



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
12pm – “Chronic Obstructive Pulmonary Disease” w/ Charles, TechWorld
 (Click/press here to join Zoom)
 1pm – *Voices in Motion* w/ Teatro Circulo (SU-CASA)
 2pm – Creative Arts w/ TechWorld

4
 11am – Technology Class
12pm – Nutrition & Arthritis w/ Pnina, TechWorld
 (Click/press here to join Zoom)
 1pm – Blood Pressure Screening w/ Selina, RN
 2pm – Diabetes Presentation w/ Selina, RN

5
 10am – *DIY Personalized Liquid Hand Soaps*
12pm – Cinco De Mayo Luncheon
 1pm – Blood Pressure Screening w/ Selina, RN
 2pm – Stretching Exercises w/ Selina, RN

6
 10am – *The Chit Chat Club*
11am
Mother’s Day Luncheon at Sammy’s Fish Box
 2pm – Brain Games

7
 11am – Jewelry Making
 1pm – *Voices in Motion* w/ Teatro Circulo (SU-CASA)
 2pm – Self Defense Class w/ TechWorld

8
12pm – “Older Adult Facilities” w/ Charles, TechWorld
 (Click/press here to join Zoom)
 1pm – *Voices in Motion* w/ Teatro Circulo (SU-CASA)
 2pm – Creative Arts w/ TechWorld

<p>11</p> <p>11am – Technology Class w/ Tech World</p> <p>12pm – “Nutrition for Recent Blood Pressure Guidelines” w/ Pnina, TechWorld (Click/press here to join Zoom)</p> <p>1pm – Blood Pressure Screening w/ Selina, RN</p> <p>2pm – Hypertension Presentation w/ Selina, RN</p>	<p>12</p> <p>10am – <i>The Chit Chat Club</i> 11am – <i>DIY Spring Flower Soap Vases</i></p> <p>1pm – Blood Pressure Screening w/ Selina, RN</p> <p>2pm – Stretching Exercises w/ Selina, RN</p>	<p>13</p> <p>9:30am Medieval Times Trip</p> <p>2pm – Brain Games</p>	<p>14</p> <p>11am – Jewelry Making 12pm – Salad Making w/ Shanel</p> <p>1pm – <i>Voices in Motion</i> w/ Teatro Circulo (SU-CASA)</p> <p>2pm – Zumba Gold w/ TechWorld</p>	<p>15</p> <p>10am – Recreational Games</p> <p>12pm – “Skin Cancer Prevention” w/ Charles, TechWorld (Click/press here to join Zoom)</p> <p>1pm – <i>Voices in Motion</i> w/ Teatro Circulo (SU-CASA)</p> <p>2pm – Creative Arts w/ TechWorld</p>
<p>18</p> <p>11am – Tai Chi Seated Exercises</p> <p>12pm – “Nutrition Benefits of Seafood with Aging” w/ Pnina, TechWorld (Click/press here to join Zoom)</p> <p>1pm – Technology Class w/ Tech World</p> <p>2pm – General Membership Meeting</p>	<p>19</p> <p>10am – <i>The Chit Chat Club</i> 11am – <i>DIY Summer Pillows</i></p> <p>12pm – Tuesday Theatre (Michael Jackson)</p> <p>2pm – Creative Arts w/ Katherine</p>	<p>20</p> <p>9:30am Maestro’s Fashion Show</p> <p>11am – Recreational Games</p>	<p>21</p> <p>12pm – Spin the Wheel Trivia Game</p> <p>1pm – <i>Voices in Motion</i> w/ Teatro Circulo, SU-CASA’s Special Performance</p> <p>2pm – Zumba Gold w/ TechWorld</p>	<p>22</p> <p>11am SPRING Super</p> 
<p>25</p> 	<p>26</p> <p>10am – <i>The Chit Chat Club</i> 11am – Recreational Games</p> <p>12pm Fundraising Bake Sale</p> <p>1pm – Technology Class</p>	<p>27</p> <p>10am – Walking Club</p> <p>11am Bowling Trip</p> <p>2pm – Brain Games</p>	<p>28</p> <p>11am – Jewelry Making</p> <p>12pm – Birthday Celebration</p> <p>1pm – English & Spanish Language Class w/ TechWorld</p> <p>2pm – Stretching Exercises w/ TechWorld</p>	<p>29</p> <p>11am – Crochet w/ Carolyn</p> <p>12pm-3pm Older Americans Month BBQ</p>  <p>1pm – Outdoor Painting w/ TechWorld</p>

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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1
Baked Fish w/ Creole Sauce
Garlic & Rosemary
Roasted Potatoes
Garden Salad
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

4
Stewed Beans
Perfect White Rice
Garden Salad
Whole Wheat Bread
1 % Low fat Milk
Fresh Fruit

5
Baked Chicken Quarters
Garlic Mashed Potatoes
Steamed Spinach
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

6
Roasted Pork Shoulder
Yellow Rice
Roasted Broccoli
1 % Low Fat Milk
Fresh Fruit

7
Beef Hamburger
Roasted Sweet Potato Fries
Lettuce & Tomato
Whole Wheat Bun
1 % Low Fat Milk
Fresh Fruit

8
Lemon Pepper Fish
Garlic & Rosemary Roasted Potatoes
Honey Garlic Roasted Cauliflower
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

<p>11 Tasty Whole Wheat Lo Mein w/Chickpeas Sauteed Green Beans w/Onions 1 % Low Fat Milk Fresh Fruit</p>	<p>12 Baked Fish w/ Lemon Garlic Butter sauce White Rice Kale & Tomato 1 % Low Fat Milk Fresh Fruit</p>	<p>13 Baked Chicken Quarters Brown Rice California Blend Vegetables Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>	<p>14 Basic Shepherd's Pie Normandy Blend Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>	<p>15 Oven Fried Chicken Garlic Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>
<p>18 Stewed Beans Brown Rice Garden salad 1 % Low Fat milk Fresh Fruit</p>	<p>19 Italian Roast Chicken Yellow Rice California Blend Vegetables 1 % Low Fat Milk Fresh Fruit</p>	<p>20 BBQ Pulled Pork Mixed Green Salad Whole Wheat Hamburger Bun 1 % Low Fat Milk Fresh Fruit</p>	<p>21 Baked Asian Style Honey Chicken Perfect White Rice Steamed Broccoli 1 % Low Fat Milk Fresh Fruit</p>	<p>22 Parmesan Baked Fish Garlic Mashed Potatoes Baby Carrots & Parsley Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit</p>
<p>25</p> 	<p>26 Smothered Pork Chops Perfect White Rice Caesar Salad 1 % Low Fat Milk Fresh Fruit</p>	<p>27 Beef Picadillo Roasted Potatoes Steamed Broccoli Whole Wheat Bread 1% Low Fat Milk Fresh Fruit</p>	<p>28 BBQ Chicken Leg Quarters Brown Rice w/Pigeon Peas Mixed Green Salad 1 % Low Fat Milk Fresh Fruit</p>	<p>29 Baked Fish w/ Lemon Garlic Butter Sauce Garlic Mashed Potatoes Steamed Green Beans 1 % Low Fat Milk Fresh Fruit</p>