



Casa Boricua Older Adult Center



2023

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

This program is funded by NYC Aging


The Calendar is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 9:30am – Stretching for Dominoes w/ Sheila 10am – 12pm: WELLNESS RN's 10am – Technology Class w/ Natalie, Tech World 11am – Technology Class w/ Natalie, Tech World 11:15am – Type 2 Diabetes w/ Sheila 1pm – ESL Class: Level 1 w/ Chabel	2. 9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom Winter Hat w/ Miguel 11am – Knitting Loom Winter Hat w/ Miguel 11am – 'The Diabetes Diet' w/ Sheila 1pm – S.A.I.L. w/ Sheila 2pm – Walk With Ease w/ Sheila	3. 10am – Creative Arts 11am – Creative Arts 1pm – Recreational Games 1:30pm – Wild, Wild West Dance Rehearsal	4. 9:30am – Stretching for Dominoes w/ Sheila 10am – Diamond Painting 1pm – Movie Day
		8. 9:30am – FOOD PANTRY 10am – 12pm: WELLNESS RN's 10am – Creative Arts 11am – Creative Arts 11:15am – Skin Health w/ Sheila 1pm – ESL Class: Level 1 w/ Chabel	9. 9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom Winter Hat w/ Miguel 11am – Knitting Loom Winter Hat w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club 2pm – Walk With Ease w/ Sheila	10. 9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts 11am – Creative Arts 1pm – Recreational Games 11am – 'Foods for the Flu Season' w/ Sheila 1:30pm Veteran's Day Celebration w/ DJ Giovanni	11. 
6. 9:30am – Stretching for Dominoes w/ Sheila 10am – Sewing Class w/Eloilda 11:15am – Stretching for Digestion w/ Sheila 1pm – ESL Class: Level 2 w/ Chabel 1pm – Walk with Ease w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy	7. 9:30am – Stretching for Dominoes w/ Sheila 10am – Soap Making – Pt 1 w/Jennifer, TechWorld 11am – Soap Making – Pt 2 w/Jennifer, TechWorld 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1pm – Recreational Games 1:30pm – Drama Club 2pm – Walk With Ease w/ Sheila				

13. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Sewing Class w/Eloilda 11am – LiveOn NY Budget Workshop 1pm – ESL Class: Level 2 w/ Chabel 1pm – Walk With Ease w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</div>	14. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – 5D Creative Painting w/Jennifer, TechWorld 11am – 5D Creative Painting w/Jennifer, TechWorld 11am – JASA – Juntemonos ‘Let’s Get Together’ w/ Martin 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club 2pm – Walk With Ease w/ Sheila</div>	15. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – 12pm: WELLNESS RN’s 10am – Technology Class w/ Natalie, Tech World 11am – Technology Class w/ Natalie, Tech World 11:15am – Lung Cancer Prevention w/ Sheila 1pm – ESL Class: Level 1 w/ Chabel</div>	16. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom Winter Hat w/ Miguel 11am – Knitting Loom Winter Hat w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Wild, Wild West Birthday Party w/ DJ Buena Vida 2pm – Walk With Ease w/ Sheila</div>	17. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts 11am – Creative Arts 11am – ‘Holiday Nutrition w/ Sheila 1pm – Recreational Games 1:30pm – Social Friday</div>	18. <div>10am – Diamond Painting 1pm – Movie Day</div>
20. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Sewing Class w/Eloilda 11:15am – Stretching for Digestion w/ Sheila 1pm – ESL Class: Level 2 w/ Chabel 1pm – Recreational Games 1pm – Walk With Ease w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</div>	21. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Custom T-Shirt – Pt 1 w/Jennifer, TechWorld 11am – Custom T-Shirt – Pt 2 w/Jennifer, TechWorld 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm Thanksgiving Day Celebration w/ DJ Giovanni</div>	22. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – 12pm: WELLNESS RN’s 10am – Technology Class w/ Natalie, Tech World 11am – Technology Class w/ Natalie, Tech World 11:15am – Managing Holiday Stress w/ Sheila</div>	23. <div>HOPE YOU HAVE A TURKEY-FIC TIME!! HAPPY THANKSGIVING!</div>  <div>Thanksgiving Day & Day After Thanksgiving CENTER CLOSED</div>		25. <div></div>
27. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Sewing Class w/Eloilda 11:15am – Stretching for Digestion w/ Sheila 1pm – ESL Class: Level 2 w/ Chabel 1pm – Walk With Ease w/ Sheila 1pm – Recreational Games 1:30pm – La Orquesta Rehearsal w/ Judy</div>	28. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Creative Arts w/Jennifer, TechWorld 11am – Creative Arts w/Jennifer, TechWorld 1pm – S.A.I.L. w/ Sheila 1pm – Recreational Games 1:30pm – Drama Club 2pm – Walk With Ease w/ Sheila</div>	29. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – 12pm: WELLNESS RN’s 10am – Technology Class w/ Natalie, Tech World 11am – Technology Class w/ Natalie, Tech World 11:15am – Diabetic Eye Health w/ Sheila 1pm – ESL Class: Level 1 w/ Chabel</div>	30. <div>9:30am – Stretching for Dominoes w/ Sheila 10am – Knitting Loom Winter Hat w/ Miguel 11am – Knitting Loom Winter Hat w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – S.A.I.L. w/ Sheila 1:30pm – Drama Club 2pm – Walk With EASE w/ Sheila</div>		

