


Casa Boricua Older Adult Center

910 East 172nd Street, Bronx, NY 10460 | Phone: 718-542-0222 | Fax: 718-378-7630 | Website: www.nshopp.org 

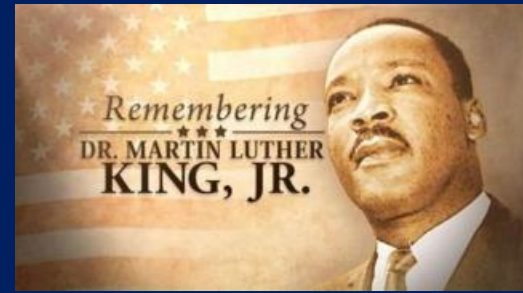


JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2.</p> <p><i>Closed in Observance of New Year's Day</i></p>	<p>3.</p> <p>9:30am – Stretching for Dominoes 10am – Technology w/ Luis 11am – Creative Arts 1pm – Recreational Games</p>	<p>4.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts w/ TECH WORLD 11am – Creative Arts w/ TECH WORLD 11am – Health Management Topic: Thyroid Health w/ Sheila 1pm – SUPER BINGO!</p>	<p>5.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts 10am – Technology w/ Luis 11am – Nutrition Education w/ Sheila 11:30am – Stretching w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>6.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 11am – Technology Ed w/ Kelvin, 'TECH WORLD' 11am – Nutrition Education: Foods for Skin Health w/ Sheila 1:30pm – 3 King's Day Celebration DJ BuenaVida</p>	<p>7.</p> <p>9:30am – Stretching For Dominoes w/ Sheila 1:30pm – Social Saturday</p>
<p>9.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts w/ TECH WORLD 10:30am – JASA's 'Trivia Monday' 11am – Nutrition Education w/ Sheila 11:30am – BAILOTERAPIA w/ Magcarena 1pm – Recreational Games</p>	<p>10.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Technology w/ Luis 11am – Creative Arts 11am – Nutrition Education w/ Sheila 11:30am – Stretching w/ Sheila</p>	<p>11.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – FOOD PANTRY 10am – Creative Arts w/ TECH WORLD 11am – Health Management Topic: The Thyroid Self-Exam w/ Sheila 11:30am – Stretching w/ Sheila</p>	<p>12.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts 10am – Technology w/ Luis 11am – Nutrition Education w/ Sheila 11:30pm – Stretching w/ Sheila</p>	<p>13.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 11am – Technology Ed w/ Kelvin, 'TECH WORLD' 11am – Nutrition Education w/ Sheila 11:30am – Stretching w/ Sheila 1pm – Recreational Games</p>	<p>14.</p>

16.

CENTER CLOSED



17.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Technology w/ Luis
 11am – Creative Arts
 11am – Nutrition Education w/ Sheila
 11:30am – Stretching w/ Sheila
 1:30pm – Drama Class

18.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Creative Arts w/ TECH WORLD
 11am – Health Management
 Topic: The Physical Exam w/ Screening w/ Sheila
 11:30am – Stretching w/ Sheila

19.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Technology Ed w/ Luis
 10am – Creative Arts Part 1 w/ Miguel
 11am – Creative Arts Part 2 w/ Miguel
 11am – Nutrition Education w/ Sheila
 11:30am – Stretching w/ Sheila
 1:30pm – La Orquesta Rehearsal w/ Judy

20.

9:30am – Stretching for Dominoes w/ Sheila
 11am – Technology Ed w/ Kelvin, 'TECH WORLD'
 11am – Nutrition Education: Nutrition for Bone & Joint Health w/ Sheila
 1:30pm – Social Friday

21.

9:30am – Stretching For Dominoes w/ Sheila
 1:30pm – Social Saturday

23.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Creative Arts w/ TECH WORLD
 10:30am – JASA's 'Trivia Monday'
 11am – Cervical Cancer Presentation
 11:30am – Stretching w/ Sheila
 1pm – Recreational Games

24.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Technology w/ Luis
 11am – Creative Arts
 11am – Nutrition Education w/ Sheila
 11:30am – Stretching w/ Sheila
 1:30pm – Drama Class

25.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Creative Arts w/ TECH WORLD
 11am – Health Management
 Topic: Brain Health w/ Sheila
 11:30am – Stretching w/ Sheila

26.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Technology w/ Luis
 10am – Creative Arts Part 1 w/ Miguel
 11am – Creative Arts Part 2 w/ Miguel
 11am – Martial Arts w/Peter TECH WORLD
 1:30pm – La Orquesta Rehearsal w/ Judy

27.

