



Casa Boricua Older Adult Center

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

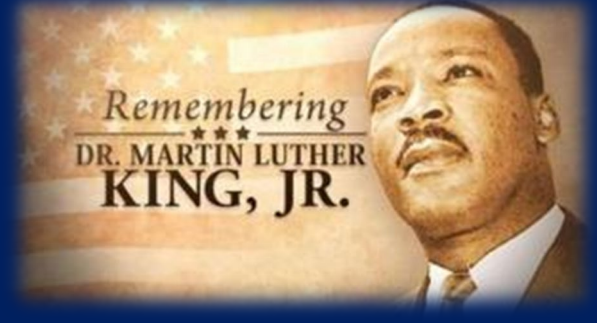
JANUARY 2024

This program is funded by NYC Aging
This calendar is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1.</p> <p>Closed in Observance of New Year's Day</p>	<p>2.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Creative Arts 11am – Creative Arts: Ceramic Tile Painting w/ Jennifer, TechWorld 11:15am – Stretching for Digestion w/ Sheila 1pm – Senior Fitness 1:30pm – Drama Club</p>	<p>3.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Canvas Class 10:15am – Blood Pressure Screening w/ Sheila 11am – Technology Class w/ Natalie, TechWorld 11:15am – Health Management Topic: Thyroid Health w/ Sheila 1pm – Step Exercises</p>	<p>4.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Creative Arts w/ Miguel 11am – Creative Arts w/ Miguel 11am – ZUMBA FITNESS w/ Carmensita, TechWorld 1pm – Senior Fitness 1:30pm – Drama Club</p>	<p>5.</p> <p>9:30am – Morning Stretches 1pm – Recreational Games 1:30pm – 3 King's Day Celebration w/ DJ Lex</p>	<p>6.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Diamond Painting 1pm – Movie Day</p>
<p>8.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Creative Arts 11am – Presentation w/ Vivi Regency Care Inc. 1pm – Recreational Games 1pm – Chair Exercises 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>9.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Creative Arts 11am – Creative Arts: Clay Jewelry w/ Jennifer, TechWorld 11:15am – Stretching for Digestion w/ Sheila 1pm – Senior Fitness 1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>10.</p> <p>9:30am – Morning Stretches w/ Sheila 9:30am – FOOD PANTRY 10:15am – Blood Pressure Screening w/ Sheila 11:15am – Health Management Topic: Thyroid Self-Exam w/ Sheila 1pm – Step Exercises 1pm – Canvas Class</p>	<p>11.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Creative Arts w/ Miguel 11am – Creative Arts w/ Miguel 11:15am – Stretching for Digestion w/ Sheila 1pm – Senior Fitness</p>	<p>12.</p> <p>9:30am – Morning Stretches w/ Sheila 10:45am – Nutrition Education Topic: New Years 2024 Small Foods Changes w/ Sheila 11:30am – S & A Unified Home Care Presentation 1pm – Resistance Exercises 1pm – Recreational Games</p>	<p>13.</p>

15.

CENTER CLOSED



16.

9:30am – Morning Stretches w/ Sheila
 10am – Creative Arts
 11am – Creative Arts: Clay Jewelry w/ Jennifer, TechWorld
 11:15am – Stretching for Digestion w/ Sheila
 1pm – Senior Fitness
 1:30pm – Drama Club (Semana Santa / Easter Play)

17.

9:30am – Morning Stretches w/ Sheila
 10am – Canvas Class
 10:15am – Blood Pressure Screening w/ Sheila
 11am – Technology Class w/ Natalie, TechWorld
 11:15am – Health Management Topic: The Physical Exam w/ Sheila
 1pm – Step Exercises

18.

9:30am – Morning Stretches w/ Sheila
 10am – Creative Arts w/ Miguel
 11am – Creative Arts w/ Miguel
 11:15am – Stretching for Digestion w/ Sheila
 1pm – Senior Fitness
 1:30pm – Drama Club (Semana Santa / Easter Play)

19.

9:30am – Morning Stretches w/ Sheila
 11am – Nutrition Education Topic: Foods for Bone & Joint Health w/ Sheila
 1pm – Resistance Exercises
 1pm – Recreational Games
 1:30pm – Social Friday

20.

10am – Diamond Painting
 1pm – Movie Day

22.