Casa Boricua Older Adult Center Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 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	2. Vegetarian Sancocho Yellow Rice Baby Carrots & Parsley Applesauce 1% Low Fat Milk Grape Juice	3. Breaded Fish Fillet Whole Wheat Bread Steamed Collard Greens Warm Potato Salad Tangerines 1% Low Fat Milk Margarine Tartar Sauce	4. Oven Fried Chicken Wings Rice w/ Corn California Blend Vegetables Canned Apricots 1% Low Fat Milk Apple Juice
6. Cream of Broccoli Soup California Veggie Burger WW Hamburger Bun Cole Slaw Lettuce & Tomato Banana 1% Low Fat Milk Orange Juice	7. Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potatoes Sauteed String Beans Orange 1% Low Fat Milk Grape Juice Margarine	8. BBQ Beef Ribs Whole Wheat Bread Yellow Rice Italian Blend Vegetables Canned Pears 1% Low Fat Milk Grape Juice Margarine	9. Codfish Salad Whole Wheat Bread Halved Avocado Yuca w/Onions Grapes 1% Low Fat Milk Apple Juice Margarine	10. Stewed Pork Chops White Rice Steamed Spinach Fruit Cocktail 1% Low Fat Milk Blended Juice	14. 

13. Salisbury Steak Yellow Rice California Blend Vegetables Sliced Peaches 1% Low Fat Milk Chocolate Pudding	14. Salmon in Garlic Butter Sauce Whole Wheat Bread Orzo Sauteed Asparagus Cantaloupe 1% Low Fat Milk Apple Juice Margarine	15. Oven Fried Chicken Wings Whole Wheat Bread Steamed Sliced Carrots Warm Potato Salad Apple 1% Low Fat Milk Blended Juice Margarine	16. Vegetable Soup WW Spaghetti w/Protein Packed Marinara Whole Wheat Bread Steamed Broccoli Canned Apricots 1% Low Fat Milk Orange Juice Margarine	17. Turkey w/Gravy Rice & Beans Vegetable Mix Watermelon 1% Low Fat Milk Grape Juice	18. Baked Chicken Quarters WW Bread Roasted Potatoes Sauteed String Beans Orange 1% Low Fat Milk Apple Juice Margarine
20. Breaded Fish Fillet Whole Wheat Bread Garlic Mashed Potatoes Oriental Blend Vegetables Strawberries 1% Low Fat Milk Apple Juice Brown Gravy Tartar Sauce	21. Roasted Turkey with Gravy & Stuffing Yellow Rice Sauteed String Beans Whole Wheat Bread Orange Juice Fresh Pear Pumpkin Pie 1% Low Fat Milk Cranberry Sauce	22. Pernil (Roasted Pork Shoulder) WWB / Baby Carrots w/Parsley Mangu w/Onions (Dominican Mashed Plantains) Canned Pineapple Orange Juice 1% Low Fat Milk Orange Juice Margarine	23. 		24. 
Thanksgiving Day & Day After Thanksgiving CENTER CLOSED					
27. Cream of Spinach Soup Black Bean Quinoa Veggie Burger WW Hamburger Bun Cole Slaw Lettuce & Tomato Banana 1% Low Fat Milk Orange Juice	28. Baked Turkey Wings Whole Wheat Bread Baked Sweet Potato Sauteed String Beans Canned Mandarin Oranges 1% Low Fat Milk Grape Juice Margarine	29. Stewed Codfish (Bacalao Fresco Guisado) Whole Wheat Bread Halved Avocado Yuca w/Onions Pear 1% Low Fat Milk	30. Bistec Encebollao (Puerto Rican Steak w/Onions) Rice & Beans Italian Blend Vegetables Grapes 1% Low Fat Milk Apple Juice		



Casa Boricua OAC

NOV 10th 1:30 PM

VETERANS DAY CELEBRATION

Friday November 10th
1:30pm - 3:30pm

Join us as we honor our Veterans.
Music & Dancing w/ DJ Giovanni.
Refreshments will be served.

910 E 172 St Bronx, NY 10460
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NEIGHBORHOOD
Helping Older Adults Help Themselves

This Program is Funded by NYC Aging



Casa Boricua OAC

You're invited to a
Wild, Wild West Birthday Party
Thursday November 16th
1:30pm - 3:30pm

SO SADDLE UP & PUT YOUR BOOTS ON!
LET'S DANCE TO THE BEAT OF
DJ BUENAVIDA
& HAVE A GOOD TIME

DJ is sponsored by Caring Professionals

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CASA BORICUA OAC

Thanksgiving Day Celebration
Tuesday
21 NOV 2023 From 1:30pm - 3:30pm

Join us for a Thanksgiving feast at 12pm and then get ready to dance to the beat of DJ Giovanni.

Raffles | Cake | Refreshments
We're going to have a Turkey-Fic-Time!

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NEIGHBORHOOD
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Thanksgiving

WORD SEARCH

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

FALL

GATHER

HOLIDAY

PILGRIMS

PUMPKIN

CORN

FEAST

THANKFUL

TURKEY

CORNUCOPIA

FAMILY

GOBBLE

GRATITUDE

PIE

NOVEMBER

PLYMOUTH

STUFFING

THANKSGIVING

CRANBERRIES

POTATOES

TRADITION



Thanksgiving Word Scramble



1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. eremnbov _____
13. gobabl _____
14. dessret _____
15. ngstufif _____
16. uyhtarsd _____
17. efats _____
18. rgavy _____
19. nnasidi _____
20. rbeda _____