9:30am – Stretching for Dominoes w/ Sheila
 11am – Technology Ed w/ Kelvin, 'TECH WORLD'
 11am – Nutrition Education w/ Sheila
 11:30am – Stretching w/ Sheila
 1:30pm – Birthday Celebration w/DJ Buenavida Sponsored by SWH

28.

30.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Creative Arts w/ TECH WORLD
 10:30am – JASA's 'Trivia Monday'
 11am – Nutrition Education w/ Sheila
 11:30am – Stretching w/ Sheila
 1pm – Recreational Games

31.

9:30am – Stretching for Dominoes w/ Sheila
 10am – Technology w/ Luis
 11am – Creative Arts
 11am – Nutrition Education w/ Sheila
 11:30am – Stretching w/ Sheila
 1:30pm – Drama Class

This program is funded by the NYC Department for the Aging

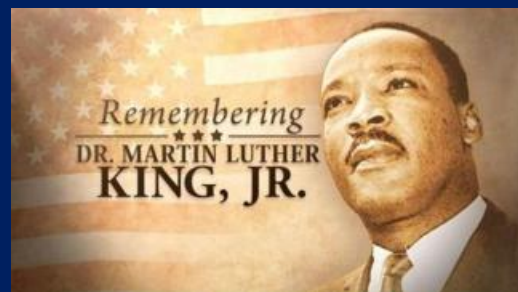


Casa Boricua Older Adult Center *Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2.</p> <p><i>Closed in observance of New Year's Day</i></p>	<p>3.</p> <p>Beef Stew Brown Rice Broccoli & Red Peppers Grape Juice Pear 1% Low Fat Milk</p>	<p>4.</p> <p>Lemon Salmon Whole Wheat Bread Roasted Potatoes Steamed Collard Greens Apple Juice Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>5.</p> <p>BBQ Pork Chops Whole Wheat Bread Italian Blend Vegetable Mangu w/Onions (Dominican Mashed Plantatins) Apple Blended Juice 1% Low Fat Milk Margarine</p>	<p>6.</p> <p>Baked Chicken Quarters Baked Macaroni & Cheese Sauteed String Beans Banana Orange Juice Lemon Merengue Pie 1% Low Fat Milk</p>	<p>7.</p> <p>Shepherd's Pie WW Bread Steamed Broccoli Apple Juice Orange 1% Low Fat Milk Margarine</p>
<p>9.</p> <p>Filet of Fish Sandwich Whole Wheat Bread Cole Slaw French Fries Canned Pineapple Grape Juice 1% Low Fat Milk Ketchup</p>	<p>10.</p> <p>Pernil (Roasted Pork Shoulder) Rice & Beans California Blend Vegetables Apple Juice Tangerine 1% Low Fat Milk</p>	<p>11.</p> <p>Baked Turkey Wing Whole Wheat Bread Baked Sweet Potato Steamed Spinach Applesauce Orange Juice 1% Low Fat Milk Margarine</p>	<p>12.</p> <p>Vegetarian Sancocho White Rice Whole Wheat Bread Steamed Carrots & Green Beans Sliced Canned Peaches 1% Low Fat Milk Margarine</p>	<p>13.</p> <p>Beef & Cheese Lasagna Garlic Bread Garden Salad Kiwi Blended Juice 1% Low Fat Milk French Dressing (Low Fat & Low Sodium)</p>	<p>14.</p>

16.

CENTER CLOSED



17.

Lentil Soup
WW Pasta Primavera
w/Cheese
Garlic Bread
Cucumber & Tomato Salad
w/ Balsamic-Lemon
Vinaigrette
Orange
1% Low Fat Milk

18.

Beef Meatloaf
Whole Wheat Bread
Yellow Rice
Steamed Green Beans
Banana
Grape Juice
1% Low Fat Milk
Margarine

19.

Pork Spare Ribs
Whole Wheat Bread
Baby Carrots w/Parsley
Yuca w/Onions
Apple Juice
Grapes
1% Low Fat Milk
Margarine

20.

Stewed Codfish
w/Eggplant
(Bacalao Fresco y Berenjena)
White Rice
Whole Wheat Bread
Halved Avocado
Canned Apricots
Blended Juice
1% Low Fat Milk
Margarine

21.

