



# 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



shutterstock.com - 2760881965

1

10am – Recreational Games  
11am – *Meditation Session*  
2pm – Brain Games

2

11am – Jewelry Making  
1pm – Chair Exercises  
*2pm – 3D Gem Painting*

3

Center will be Open  
only for Cooling Center  
Operations  
10am-6pm

6

11am – Tai Chi Seated Exercises  
1pm – Technology Class  
2pm – Movie Mondays

7

10am – *Walking Club*  
11am – *The Chit Chat Club*  
1pm – Sewing Summer Pillows

8

10am  
Hobby Lobby  
Shopping Trip

2pm – Brain Games

9

11am – Jewelry Making  
1pm – Chair Exercises  
*2pm – Sip & Paint Session*

10

12pm – 3pm  
Summer BBQ Bash



<p>13</p> <p>11am – Tai Chi Seated Exercises  12pm – Salad Making w/ Shanel  1pm – Technology Class  2pm – General Membership Meeting</p>	<p>14</p> <p>10am – <i>Walking Club</i>  11am – <i>The Chit Chat Club</i>  1pm – “Healthy Eating Habits For Seniors” w/ Urgent Way Medical Center</p>	<p>15</p> <p>10am  Ferry Ride  &amp;  Luncheon at Juniors</p> <p>1pm – Outdoor Recreational Games</p>	<p>16</p> <p>11am – Jewelry Making  1pm – Senior Stepping Exercises  2pm – 3D Gem Painting</p>	<p>17</p> <p>10am – Recreational Games  12pm – UV Safety Awareness Presentation w/ Shanel  1pm – DIY Flower Soap Vases</p>
<p>20</p> <p>11am – Tai Chi Seated Exercises  1pm – Technology Class  2pm – Brain Games</p>	<p>21</p> <p>10am – <i>Walking Club</i>  11am – <i>The Chit Chat Club</i>  1pm – NYCHA Presentation w/ Lead Tempo</p>	<p>22</p> <p>10am –2pm  Election Day for Senior Advisory Board</p> <p>1pm – Pictionary Game Time</p>	<p>23</p> <p>11am – Jewelry Making  1pm – Chair Exercises  2pm – DIY Summer Planting</p>	<p>24</p> <p>12pm – International Self Care Presentation w/ Shanel  1pm – Summer Super    2pm – Recreational Games</p>
<p>27</p> <p>11am – Tai Chi Seated Exercises  12pm – DIY Fruit Parfait w/ Shanel  1pm – Technology Class  2pm – Brain Games</p>	<p>28</p> <p>10am – <i>Walking Club</i>  11am – <i>The Chit Chat Club</i>  1pm – Tuesday Theatre</p>	<p>29</p> <p>11am – Puzzle Palooza w/ Shanel  1pm – Spin the Wheel Trivia Game  2pm – Birthday Celebration</p> 	<p>30</p> <p>11am – Jewelry Making</p> <p>12pm  Fundraising Sandwich Sale</p> <p>2pm – Senior Stepping Exercises</p>	<p>31</p> <p>10am – Recreational Games  1pm – Meditation Session  2pm – DIY Resin Purses</p>

# Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

This program is funded by NYC Aging  
This menu is subject to change



1

Beef Meatballs  
w/Tomato Sauce  
Whole Wheat Spaghetti  
California Blend Vegetables  
1 % Low Fat Milk  
Fresh Fruit

2

Baked Chicken Quarters  
Yellow Rice  
Capri Blend Vegetables  
1 % Low Fat Milk  
Fresh Fruit

3



6

Cozy Lentil & Veggie Soup  
Perfect White Rice  
Roasted Broccoli  
Whole Wheat Bread  
1 % Low Fat Milk  
Fresh Fruit

7

Baked Chicken Thighs  
Mexican Confetti Rice  
Black Bean Soup  
Italian Blend Vegetables  
1 % Low Fat Milk  
Fresh Fruit

8

Beef Empanadas  
Garlic Mashed Potatoes  
Boiled Southern Greens  
Whole Wheat Bread  
1 % Low Fat Milk  
Fresh Fruit

9

Lemon Chicken  
Brown Rice  
California Blend Vegetables  
1 % Low Fat Milk  
Fresh Fruit

10

Baked Ziti w/ Turkey  
Garlic & Rosemary  
Roasted Potatoes  
Roasted Broccoli  
Whole Wheat Bread  
1 % Low Fat Milk  
Fresh Fruit

<p><b>13</b></p> <p><b>Stewed Beans</b>  <b>Perfect White Rice</b>  <b>Garden Salad</b>  <b>1 % Low fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>14</b></p> <p><b>Baked Chicken Quarters</b>  <b>Garlic Mashed Potatoes</b>  <b>Steamed Spinach</b>  <b>Whole Wheat Bread</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>15</b></p> <p><b>Roasted Pork Shoulder</b>  <b>Brown Rice w/Pigeon Peas</b>  <b>Black Bean Soup</b>  <b>Roasted Broccoli</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>16</b></p> <p><b>Beef Hamburger</b>  <b>Roasted Sweet Potato Fries</b>  <b>Lettuce &amp; Tomato</b>  <b>Whole Wheat Bun</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>17</b></p> <p><b>Puerto Rican Chicken Stew</b>  <b>Garlic &amp; Rosemary</b>  <b>Roasted Potatoes</b>  <b>Whole Wheat Bread</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>
<p><b>20</b></p> <p><b>Tasty Whole Wheat Lo Mein</b>  <b>w/Chickpeas</b>  <b>White Rice</b>  <b>Sauteed Green Beans</b>  <b>w/Onions</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>21</b></p> <p><b>Tuna Salad</b>  <b>Black Beans &amp; Rice</b>  <b>Kale w/ Tomato</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>22</b></p> <p><b>Chicken Empanada</b>  <b>Baked Fries</b>  <b>California Blend Vegetables</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>23</b></p> <p><b>Basic Shepherd's Pie</b>  <b>Normandy Blend</b>  <b>Whole Wheat Bread</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>24</b></p> <p><b>Oven Fried Chicken</b>  <b>Garlic Mashed Potatoes</b>  <b>Italian Blend Vegetables</b>  <b>Whole Wheat Bread</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>
<p><b>27</b></p> <p><b>Stewed Beans</b>  <b>Brown Rice</b>  <b>Steamed Broccoli</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>28</b></p> <p><b>Chicken Adobo</b>  <b>Yellow Rice</b>  <b>California Blend Vegetables</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>29</b></p> <p><b>Mojo Pork</b>  <b>Roasted Sweet Potato Fries</b>  <b>Mixed Green Salad</b>  <b>Whole Wheat Bun</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>30</b></p> <p><b>Baked Chicken Quarters</b>  <b>Black Beans &amp; Rice</b>  <b>Garden Salad</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>	<p><b>31</b></p> <p><b>Tuna-Egg Salad Supreme</b>  <b>Baby Carrots &amp; Parsley</b>  <b>Whole Wheat Bread</b>  <b>1 % Low Fat Milk</b>  <b>Fresh Fruit</b></p>