



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



1
10am – Walking Club
11am – *The Chit Chat Club*
1pm – Creative Arts
w/ Ayideliz, TechWorld

2
10am – Recreational Games
11am – Meditation Session
1pm – Advisory Board Meeting
2pm – Brain Games

3
11am – 3D Gem Painting
1pm – Jewelry Making
2pm – Senior Stepping
w/ Yolanda, TechWorld

4
10am – Canvas Painting
11am – Recreational Games



8
10am – Walking Club
11am – *The Chit Chat Club*
1pm – Creative Arts
w/ Ayideliz, TechWorld

9
10am Walmart Shopping Trip
2pm – Brain Games

10
11am – 3D Gem Painting
1pm – Jewelry Making
2pm – Chair Zumba
w/ Yolanda, TechWorld

11
12pm – What is Ear Pain? Symptoms/Causes
w/ Charles, TechWorld
(Click/press here to join Zoom)
1pm – Senior Center Month Celebration
1pm – Mug Painting
w/ Katherine

14 11am – Tai Chi Seated Exercises 12pm – Food your Mood & Nutrition w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Computer Class w/ Cesar, TechWorld	15 10am – Walking Club 11am – <i>The Chit Chat Club</i> 1pm – <i>Spin the Wheel</i> Trivia Game	16 12pm - 3pm End of Summer BBQ 1pm – Recreational Games	17 11am – 3D Gem Painting 1pm – Jewelry Making 2pm – Chair Exercises w/ Peter, TechWorld	18 12pm – Migraines w/ Charles, TechWorld (Click/press here to join Zoom) 1pm – CareGivers Kinship Presentation w/ Stephanie, SHOPP Caregivers Program 2pm - Super 
21 11am – Tai Chi Seated Exercises 12pm – Smoothie Making w/ Shanel 1pm – Computer Class w/ Cesar, TechWorld	22 10am – Walking Club 11am – <i>The Chit Chat Club</i> 12pm – Tuesday Theatre	23 10am – Meditation Session 11am Johnny’s Reef Luncheon	24 11am – 3D Gem Painting 1pm – Jewelry Making 2pm – Chair Exercises w/ Peter, TechWorld	25 12pm – Different Diseases w/ Charles, TechWorld (Click/press here to join Zoom) 2pm - Super 
28 11am – Tai Chi Seated Exercises 12pm – Diet Strategies for Managing Your Blood Sugar w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Computer Class w/ Cesar, TechWorld	29 10am – Walking Club 11am – <i>The Chit Chat Club</i> 1pm – English / Spanish Language Class w/ Marydres, TechWorld	30 11am – Meditation Session 1pm – General Membership Meeting 2pm – <i>Birthday Celebration</i> 	CELEBRATING SENIOR CENTER MONTH	

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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1

Baked Fish w/Rustic
Tomato Sauce
Black Beans & Rice
Kale w/Tomato
1 % Low Fat Milk
Fresh Fruit

2

Chicken Empanada
Baked Fries
California Blend Vegetables
1 % Low Fat Milk
Fresh Fruit

3

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

4

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

7



8

Chicken Adobo
Yuca con Mojo
California Blend Vegetables
1 % Low Fat Milk
Fresh Fruit

9

Mojo Pork
Roasted Sweet Potatoes
Mixed Green Salad
Whole Wheat Bun
1 % Low Fat Milk
Fresh Fruit

10

Baked Chicken Quarters
Garlic & Rosemary
Roasted Potatoes
Garden Salad
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

11

Fish w/ Creole Sauce
Black Beans & Rice
Whole Wheat Bread
1 % Low Fat Milk
Fresh Fruit

14 Cozy Lentil & Veggie Soup Perfect White Rice Roasted Root Vegetables Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	15 Turkey Meatballs w/Tomato Sauce Spaghetti Caesar Salad 1 % Low Fat Milk Fresh Fruit	16 Beef Picadillo Roasted Potatoes Steamed Broccoli Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	17 Peruvian Chicken Arroz con Gandules Mixed Green Salad 1 % Low Fat Milk Fresh Fruit	18 Chicken Empanada Garlic Mashed Potatoes Steamed Green Beans Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit
21 Dominican Vegan Sancocho Puerto Rican Style Arroz con Gandules Caesar Salad 1 % Low fat Milk Fresh Fruit	22 Italian Style pork Loin Garlic Mashed Potatoes Steamed Spinach Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	23 Beef Meatballs Whol Wheat Spaghetti California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	24 Baked Chicken Quarters Yellow Rice Capri Blend Vegetables 1 % Low Fat Milk Fresh Fruit	25 Baked Fish w/Garlic Sauce Herbed Quinoa Steamed Carrots & Green Beans 1 % Low Fat Milk Fresh Fruit
28 Cozy Lentil & Veggie Soup Perfect White Rice Roasted Broccoli Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	29 Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Italian Blend Vegetables 1% Low Fat Milk Fresh Fruit	30 Beef Empanada Boiled Southern Greens Garlic Mashed Potatoes 1 % Low Fat Milk Fresh Fruit		