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



2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:30am Hook & Reel Luncheon 2pm – Recreational Games	3 10am – Recreational Games 11am – Meditation Session 1pm – Creative Arts w/ Aydeliz, TechWorld	4 10am – Walking Club 11am – *The Chit Chat Club* 2pm – Sewing Class Intro w/ Sondy	**5** 11:30am – Health Presentation w/ Rufalia, RN CUNY SPS Program 1pm – Jewelry Making 2pm – Zumba Gold w/ Yolanda, TechWorld	6 11:30am – Blood Pressure Screening w/ Rufalia, RN CUNY SPS Program 12pm – COPD w/ Charles, TechWorld (Click/press here to join Zoom) 1pm – Creative Arts w/ Aydeliz, TechWorld 2pm – Super BINGO
9 12pm – Nutrition Fiber & the Fibermaxxing Trend in the Media w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – English & Spanish Language Class w/ Marydres, TechWorld 2pm – Technology Class w/ Cesar, TechWorld	10 10am – Recreational Games 11am – Meditation Session 1pm – Creative Arts: Fall Wreaths w/ Aydeliz, TechWorld	11 10am – Walking Club 11am – DIY Fall Baskets w/ Shanel 2pm – Sewing Class w/ Sondy 	12 11:30am – Health Presentation w/ Rufalia, RN CUNY SPS Program 1pm – Jewelry Making 2pm – Zumba Gold w/ Yolanda, TechWorld	13 11:30am – Blood Pressure Screening w/ Rufalia, RN CUNY SPS Program 12pm – CareGivers Presentation w/ Stefanie, SHOPP CareGivers Program 2pm - Super BINGO

16 11am Walmart Shopping Center 2pm – Technology Class w/ Cesar, TechWorld	17 10am – Walking Club 11am – *The Chit Chat Club* 1pm – Creative Arts w/ Aydeliz, TechWorld	18 10am – Recreational Games 11am – Meditation Session 1pm – Advisory Board Meeting 2pm – Sewing Class w/ Sondy	19 11:30am – Health Presentation w/ Rufalia, RN CUNY SPS Program 1pm – Jewelry Making 2pm – Chair Exercises w/ Peter, TechWorld	20 12pm – Diabetes Prevention w/ Charles, TechWorld (Click/press here to join Zoom) 1pm – 3pm Thanksgiving Potluck 
23 10am – Walking Club 2pm – Recreational Games	24 11am Botanical Gardens Holiday Train Show 12pm – Seafood Nutrition: Benefits beyond Omega 3 w/ Pnina, TechWorld (Click/press here to join Zoom)	25 10am – Meditation Session 11am – General Membership Meeting	26 & 27 	
30 10am Bowling Trip 2pm – Technology Class w/ Cesar, TechWorld				

Soundview Social Club Lunch Menu

Served Monday - Friday at 12pm

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2 Dominican Vegan Sancocho Brown Rice w/Pigeon Peas Caesar Salad Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**3** Italian Style Pork Loin Yuca con Mojo Baby Spinach Salad 1 % Low Fat Milk Fresh Fruit	**4** Beef Meatballs Whole Wheat Spaghetti California Blend Vegetables 1% Low Fat Milk Fresh Fruit	**5** Baked Chicken Quarters Yellow Rice Capri Blend Vegetables 1 % Low Fat Milk Fresh Fruit	**6** Baked Fish w/Garlic Sauce Herbed Quinoa Steamed Carrots & Green Beans 1 % Low Fat Milk Fresh Fruit
9 Cozy Lentil & Veggie Soup Perfect White Rice Roasted Broccoli Whole wheat Bread 1 % Low Fat Milk Fresh Fruit	**10** Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Italian Blend Vegetables 1 % Low Fat Milk Fresh Fruit	**11** Beef Empanada Garlic Mashed Potatoes Boile Southern Greens Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**12** Lemon Chicken Brown Rice California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	**13** Baked Ziti w/Turkey Garlic & Rosemary Roasted Potatoes Roasted Broccoli 1 % Low Fat Milk Fresh Fruit

16 Stewed Beans Perfect White Rice Garden Salad 1 % Low Fat Milk Fresh Fruit	**17** Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**18** Pernil Arroz con Gandules Black Bean Soup Roasted Broccoli 1 % Low Fat Milk Fresh Fruit	**19** Beef Hamburger Lettuce & Tomato Roasted Sweet Potato Fries Whole Wheat Bun 1 % Low Fat Milk Fresh Fruit	**20** Puerto Rican Chicken Stew Garlic & Rosemary Roasted Potatoes 1 % Low Fat Milk Fresh Fruit
23 Tasty Whole Wheat Lo Mein w/Chickpeas Sauteed Green Beans w/Onions Whole Wheat Bread 1 % Low Fat Milk Fresh Fruit	**24** Baked Fish w/Rustic Tomato Sauce Black Beans & Rice Kale w/Tomato 1 % Low Fat Mil Fresh Fruit	**25** Chicken Empanada Baked Fries California Blend Vegetables 1 % Low Fat Milk Fresh Fruit	**26 & 27** 	
30 Stewed Beans Brown Rice Steamed Broccoli 1 % Low fat Milk Fresh Fruit				