

Casa Boricua Older Adult Center

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

This program is funded by NYC Aging



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1.

9:30am – Stretching for
 Dominoes w/ Sheila
 10am – Diamond Painting
 11am – Diamond Painting

2.



4.



5.

9:30am – Stretching for
 Dominoes w/ Sheila
 10am – Creative Arts
 w/Aydeliz TECH World
 11am – Creative Arts
 w/Aydeliz TECH World
 11:15am – Stretching for
 Digestion w/ Sheila
 1pm – S.A.I.L. w/ Sheila
 1:30pm – Drama Club
 (Elder Abuse Play)

6.

10am – Explore Tech Series
 w/ OATS
 10am – Canvas Class Part 1
 11am – Canvas Class Part 2
 1pm – Recreational Games

7.

9:30am – Stretching for
 Dominoes w/ Sheila
 10am – Creative Pillow
 Cushion w/ Miguel
 11am – Creative Pillow
 Cushion w/ Miguel
 11:15am – Stretching for
 Digestion w/ Sheila
 1pm – S.A.I.L. w/ Sheila
 1:30pm – Drama Club
 (Hispanic Heritage
 Performance)


8.

9:30am – Stretching for
 Dominoes w/ Sheila
 10am – Diamond Painting
 11am – Diamond Painting
 11am – Nutrition Education
 'Foods That Increase
 Good Cholesterol &
 Decrease Bad
 Cholesterol.'
 Health w/ Sheila
 1:30pm – Social Friday

9.



9:30am – Stretching for
 Dominoes
 w/ Sheila
 10am – Diamond
 Painting
 11am – 12pm
 Grandparents Day
 Surprise Performance

 1:30pm – 3pm
 Grandparents Day
 Celebration
 w/ DJ Giovanni

11. 9:30am – Stretching for Dominoes w/ Sheila 10am – Explore Tech Series w/ OATS 10am – Vase Painting w/Lynda Part 1 11am – Vase Painting w/Lynda Part 2 11:15am – Stretching for Digestion w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy	12. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts w/Aydeliz TECH World 11am – Creative Arts w/Aydeliz TECH World 11am – JASA Presentation "Grief" "Duelo/Luto" 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club (Elder Abuse Play)	13. 9:30am – FOOD PANTRY 10am – Explore Tech Series w/ OATS 1pm – Recreational Games	14. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Pillow Cushion w/ Miguel 11am – Creative Pillow Cushion w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club (Hispanic Heritage Performance)	15. 9:30am – Stretching for Dominoes w/ Sheila 10am – Diamond Painting 11am – Diamond Painting 11am – Nutrition Education Foods that Decrease Central Obesity w/ Sheila 1:30pm – Social Friday	16. 
18. 9:30am – Stretching for Dominoes w/ Sheila 10am – Pour Painting w/Lynda Part 1 11am – Pour Painting w/Lynda Part 2 11:15am – Stretching for Digestion w/ Sheila 1pm – ESL Class - Level 1 w/ Chabel 1:30pm – La Orquesta Rehearsal w/ Judy	19. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts w/Aydeliz TECH World 11am – Creative Arts w/Aydeliz TECH World 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club (Elder Abuse Play)	20. 9:30am – Stretching for Dominoes w/ Sheila 10am – 12pm – WELLNESS RNs 10am – Creative Arts w/ Natalie TECH World 11am – Technology Class w/ Natalie TECH World 11am – Healthy Aging w/ Sheila 1pm – ESL Class - Level 1 w/ Chabel 1pm – Recreational Games	21. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Pillow Cushion w/ Miguel 11am – Creative Pillow Cushion w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club (Hispanic Heritage Performance)	22. 9:30am – Stretching for Dominoes w/ Sheila 11am – Nutrition Education Food Safety w/ Sheila 1pm – 4pm National Senior Center Month Celebration w/ DJ Giovanni	23. 9:30am – Stretching for Dominoes 10am – Diamond Painting Part 1 11am – Diamond Painting Part 2
25. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts Part 1 11am – Creative Arts Part 2 11:15am – Stretching for Digestion w/ Sheila 1pm – ESL Class - Level 1 w/ Chabel 1:30pm – Drama Club (Elder Abuse Play)	26. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts w/Aydeliz TECH World 11am – Creative Arts w/Aydeliz TECH World 1:30pm Hispanic Heritage Celebration	27. 9:30am – Stretching for Dominoes w/ Sheila 10am – 12pm – WELLNESS RNs 10am – Creative Arts w/ Natalie TECH World 11am – Technology Class w/ Natalie TECH World 11am – Health Literacy w/ Sheila 1pm – ESL Class - Level 1 w/ Chabel 1pm – Recreational Games	28. 9:30am – Stretching for Dominoes w/ Sheila 10am – OATS Computer Class Graduation 10am – Creative Pillow Cushion w/ Miguel 11am – Creative Pillow Cushion w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club (Elder Abuse)	29. 9:30am – Stretching for Dominoes w/ Sheila 10am – Diamond Painting 11am – Diamond Painting 11am – Nutrition Education Foods for Fall Heart Health w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30 – Birthday Party	30. 