9:30am – Morning Stretches w/ Sheila
 10am – Sewing Class w/ Eloilda
 11am – Anxiety & Aging w/ VNS
 1pm – Recreational Games
 1pm – Chair Exercises
 1:30pm – La Orquesta Rehearsal w/ Judy

23.

9:30am – Morning Stretches w/ Sheila
 10am – Creative Arts
 11am – Creative Arts: Canvas Painting w/ Jennifer, TechWorld
 11am – Let's Improve our Cognition and Emotions As We Age w/ Martin, JASA
 1pm – Senior Fitness
 1:30pm – Drama Club (Semana Santa / Easter Play)

24.

9:30am – Morning Stretches w/ Sheila
 10am – Canvas Class
 10:15am – Blood Pressure Screening w/ Sheila
 11am – Technology Class w/ Natalie, TechWorld
 11am – Aesthetic Realism Presentation Topic: 'Using Love, the Family, & Age to Like the World'
 11:15am – Health Management Topic: Brain Health
 1pm – Step Exercises

25.

9:30am – Morning Stretches w/ Sheila
 10am – Creative Arts w/ Miguel
 11am – Creative Arts w/ Miguel
 11am – 'Eat Healthy, Be Active' Nutrition Workshop & Food Demo w/ NY Common Pantry
 1pm – Resistance Exercises
 1:30pm – Drama Club (Semana Santa / Easter Play)

26.

9:30am – Morning Stretches w/ Sheila
 11am – Nutrition Education Topic: January Foods in Season w/ Sheila
 1pm – Resistance Exercises
 1:30pm – Birthday Celebration w/ DJ Giovanni

27.

29.

9:30am – Morning Stretches w/ Sheila
 10am – Sewing Class w/ Eloilda
 11am – ELDER ABUSE Presentation w/ Ashly, SHOPP VIP
 1pm – Recreational Games
 1pm – Chair Exercises
 1:30pm – La Orquesta Rehearsal w/ Judy

30.

9:30am – Morning Stretches w/ Sheila
 10am – Creative Arts
 11am – Creative Arts: Clay Jewelry w/ Jennifer, TechWorld
 11:15am – Stretching for Digestion w/ Sheila
 1pm – Senior Fitness
 1:30pm – Drama Club (Semana Santa / Easter Play)

31.

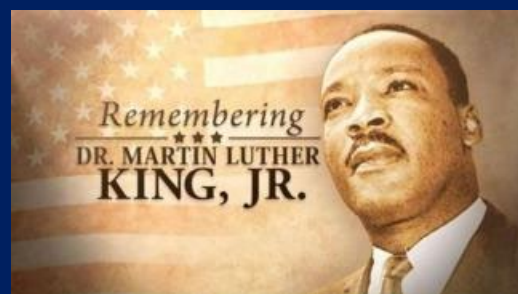
9:30am – Morning Stretches w/ Sheila
 10am – Canvas Class
 10:15am – Blood Pressure Screening w/ Sheila
 11am – Canvas Class
 11am – Technology Class w/ Natalie TW
 11:15am – Health Management Topic: Mental Health & Aging w/ Sheila
 1pm – Step Exercises

Casa Boricua Older Adult Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1.</p> <p>Closed in observance of New Year's Day</p>	<p>2.</p> <p>Vegetarian Sancocho White Rice Whole Wheat Bread Steamed Green Beans Honeydew 1% Low Fat Milk Orange/Pineapple Juice Margarine</p>	<p>3.</p> <p>Pernil (Roasted Pork Shoulder) Baby Carrots w/Parsley Mangu w/Onions (Dominican Mashed Plantains) Whole Wheat Bread Canned Pineapple Orange Juice 1% Low Fat Milk Margarine</p>	<p>4.</p> <p>Arroz con Pollo (Chicken Breast w/Rice) Whole Wheat Bread Tossed Salad w/Dressing Yellow Plantains Applesauce 1% Low Fat Milk Grape Juice Margarine</p>	<p>5.</p> <p>Beef Lasagna Garlic Bread Steamed Collard Greens Tangerines 1% Low Fat Milk Apple Juice Margarine Cheesecake</p>	<p>6.</p> <p>Pork Spare Ribs Yellow Rice & Pigeon Peas Steamed Spinach Whole Wheat Bread Kiwi 1% Low Fat Milk Orange/Pineapple Juice Margarine</p>
<p>8.</p> <p>Cream of Spinach Soup Black Bean Quinoa Veggie Burger WW Hamburger Bun Cole Slaw Lettuce & Tomato Banana 1% Low Fat Milk Orange Juice</p>	<p>9.</p> <p>Baked Turkey Wings Whole Wheat Bread Baked Sweet Potato Sauteed String Beans Canned Mandarin Oranges 1% Low Fat Milk Grape Juice Margarine</p>	<p>10.</p> <p>Stewed Codfish (Bacalao Fresco Guisado) Whole Wheat Bread Halved Avocado Yuca w/Onions Pear 1% Low Fat Milk</p>	<p>11.</p> <p>Bistec Encebollao (Puerto Rican Steak w/Onions) Rice & Beans Italian Blend Vegetables Grapes 1% Low Fat Milk Apple Juice</p>	<p>12.</p> <p>BBQ Pulled Pork WW Hamburger Bun Baby Spinach Salad w/Lemon Vinaigrette French Fries Fruit Cocktail 1% Low Fat Milk Orange/Pineapple Juice</p>	<p>13.</p>

