



Casa Boricua Older Adult Center

910 East 172nd Street
Bronx, NY 10460
Tel: 718-542-0222
Fax: 718-378-7630

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts – pt 1 w/ Natalie, TECH WORLD</p> <p>11am – Creative Arts – pt 2 w/ Natalie, TECH WORLD</p> <p>11am – Eating-Disorders and Aging w/ Sheila</p>	<p>2.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts – pt 1 w/ Miguel</p> <p>11am – Creative Arts – pt 2 w/ Miguel</p> <p>11am – Senior Fitness w/ David, Tech World</p> <p>1:30pm – Drama Class</p>	<p>3.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts w/ Kelvin, Tech World</p> <p>11am – Nutrition Education w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p> <p>1pm – Recreational Games</p>	4.
<p>6.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts w/ Tech World</p> <p>10am – Walmart Trip</p> <p>11am – Nutrition Education w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p> <p>1pm – Recreational Games</p>	<p>7.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Canvas Class</p> <p>11am – ‘Celebrating Black History Month’ Painting w/ Katherine, Sponsored by SWH</p> <p>11:30am – Stretching w/ Sheila</p> <p>1:30pm – Drama Class</p>	<p>8.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – FOOD PANTRY</p> <p>1pm – </p>	<p>9.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Knitting Loom (Part 1) w/ Miguel</p> <p>11am – Knitting Loom (Part 2) w/ Miguel</p> <p>1:30pm – Drama Class</p>	<p>10.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>11am – Nutrition for a Healthy Heart w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p>	<p>11.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Diamond Painting</p> <p>1pm – Recreational Games</p>

<p>13.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts w/ Tech World</p> <p>11am – Nutrition Education w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p> <p>1pm – Recreational Games</p>	<p>14.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Canvas Class (Part 1)</p> <p>11am – Canvas Class (Part 2)</p> <p>11:30am – Nutrition Education w/ Sheila</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Valentine's Day Celebration w/ DJ Buenavida</p>	<p>15.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – WELLNESS RNs Blood Pressure & Health Management</p> <p>10am – Walmart Trip</p> <p>11:30am – Blood Pressure Self-Management</p>	<p>16.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Knitting Loom (Part 1) w/ Miguel</p> <p>11am – Knitting Loom (Part 2) w/ Miguel</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>17.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts w/ Kelvin, Tech World</p> <p>11am – Nutrition Education w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p> <p>1pm – Recreational Games</p>	<p>18.</p>
<p>20.</p> 	<p>21.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Canvas Class</p> <p>11am – Scam / Identity Theft Presentation w/ Ashly, SHOPP VIP</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>22.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – WELLNESS RNs Blood Pressure & Health Management</p> <p>10am – Creative Arts – pt 1 w/ Natalie, TECH WORLD</p> <p>11am – Creative Arts – pt 2 w/ Natalie, TECH WORLD</p> <p>11:30am – Cholesterol Self-Management Wkshp</p>	<p>23.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Knitting Loom (Part 1) w/ Miguel</p> <p>11am – Knitting Loom (Part 2) w/ Miguel</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>24.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts w/ Kelvin, Tech World</p> <p>11am – Nutrition Education: Diet for Skin Health w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p> <p>1:30pm – Birthday Celebration DJ Buenavida & Cake Sponsored by SWH</p>	<p>25.</p> <p>9:30am – Stretching for Dominoes</p> <p>1pm – Recreational Games</p>
<p>27.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts w/ Tech World</p> <p>11am – Nutrition Education w/ Sheila</p> <p>11:30am – Stretching w/ Sheila</p> <p>1pm – Recreational Games</p>	<p>28.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Canvas Class (Part 1)</p> <p>11am – Canvas Class (Part 2)</p> <p>11:30am – Nutrition Education w/ Sheila</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>This program is funded by NYC Aging</p>			



Casa Boricua Older Adult Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1.</p> <p style="text-align: center;">Pernil (Roasted Pork Shoulder) Whole Wheat Bread Lettuce & Tomato Mangu w/Onions (Dominican Mashed Plantains) Applesauce Orange Juice 1% Low Fat Milk French Dressing (Low Fat & Low Sodium) Margarine</p>	<p>2.</p> <p style="text-align: center;">Roasted Turkey Breast Rice & Beans California Blend Vegetables Apple Grape Juice 1% Low Fat Milk</p>	<p>3.</p> <p style="text-align: center;">Egg Drop Soup Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potato Steamed Spinach Canned Pineapple 1% Low Fat Milk Margarine</p>	<p>4.</p>
<p>6.</p> <p style="text-align: center;">Chili con Carne Cornbread White Rice Halved Avocado Grape Juice Orange 1% Low Fat Milk</p>	<p>7.</p> <p style="text-align: center;">Cranberry Chicken Whole Wheat Bread Garlic Mashed Potatoes Vegetable Mix Canned Pears Blended Juice 1% Low Fat Milk Brown Gravy Margarine</p>	<p>8.</p> <p style="text-align: center;">Cream of Spinach Soup Veggie Burger WW Hamburger Bun Garden Salad Roasted Sweet Potato Fries Grapes 1% Low Fat Milk French Dressing (Low Fat & Low Sodium)</p>	<p>9.</p> <p style="text-align: center;">Stewed Codfish (Bacalao Fresco Guisado) Whole Wheat Bread Steamed Green Beans Yuca w/Onions Orange Juice 1% Low Fat Milk Chocolate Pudding Margarine</p>	<p>10.</p> <p style="text-align: center;">Pork Spare Ribs Yellow Rice & Pigeon Peas Baby Carrots w/Parsley Apple Juice Canned Apricots 1% Low Fat Milk</p>	<p>11.</p> <p style="text-align: center;">Oven Fried Chicken Wings Rice w/Vegetables WW Bread Winter Blend Vegetables Apple Blended Juice 1% Low Fat Milk Margarine</p>