Casa Boricua Older Adult Center Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Beef Meatballs in Tomato Sauce Whole Wheat Bread Steamed Collard Greens Tangerines 1% Low Fat Milk Margarine	2. 
4. 	5. Baked Turkey Wings Whole Wheat Bread Baked Sweet Potato Sauteed String Beans Canned Mandarin Oranges 1% Low Fat Milk Grape Juice Margarine	6. Stewed Codfish (Bacalao Fresco Guisado) Whole Wheat Bread Halved Avocado Yuca w/Onions Pear 1% Low Fat Milk	7. Bistec Encebollao (Puerto Rican Steak w/Onions) Rice & Beans Italian Blend Vegetables Grapes 1% Low Fat Milk Apple Juice	8. BBQ Pulled Pork WW Hamburger Bun Baby Spinach Salad w/Lemon Vinaigrette French Fries Fruit Cocktail 1% Low Fat Milk Blended Juice	9. Chicken Parmesan WW Bread WW Spaghetti Tossed Salad w/ Dressing Canned Pineapple 1% Low Fat Milk Grape Juice Margarine

11. Vegetable Soup Black Bean & Sweet Potato Chili Yellow Rice California Blend Vegetables 1% Low Fat Milk	12. Shepherd's Pie Whole Wheat Bread Steamed Sliced Carrots Cantaloupe 1% Low Fat Milk Apple Juice Margarine	13. Baked Pork Chops White Rice Steamed Broccoli Stewed Beans (Habichuelas Guisadas) 1% Low Fat Milk Apple Juice	14. Tuna Fish Salad Whole Wheat Bread WW Pasta Salad Sliced Tomatoes & Cucumbers w/ Italian Dressing Canned Apricots 1% Low Fat Milk Margarine Orange Juice	15. Cranberry Chicken Whole Wheat Bread Roasted Spiced Red Potatoes Vegetable Mix Watermelon 1% Low Fat Milk Margarine Grape Juice	16. 
18. Baked Spaghetti w/Sausage Whole Wheat Bread Steamed Green Beans Strawberries 1% Low Fat Milk Apple Juice Margarine	19. Beef Stew White Rice Whole Wheat Bread Oriental Blend Vegetables Honeydew 1% Low Fat Milk Blended Juice Margarine	20. BBQ Chicken Leg Quarters Whole Wheat Bread Mangu w/Onions (Dominican Mashed Plantains) Tossed Salad w/ Dressing Fresh Pineapple 1% Low Fat Milk Orange Juice	21. Vegetarian Sancocho Yellow Rice Baby Carrots & Parsley Applesauce 1% Low Fat Milk Grape Juice	22. Breaded Fish Fillet Whole Wheat Bread Steamed Collard Greens Warm Potato Salad Tangerines 1% Low Fat Milk Margarine Tartar Sauce	23. Oven Fried Chicken Wings Rice w/ Corn California Blend Vegetables Canned Apricots 1% Low Fat Milk Apple Juice
25. Cream of Broccoli Soup California Veggie Burger WW Hamburger Bun Cole Slaw Lettuce & Tomato Banana 1% Low Fat Milk Orange Juice	26. Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potatoes Sauteed String Beans Orange 1% Low Fat Milk Grape Juice Margarine	27. BBQ Beef Ribs Whole Wheat Bread Yellow Rice Italian Blend Vegetables Canned Pears 1% Low Fat Milk Grape Juice Margarine	28. Codfish Salad Whole Wheat Bread Halved Avocado Yuca w/Onions Grapes 1% Low Fat Milk Apple Juice Margarine	29. Stewed Pork Chops White Rice Steamed Spinach Fruit Cocktail 1% Low Fat Milk Blended Juice	30. 



Casa Boricua OAC

Grandparents Day Celebration

w/ DJ Giovanni

Saturday September 9, 2023

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 Boricua OAC

Join us and Celebrate **NATIONAL SENIOR CENTER MONTH**

Friday September 22, 2023

1pm – 4pm

Music & Dancing

w/ DJ Giovanni

910 E. 172nd St. Bronx, NY 10460

718-542-0222

Sponsored by the NYPD



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Casa Boricua OAC **HISPANIC HERITAGE MONTH CELEBRATION**

Tuesday September 26, 2023

1:30pm - 3pm

Live Performance

Cake & Ice Cream will be served.

910 E. 172 St. Bronx, NY 10460

718-542-0222



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NEIGHBORHOOD
Helping Older Adults Help Themselves Project

Casa Boricua OAC

Birthday Party

FRIDAY | SEPTEMBER 29, 2023

1:30pm - 3pm

Music & Dancing
Cake & Ice Cream will be served.

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NEIGHBORHOOD
Helping Older Adults Help Themselves Project

Casa Boricua OAC



ESL

ENGLISH AS A SECOND LANGUAGE
FREE ESL CLASSES

**Clase de inglés como
segunda lengua.**

Lunes & Miercoles | 1pm – 2pm

**Debe tener 60 años o más y estar registrado
para asistir a las clases.**

Las clases comienzan el lunes 18 de septiembre.
Las clases terminan el lunes 18 de diciembre.

Mondays & Wednesdays

Must be 60+ years and registered to attend the classes.

Classes begin on Monday September 18th
Classes end on Monday December 18th

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NEIGHBORHOOD
Helping Older Adults Help Themselves Project

Casa Boricua OAC

Sewing Class | Clase de Costura

Monday | Lunes
10am - 12pm

Classes begin on October 16th
Las clases comienzan el 16 de octubre.

You must be registered to participate.
For further information, speak to Darlene.

Debes estar registrado para participar.
Para obtener más información, hable con Darlene.

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