Wheat Bread 1% Low Fat Milk Fresh Fruit</p>	<p>16</p> <p>BBQ Chicken Leg Quarters Brown Rice w/Pigeon Peas Mixed Green Salad 1 % Low Fat Milk Fresh Fruit</p>	<p>17</p> <p>Baked Fish w/ Lemon Garlic Butter Sauce Garlic Mashed Potatoes Steamed Green Beans 1 % Low Fat Milk Fresh Fruit</p>
<p>20</p> <p>Dominican Vegan Sancocho Caesar Salad Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>	<p>21</p> <p>Italian Style Pork Loin Brown Rice w/Pigeon Peas Baby Spinach Salad 1 % Low Fat Milk Fresh Fruit</p>	<p>22</p> <p>Beef Meatballs w/ Tomato Sauce Whole Wheat Spaghetti California Blend Vegetables 1 % Low Fat Milk Fresh Fruit</p>	<p>23</p> <p>Baked Chicken Quarters Yellow Rice Capri Blend Vegetables 1 % Low Fat Milk Fresh Fruit</p>	<p>24</p> <p>Baked Fish w/ Cilantro Sauce Steam Carrots & Green Beans Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>
<p>27</p> <p>Cozy Lentil & Veggie Soup Brown Rice Steamed Broccoli 1 % Low Fat Milk Fresh Fruit</p>	<p>28</p> <p>Baked Chicken Thighs Mexican Confetti Rice Baby Carrots & Parsley 1 % Low Fat Milk Fresh Fruit</p>	<p>29</p> <p>Baked Pork Chops Garlic Mashed Poatoes Boiled Southern Green Beans Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>	<p>30</p> <p>Lemon Chicken Brown Rice California Blend Vegetables 1 % Low Fat Milk Fresh Fruit</p>	 <p><small>BEST ANIMATIONS</small></p>