<p>13. Vegetable Soup Eggplant Parmesan WW Spaghetti Steamed Peas Tossed Salad w/Dressing Canned Mandarin Oranges 1% Low Fat Milk</p>	<p>14. Beef Stew Brown Rice Broccoli & Red Peppers Grape Juice Pear 1% Low Fat Milk</p>	<p>15. Lemon Salmon Whole Wheat Bread Roasted Potatoes Steamed Collard Greens Apple Juice Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>16. 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>17. Baked Chicken Quarters Baked Macaroni & Cheese Sauteed String Beans Banana Orange Juice 1% Low Fat Milk</p>	<p>18.</p>
<p>20.</p> 	<p>21. Pernil (Roasted Pork Shoulder) Rice & Beans California Blend Vegetables Apple Juice Tangerine 1% Low Fat Milk</p>	<p>22. Baked Turkey Wing Whole Wheat Bread Baked Sweet Potato Steamed Spinach Applesauce Orange Juice 1% Low Fat Milk Margarine</p>	<p>23. Vegetarian Sancocho White Rice Whole Wheat Bread Steamed Carrots & Green Beans Sliced Canned Peaches 1% Low Fat Milk Margarine</p>	<p>24. Beef & Cheese Lasagna Garlic Bread Garden Salad Kiwi Blended Juice 1% Low Fat Milk French Dressing (Low Fat & Low Sodium)</p>	<p>25. Baked Pork Chops Brown Rice w/ Kidney Beans Steamed Collard Greens Mandarin Oranges 1% Low Fat Milk Margarine</p>
<p>27. BBQ Chicken Leg Quarters Cornbread Instant Mashed Potatoes Vegetable Mix Canned Pears Orange Juice 1% Low Fat Milk Brown Gravy</p>	<p>28. Lentil Soup WW Pasta Primavera w/Cheese Garlic Bread Cucumber & Tomato Salad w/ Balsamic-Lemon Vinaigrette Orange 1% Low Fat Milk</p>	<p style="text-align: center;">This program is funded by NYC Aging</p>			

CASA BORICUA OAC



**CELEBRATING
BLACK
HISTORY MONTH**

Painting w/Katherine
Tuesday February 7, 2023
11am - 12pm

910 E. 172 ST. BRONX, NY 10460
718-542-0222

TW Painting with Friends
is sponsored by SWH

NEIGHBORHOOD
Helping Older Adults Help Themselves Better

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NEIGHBORHOOD
Helping Older Adults Help Themselves Better

Casa Boricua OAC

SUPER!

B I N G O

Wednesday February 8th
1pm - 3pm
Refreshments will be served.

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

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Casa Boricua OAC

Valentine's Day
CELEBRATION

TUESDAY FEBRUARY 14TH, 2023
1:30PM - 3:30PM

MUSIC & DANCING BY:
DJ BUENAVIDA
Cake & Ice Cream will be served

NEIGHBORHOOD
Helping Older Adults Help Themselves Better

910 E. 172 St. Bronx N.Y. 10460
718-542-0222



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Casa Boricua OAC

Birthday Party

Friday February 24, 2023
1:30pm - 3:30pm
Cake, Refreshments, Music & Dancing
DJ Buena Vida Sponsored by SWH
910 E. 172 St. Bronx, NY 10460
718-542-0222

NEIGHBORHOOD
Helping Older Adults Help Themselves Better

Scan the QR Code to follow us → 

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Valentine's Day Word Search

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

CANDY
 CARDS
 CUPID
 DEAR
 DOVES
 FEBRUARY
 FLOWERS
 FRIENDS
 HEART

TREATS
 VALENTINE
 SWEETHEART
 RED
 LOVE
 KISS
 PINK
 HUG



JINXYKIDS.COM

Valentine's Day Word Search

Name: _____

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

Word list:

AFFECTION
 CRAZY
 CUPID
 DATE
 EMBRACE

FLOWERS
 FRIENDSHIP
 HEART
 HUG
 KISS

LIKE
 LOVE
 ROMANTIC
 SWEETHEART
 VALENTINE

