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

www.nshopp.org

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 1pm – Jewelry Making 2pm – Chair Zumba w/ Tech World	2 1pm – Canvas Painting 2pm – Recreational Games
5 12pm – Health Literacy Nutrition Truths & Misinformation w/ Pnina, TechWorld (Click/press here to join Zoom) 2pm – Recreational Games	6 10am – Walking Club 11am – *The Chit Chat Club* 1pm – Creative Arts w/ Aydeliz, TechWorld	7 11:30am – Blood Pressure Screening w/ Rufalia, RN - CUNY SPS Program 2pm - Super BINGO	8 11:30am – Social Isolation, Loneliness & Brain Health w/ Rufalia, RN - CUNY SPS Program 1pm – Jewelry Making 2pm – Chair Zumba w/ Tech World	9 11am – Brain Games 1pm – DIY Chocolate Pops w/ Emily

12 	13 10am – Walking Club 11am – *The Chit Chat Club* 1pm – Creative Arts: Mini Pumpkin Carving w/ Aydeliz, TechWorld 	14 10am – Recreational Games 11am – Meditation Session 1pm – Advisory Board Meeting 2pm – English / Spanish Language Class w/ Marydres, TechWorld	15 11:30am – Medication Safety w/ Rufalia, RN – CUNY SPS Program 1pm – Jewelry Making 2pm – Chair Exercises w/ TechWorld	16 12pm – Dental Health w/ Charles, TechWorld (Click/press here to join Zoom) 1pm – Paint & Sip Canvas Bags 2pm – DIY Ice Cream Making w/ Emily
19 12pm – Salad Making w/ Shanel 1pm – Computer Class w/ Cesar, TechWorld 2pm – Super 	20 10am – Walking Club 11am – *The Chit Chat Club* 1pm – Creative Arts: Halloween Mask-Making w/ Aydeliz, TechWorld	21 10am – Meditation Session 11am *Rosa at The Park* Luncheon	22 10:30am – Breast Cancer Awareness Walk 11:30am – Breast Cancer Awareness w/ Rufalia, RN – CUNY SPS Program 2pm – Jewelry Making	23 11:30am – Blood Pressure Screening w/ Rufalia, RN - CUNY SPS Program 12pm – Virtual Reality Technological Aids For the Elderly w/ Charles, TechWorld (Click/press here to join Zoom) 1pm – Canvas Painting
26 11am Throggs Neck Shopping Mall 1pm – Recreational Games	27 10am – Walking Club 11am – *The Chit Chat Club* 1pm – Computer Class w/ Cesar, TechWorld	28 11am – Meditation Session 12pm – Dietary Fats & Conflicting Viewpoints Your Blood Sugar w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – General Membership Meeting	29 11am – 3D Gem Painting 1pm – Jewelry Making 2pm – Chair Exercises w/ TechWorld	30 12pm Halloween Party w/ Ciditty Kiddie Center 1pm – 3pm Giveaway Event w/ Elite Home Care

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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			1 Lemon Chicken Brown Rice California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	2 Baked Ziti w/Turkey Garlic & Rosemary Roasted Potatoes Roasted Broccoli 1 % Low Fat Milk Fresh Fruit
5 Stewed Beans Perfect White Rice Garen Salad 1 % Low Fat Milk Fresh Fruit	6 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	7 Pernil Arroz con Gandules Black Bean Soup Roasted Broccoli 1 % Low Fat Milk Fresh Fruit	8 Beef Hamburger Lettuce & Tomato Roasted Sweet Potato Fries Whole Wheat Bun 1 % Low Fat Milk Fresh Fruit	9 Puerto Rican Chicken Stew Garlic & Rosemary Roasted Potatoes 1 % Low Fat Milk Fresh Fruit

12 	**13** Tuna Salad Black Beans & Rice Kale w/Tomato 1 % Low Fat Milk Fresh Fruit	**14** Chicken Empanada Baked Fries California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	**15** Basic Shepherd Pie Normandy Blend Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**16** Oven Fried Chicken Garlic Mashed Potatoes Italian Blend Vegetables Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit
19 Stewed Beans Brown Rice Steamed Broccoli 1 % Low fat Milk Fresh Fruit	**20** Chicken Adobo Yellow Rice California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	**21** Mojo Pork Roasted Sweet Potatoes Mixed Green Salad Whole Wheat Bun 1 % Low Fat Milk Fresh Fruit	**22** Baked Chicken Quarters Black Beans & Rice Garden Salad 1 % Low Fat Milk Fresh Fruit	**23** Tuna-Egg Salad Supreme Baby Carrots & Parsley Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit
26 Cozy Lentil & Veggie Soup Perfect White Rice Roasted Potatoes & Vegetables Whole Wheat Bread 1 % Low fat Milk Fresh Fruit	**27** Chicken Fajitas Caesar Salad Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**28** Beef Picadillo Roasted Potatoes Steamed Broccoli Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**29** Peruvian Chicken Arroz con Gandules Mixed Green Salad 1 % Low Fat Milk Fresh Fruit	**30** Chicken Empanada Garlic Mashed Potatoes Steamed Green Beans Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit