









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
 <p><b>WOMEN'S HISTORY MONTH</b></p>	<p>1.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts Painting w/ Natalie, Tech World</p> <p><b>10am – WELLNESS RNs:</b> Blood Pressure &amp; Health Management</p> <p><b>11am – Arthritis Presentation w/ Sheila</b></p>	<p>2.</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>11am – Nutrition Education w/ Sheila</p> <p>11am – Technology Ed w/ Luis</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>3.</p> <p>10am – Creative Arts: Stepping Stone w/ Kelvin, Tech World</p> <p>1pm – Recreational Games</p> <p>1:30pm – Social Friday w/ DJ MJ</p> 	<p>6.</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>7.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p>10am – Creative Arts: 'Mother's Day Souvenirs'</p> <p><b>11am – Columbia University Irving Medical Center Presentation on Prostate &amp; Breast Health</b></p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>8.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p><b>10am – WELLNESS RNs:</b> Blood Pressure &amp; Health Management</p> <p><b>10am – FOOD PANTRY</b></p> <p><b>11am – Sleep Tips w/ Sheila</b></p>	<p>9.</p> <p>10am – Knitting Loom (Part 1) w/ Miguel</p> <p>11am – Knitting Loom (Part 2) w/ Miguel</p> <p>11am – Technology Ed w/ Luis</p> <p>1pm – Computer Class: 'Online Basics' w/ OATS</p> <p>1:30pm – Drama Class</p>	<p>10.</p> <p>9:30am – Stretching for Dominoes w/ Sheila</p> <p><b>10am – Walmart Trip</b></p> <p><b>11am – Nutrition Education: Water Infused Foods w/ Sheila</b></p> <p>11:30am – Stretching w/ Sheila</p> <p>1:30pm – Social Friday w/ DJ MJ</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><b>10am – Walmart Trip</b> 1pm – Recreational Games</p>	<p>14.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts: 'Mother's Day Souvenirs' 11am – Healthy Smoothies w/ Francis Neron, RD Elderplan 1pm – Computer Class: 'Online Basics' w/ OATS 1:30pm – Drama Class</p>	<p>15.</p> <p>9:30am – Stretching for Dominoes w/ Sheila <b>10am – WELLNESS RNs:</b> Blood Pressure &amp; Health Management 10am – Creative Arts: Part 1 Ceramic Tile Painting w/ Natalie, TECH WORLD 11am – Creative Arts: Part 2 Ceramic Tile Painting w/ Natalie, TECH WORLD <b>11am – COOKING LIVE with NYC Aging! Fried Rice (VIRTUAL)</b> 1pm – TAG U SING! Karaoke 4 Fun</p>	<p>16.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom (Part 1) w/ Miguel 11am – Knitting Loom (Part 2) w/ Miguel 11am – Nutrition Education w/ Sheila 1pm – Computer Class: 'Online Basics' w/ OATS <b>1pm – St. Patrick's Day Celebration w /DJ BuenaVida</b></p>	<p>17.</p> <p>10am – Creative Arts Project w/ Kelvin, Tech World 11am – Presentation on Medicaid &amp; Medicare w/ SWH 1:30pm – <b>Social Friday w/ DJ MJ</b></p>	
<p>20.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts: w/ Tech World 11am – Nutrition Education w/ Sheila 11:30am – Stretching w/ Sheila 1pm – Recreational Games</p>	<p>21.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts (Part 1) 'Mother's Day Souvenirs' 11am – Creative Arts (Part 2) 'Mother's Day Souvenirs' 11:30am – Nutrition Education w/ Sheila 1:30pm – Drama Class</p>	<p>22.</p> <p>9:30am – Stretching for Dominoes w/ Sheila <b>10am – WELLNESS RNs:</b> Blood Pressure &amp; Health Management 10am – Creative Arts: w/ Natalie, TECH WORLD <b>11am – UN World Salt Day</b> <b>11:30am – Cholesterol Self-Management Wkshp</b></p>	<p>23.</p> <p><b>8am – Sight &amp; Sound Trip</b> 9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom (Part 1) w/ Miguel 11am – Knitting Loom (Part 2) w/ Miguel <b>11am – Nutrition &amp; Seasonings w/ Sheila</b></p>	<p>24.</p> <p>10am – Creative Arts Project w/ Kelvin, Tech World <b>1:30pm – Birthday Celebration</b></p>	<p>25.</p> <p>9:30am – Stretching for Dominoes 1pm – Recreational Games</p>
<p>27.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts: w/ Tech World 11am – Nutrition Education w/ Sheila 11:30am – Stretching w/ Sheila 1pm – Recreational Games</p>	<p>28.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts (Part 1) 'Mother's Day Souvenirs' 11am – Creative Arts (Part 2) 'Mother's Day Souvenirs' 11:30am – Nutrition Education w/ Sheila 1:30pm – Drama Class</p>	<p>29.</p> <p>9:30am – Stretching for Dominoes w/ Sheila <b>10am – WELLNESS RNs:</b> Blood Pressure &amp; Health Management 10am – Creative Arts w/ Natalie, TECH WORLD <b>11am – Kidney Health Tips</b> <b>11:30am – Blood Pressure Self-Management Wkshp</b> 1pm – TAG U SING! Karaoke 4 Fun</p>	<p>30.</p> <p>9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom (Part 1) w/ Miguel 11am – Knitting Loom (Part 2) w/ Miguel 11am – Nutrition Education w/ Sheila 1:30pm – Drama Class</p>	<p>31.</p> <p>10am – Creative Arts Project w/ Kelvin, Tech World 1:30pm – <b>Social Friday</b></p>	

# Casa Boricua Older Adult Center Menu

This program is funded by NYC Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>WOMEN'S HISTORY MONTH</b></p>		<p>1.</p> <p>Beef Meatloaf Whole Wheat Bread Yellow Rice Steamed Green Beans Banana Grape Juice 1% Low Fat Milk Margarine</p>	<p>2.</p> <p>Pork Spare Ribs Whole Wheat Bread Baby Carrots w/Parsley Yuca w/Onions Apple Juice Grapes 1% Low Fat Milk Margarine</p>	<p>3.</p> <p>Stewed Codfish w/Eggplant (Bacalao Fresco y Berenjena) White Rice Whole Wheat Bread Halved Avocado Canned Apricots Blended Juice 1% Low Fat Milk Margarine</p>	
<p>6.</p> <p>Bistec Encebollao Whole Wheat bread Roasted Potatoes Steamed Peas &amp; Carrots Sliced Canned Peaches 1% Low Fat Milk Margarine</p>	<p>7.</p> <p>Baked Fish w/Lemon Garlic Butter Sauce Orzo Whole Wheat Bread Sauteed String Beans Apple Juice Canned Mandarin Oranges 1% Low Fat Milk Margarine</p>	<p>8.</p> <p>Oven Fried Chicken Wings Brown Rice Garden Salad Stewed Beans (Habichuelas Guisadas) Blended Juice Pear 1% Low Fat Milk</p>	<p>9.</p> <p>Cream of Broccoli Soup Baked Ziti w/ Cheese Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk Margarine</p>	<p>10.</p> <p>Baked Pork Chops Whole Wheat Bread Broccoli &amp; Red Peppers Green Plantains Grape Juice Kiwi 1% Low Fat Milk Margarine</p>	<p>11.</p> <p>Deluxe Cheeseburger w/Sauteed Green Peppers &amp; Onions WW Hamburger Bun Cole Slaw Lettuce &amp; Tomatoes Mandarin Oranges 1% Low Fat Milk Ketchup</p>

<p><b>13.</b>  <b>Pineapple Glazed Salmon</b>  <b>Whole Wheat Bread</b>  <b>Yellow Rice</b>  <b>Steamed Carrots &amp;</b>  <b>Green Beans</b>  <b>Apple Juice</b>  <b>Tangerine</b>  <b>1% Low Fat Milk</b>  <b>Margarine</b></p>	<p><b>14.</b>  <b>Vegetable Lasagna</b>  <b>Whole Wheat Bread</b>  <b>Winter Blend Vegetables</b>  <b>Banana</b>  <b>Blended Juice</b>  <b>1% Low Fat Milk</b>  <b>Margarine</b></p>	<p><b>15.</b>  <b>Pernil</b>  <b>(Roasted Pork Shoulder)</b>  <b>Whole Wheat Bread</b>  <b>Lettuce &amp; Tomato</b>  <b>Mangu w/Onions</b>  <b>(Dominican Mashed</b>  <b>Plantains)</b>  <b>Applesauce</b>  <b>Orange Juice</b>  <b>1% Low Fat Milk</b>  <b>French Dressing</b>  <b>(Low Fat &amp; Low Sodium)</b>  <b>Margarine</b></p>	<p><b>16.</b>  <b>Roasted Turkey Breast</b>  <b>Rice &amp; Beans</b>  <b>California Blend Vegetables</b>  <b>Apple</b>  <b>Grape Juice</b>  <b>1% Low Fat Milk</b></p>	<p><b>17.</b>  <b>Egg Drop Soup</b>  <b>Baked Chicken Quarters</b>  <b>Whole Wheat Bread</b>  <b>Baked Sweet Potato</b>  <b>Steamed Spinach</b>  <b>Canned Pineapple</b>  <b>1% Low Fat Milk</b>  <b>Margarine</b></p>	
<p><b>20.</b>  <b>Chili con Carne</b>  <b>Cornbread</b>  <b>White Rice</b>  <b>Halved Avocado</b>  <b>Grape Juice</b>  <b>Orange</b>  <b>1% Low Fat Milk</b></p>	<p><b>21.</b>  <b>Cranberry Chicken</b>  <b>Whole Wheat Bread</b>  <b>Garlic Mashed Potatoes</b>  <b>Vegetable Mix</b>  <b>Canned Pears</b>  <b>Blended Juice</b>  <b>1% Low Fat Milk</b>  <b>Brown Gravy</b>  <b>Margarine</b></p>	<p><b>22.</b>  <b>Cream of Spinach Soup</b>  <b>Veggie Burger</b>  <b>WW Hamburger Bun</b>  <b>Garden Salad</b>  <b>Roasted Sweet Potato Fries</b>  <b>Grapes</b>  <b>1% Low Fat Milk</b>  <b>French Dressing</b>  <b>(Low Fat &amp; Low Sodium)</b></p>	<p><b>23.</b>  <b>Stewed Codfish</b>  <b>(Bacalao Fresco Guisado)</b>  <b>Whole Wheat Bread</b>  <b>Steamed Green Beans</b>  <b>Yuca w/Onions</b>  <b>Orange Juice</b>  <b>1% Low Fat Milk</b>  <b>Chocolate Pudding</b>  <b>Margarine</b></p>	<p><b>24.</b>  <b>Pork Spare Ribs</b>  <b>Yellow Rice &amp; Pigeon Peas</b>  <b>Baby Carrots w/Parsley</b>  <b>Apple Juice</b>  <b>Canned Apricots</b>  <b>1% Low Fat Milk</b></p>	<p><b>25.</b>  <b>Oven Fried</b>  <b>Chicken Wings</b>  <b>Rice w/Vegetables</b>  <b>WW Bread</b>  <b>Winter Blend</b>  <b>Vegetables</b>  <b>Apple</b>  <b>Blended Juice</b>  <b>1% Low Fat Milk</b>  <b>Margarine</b></p>
<p><b>27.</b>  <b>Vegetable Soup</b>  <b>Eggplant Parmesan</b>  <b>WW Spaghetti</b>  <b>Steamed Peas</b>  <b>Tossed Salad w/Dressing</b>  <b>Canned Mandarin Oranges</b>  <b>1% Low Fat Milk</b></p>	<p><b>28.</b>  <b>Beef Stew</b>  <b>Brown Rice</b>  <b>Broccoli &amp; Red Peppers</b>  <b>Grape Juice</b>  <b>Pear</b>  <b>1% Low Fat Milk</b></p>	<p><b>29.</b>  <b>Lemon Salmon</b>  <b>Whole Wheat Bread</b>  <b>Roasted Potatoes</b>  <b>Steamed Collard Greens</b>  <b>Apple Juice</b>  <b>Fruit Cocktail</b>  <b>1% Low Fat Milk</b>  <b>Margarine</b></p>	<p><b>30.</b>  <b>BBQ Pork Chops</b>  <b>Whole Wheat Bread</b>  <b>Italian Blend Vegetable</b>  <b>Mangu w/Onions</b>  <b>(Dominican Mashed</b>  <b>Plantatins)</b>  <b>Apple</b>  <b>Blended Juice</b>  <b>1% Low Fat Milk</b>  <b>Margarine</b></p>	<p><b>31.</b>  <b>Baked Chicken Quarters</b>  <b>Baked Macaroni &amp; Cheese</b>  <b>Sauteed String Beans</b>  <b>Banana</b>  <b>Orange Juice</b>  <b>1% Low Fat Milk</b></p>	



# Casa Boricua OAC

Join us Celebrate

## WOMEN'S HISTORY MONTH



*Women's Creative Painting Classes with Natalie*  
*Every Wednesday at 10am*

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

This Program is Funded by NYC Aging




## SOCIAL FRIDAYS

are back at

# CASA BORICUA

MUSIC & DANCING BY

### DJ MJ & DJ DARLENE

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

**JOIN US EVERY FRIDAY FROM 1:30PM - 3PM**

THIS PROGRAM IS FUNDED BY NYC AGING



## Tag U Sing! KARAOKE for Fun



Wednesday  
 March 15th & 29th

# Casa Boricua

1:30pm-3pm  
 910 E. 172 St.  
 Bronx, NY 10460  
 718-542-0222

Snacks & Refreshments will be served

This Program is Funded by NYC Aging

# Casa B's ST. PATRICK'S Day Party



1PM - 3PM

Music & Dancing by DJ BuenaVida  
DJ SPONSORED BY SWH  
Cake & Refreshments will be served.



910 E. 172 ST. BRONX, NY 10460

718 - 542 - 0222

THIS PROGRAM IS FUNDED BY NYC AGING



## Join us for a Birthday Party

Honoring our Seniors  
who's birthdate fall in  
the month of March.

Friday March 24, 2023

1:30pm - 3pm

**Casa Boricua OAC**

910 E. 172 St.

Bronx, NY 10460

718-542-0222

Cake & Refreshments will be served  
Music & Dancing by DJ MJ



This Program is Funded by NYC Aging

NEIGHBORHOOD  
Helping Older Adults Help Themselves