Baked Spaghetti
w/ Sausage
WW Bread
Steamed Broccoli
Apple
Orange Juice
1% Low Fat Milk
Margarine

23.

Bistec Encebollao
Whole Wheat bread
Roasted Potatoes
Steamed Peas & Carrots
Sliced Canned Peaches
1%Low Fat Milk
Margarine

24.

Baked Fish w/Lemon Garlic
Butter Sauce
Orzo
Whole Wheat Bread
Sauteed String Beans
Apple Juice
Canned Mandarin Oranges
1% Low Fat Milk
Margarine

25.

Oven Fried Chicken Wings
Brown Rice
Garden Salad
Stewed Beans
(Habichuelas Guisadas)
Blended Juice
Pear
1% Low Fat Milk

26.

Cream of Broccoli Soup
Baked Ziti w/ Cheese
Whole Wheat Bread
Italian Blend Vegetables
Apple
1% Low Fat Milk
Margarine

27.

Baked Pork Chops
Whole Wheat Bread
Broccoli & Red Peppers
Green Plantains
Grape Juice
Kiwi
1% Low Fat Milk
Margarine

28.

30.

Pineapple Glazed Salmon
Whole Wheat Bread
Yellow Rice
Steamed Carrots &
Green Beans
Apple Juice
Tangerine
1% Low Fat Milk
Margarine

31.

Vegetable Lasagna
Whole Wheat Bread
Winter Blend Vegetables
Banana
Blended Juice
1% Low Fat Milk
Margarine

This program is funded by the NYC Department for the Aging

Casa B's Upcoming Events!



1 SUPER BINGO 23

40

71

Wednesday
January 4, 2023
1pm - 3pm

AT CASA BORICUA OAC
910 E. 172 ST. BRONX, NY 10460
1-718-542-0222

PRIZE FOR FULL CARD WINNER!



NEIGHBORHOOD Helping Older Adults Stay Thriving



FUNDED BY THE NYC DEPT FOR THE AGING



NEIGHBORHOOD Helping Older Adults Stay Thriving Casa Boricua OAC

Three Kings Day Celebration



Friday January 6, 2023
1:30pm – 3:30pm

Music & Dancing w/ DJ BuenaVida

Refreshments will be served.

910 E. 172 St. Bronx, N.Y. 10460
Tel: 1 (718) 542-0222



Funded by the NYC Dept. for the Aging



Casa Boricua OAC Birthday Party

Friday January 27, 2023
1:30pm – 3pm

Cake, Refreshments, Music & Dancing
DJ BuenaVida Sponsored by SWH

910 E. 172 St. Bronx, NY 10460
718-542-0222

Scan the QR Code to follow us →



NEIGHBORHOOD Helping Older Adults Stay Thriving

Funded by the NYC Dept for the Aging

NEW YEAR'S WORD SEARCH

New Year's Word Search

J A N U A R Y F R I E N A C E
 F R I E N D S Y A S R I L A H
 N E Y S E R T I E M O W B L C
 B S I L Y F A E N E I Y A E O
 N O C R N V N V E Y D L B N U
 A L D C L O C K L T I E Y D N
 R U V E W M I D N I G H T A T
 V T O A S T W S N O L Y I R D
 G I A N I N G S E V E U A R O
 C O N F E T T I T M I N G S W
 R N O L C E L E B R A T I O N
 A J A N U E L V E I M K E R A
 Y P A R T Y H A A P Y S E V W
 N E W Y E A R C L O K S O R Y
 S H A P P Y E B A L L R E S O

BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



CRAYONSANDCRAVINGS.COM



ANGEL
 ARTISTIC
 BALL
 BASE
 BLOCK
 BUILD
 CAP
 CARVE
 COLD
 DESIGN
 FIGURE
 FORM
 FORT
 FROZEN
 GIANT
 GLOVES
 HAT
 HEAP
 ICE
 JUDGE
 OUTDOORS
 PILE
 ROLL
 SHAPE
 SHOVEL
 SNOWMAN
 STATUE

LET IT SNOW

WORD SEARCH PUZZLE

O U T D O O R S H P M S E
 S K C O L B L U S I R T R
 E E G X A L K E A L O A U
 V T V L O L A A C E F T G
 O A L R E B R N S I N U I
 L H D V A T U A G E V E F
 G G O E I C B I Z E G P P
 P H I S S V O O L D L A D
 S A T A L I R L U D E H Z
 P I C S N E G J D H S S B
 C A F O R T S N O W M A N

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
 Find and circle each word.

