



NEIGHBORHOOD Self Help by Older Persons Project
Helping Older Adults Help Themselves



www.nshopp.org



Soundview Social Club

1674 Seward Avenue, Bronx, NY 10473
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This calendar is subject to change
This program is funded by NYC Aging



Monday	Tuesday	Wednesday	Thursday	Friday
3 11am – Tai Chi Seated Exercises 12pm – Healthy Plant Based Food for Summer Cooking w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Technology Class	4 10am – Walking Club 11am – <i>The Chit Chat Club</i> 1pm – Tuesday Theatre	5 10am – Recreational Games 11am – Meditation Session 1pm – Advisory Board Meeting 2pm – Brain Games	6 11am – Jewelry Making 1pm – 3D Gem Painting 2pm – Senior Stepping Exercises	7 10am – Recreational Games 11am – Canvas Painting 1pm – Flower Mason Jars
10 11am – Tai Chi Seated Exercises 1pm – Technology Class w/ Tech World 2pm – Movie Mondays	11 10am – Walking Club 11am – <i>The Chit Chat Club</i> 1pm – Creative Arts w/ Marydres, TechWorld	12 10am Walmart Shopping Trip 2pm – Brain Games	13 11am – Jewelry Making 1pm – 3D Gem Painting 2pm – Chair Exercises w/ Carmencita, TechWorld	14 12pm – Spinal Muscular Atrophy Awareness w/ Charles, TechWorld (Click/press here to join Zoom) 1pm Summer Super BINGO

17 11am – Tai Chi Seated Exercises 12pm – Fruit Parfait Making w/ Shanel 1pm – Technology Class w/ Tech World	18 10am – Walking Club 11am – <i>The Chit Chat Club</i> 1pm – <i>Spin the Wheel</i> Trivia Game	19 11am Kaijin Seafood Buffet Luncheon 1pm – Recreational Games	20 11am – Jewelry Making 1pm – 3D Gem Painting 2pm – Chair Exercises w/ Peter, TechWorld	21 11am – Recreational Games 12pm – Stress Management w/ Charles, TechWorld (Click/press here to join Zoom) 1pm – DIY Heart Resin Purses
24 11am – Tai Chi Seated Exercises 1pm – Technology Class w/ Tech World 2pm – English/Spanish Language Class w/ Marydres, TechWorld	25 10am – Walking Club 11am – <i>The Chit Chat Club</i> 12pm – Tuesday Theatre 2pm – Birthday Celebration 	26 11am – Meditation Session 1pm – Recreational Games 2pm – General Membership Meeting	27 11am – Jewelry Making 1pm – Chair Exercises 2pm – Summer Planting	28 9:30am-4pm Soundview Social Club's Open House "A Day in Paris"
31 11am – Tai Chi Seated Exercises 12pm – Skin Health Nutrition w/ Pnina, TechWorld (Click/press here to join Zoom) 2pm – Creative Arts w/ Marydres, TechWorld	 — august is — SPINAL MUSCULAR ATROPHY — AWARENESS MONTH —			

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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3	Cozy Lentil & Veggie Soup Perfect White Rice Roasted Potatoes & Vegetables Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	4	Chicken Fajitas Caesar Salad Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	5	Beef Picadillo Roasted Potatoes Steamed Broccoli Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	6	Peruvian Chicken Arroz con Gandules Mixed Green Salad w/Dressing 1 % Low Fat Milk Fresh Fruit	7	Chicken Empanada Garlic Mashed Potatoes Steamed Green Beans Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit
10	Dominican Vegan Sancocho Brown Rice Caesar Salad Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	11	Italian Style Pork loin Arroz con Gandules Baby Spinach w/Lemon Vinaigrette 1 % Low Fat Milk Fresh Fruit	12	Beef Meatballs w/Tomato Sauce Whole Wheat Spaghetti California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	13	Baked Chicken Quarters Yellow Rice Capri Blend Vegetables 1 % Low Fat Milk Fresh Fruit	14	Chickpea of the Sea Tuna Steamed Carrots & Green Beans Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit

17	Cozy Lentil & Veggie Soup Perfect White Rice Roasted Broccoli Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	18	Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Italian Blend Vegetables 1 % Low Fat Milk Fresh Fruit	19	Beef Empanadas Garlic Mashed Potatoes Boiled Southern Greens Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	20	Lemon Chicken Brown Rice California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	21	Baked Ziti w/ Turkey Garlic & Rosemary Roasted Potatoes Roasted Broccoli Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit
24	Stewed Beans Perfect White Rice Garden Salad 1 % Low fat Milk Fresh Fruit	25	Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	26	Roasted Pork Shoulder Brown Rice w/Pigeon Peas Black Bean Soup Roasted Broccoli 1 % Low Fat Milk Fresh Fruit	27	Beef Hamburger Roasted Sweet Potato Fries Lettuce & Tomato Whole Wheat Bun 1 % Low Fat Milk Fresh Fruit	28	Puerto Rican Chicken Stew Garlic & Rosemary Roasted Potatoes Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit
31	Tasty Whole Wheat Lo Mein w/Chickpeas White Rice Sauteed Green Beans w/Onions 1 % Low Fat Milk Fresh Fruit								