15.

CENTER CLOSED



16.

Shepherd's Pie
Whole Wheat Bread
Steamed Sliced Carrots
Cantaloupe
1% Low Fat Milk
Apple Juice
Margarine

17.

Baked Pork Chops
White Rice
Steamed Broccoli
Stewed Beans
(Habichuelas Guisadas)
1% Low Fat Milk
Apple
Orange/Pineapple Juice

18.

Tuna Fish Salad
Whole Wheat Bread
WW Pasta Salad
Sliced Tomatoes &
Cucumbers
w/ Italian Dressing
Canned Apricots
1% Low Fat Milk
Margarine
Orange Juice

19.

Cranberry Chicken
Whole Wheat Bread
Roasted Spiced Red
Potatoes
Vegetable Mix
Watermelon
1% Low Fat Milk
Margarine
Grape Juice

20.

Stewed Codfish
(Bacalao Fresco
Guisado)
Yuca w/ Onions
Steamed Spinach
Whole Wheat Bread
Orange/Pineapple
Juice
1% Low Fat Milk
Pear

22.

Baked Spaghetti
w/Sausage
Whole Wheat Bread
Steamed Green Beans
Strawberries
1% Low Fat Milk
Apple Juice
Margarine

23.

Beef Stew
White Rice
Whole Wheat Bread
Oriental Blend Vegetables
Honeydew
1% Low Fat Milk
Orange/Pineapple Juice
Margarine

24.

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

25.

Vegetarian Sancocho
Yellow Rice
Baby Carrots & Parsley
Applesauce
1% Low Fat Milk
Grape Juice

26.

Breaded Fish Fillet
Whole Wheat Bread
Steamed Collard Greens
Warm Potato Salad
Tangerines
1% Low Fat Milk
Margarine
Tartar Sauce

27.

29.

Cream of Broccoli Soup
California Veggie Burger
WW Hamburger Bun
Cole Slaw
Lettuce & Tomato
Banana
1% Low Fat Milk
Orange Juice

30.

Baked Chicken Quarters
Whole Wheat Bread
Baked Sweet Potatoes
Sauteed String Beans
Orange
1% Low Fat Milk
Grape Juice
Margarine

31.

BBQ Beef Ribs
Whole Wheat Bread
Yellow Rice
Italian Blend Vegetables
Canned Pears
1% Low Fat Milk
Margarine

This Program is Funded by NYC Aging

Casa B's Upcoming Events!

Technology Classes with TECH World

Four Week Course for January 2024
Wednesday from 11am - 12pm

- ▶ Social Media Basics
- ▶ Internet Essentials
- ▶ Introduction to Cloud Technology
- ▶ Digital Hobbies / Creativity

MUST BE REGISTERED.

For further information, contact
Darlene Serrano

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

This Program is Funded by NYC Aging



 **Casa Boricua OAC**


Three Kings Day Celebration



Friday January 5, 2024
1:30pm – 3:30pm
Music & Dancing w/ DJ Giovanni
Refreshments will be served.
910 E. 172 St. Bronx, N.Y. 10460
Tel: 1 (718) 542-0222




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Casa Boricua OAC
Birthday Party

Friday January 26, 2024
1:30pm – 3:30pm
Cake, Refreshments, Music
& Dancing w/ DJ Giovanni



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

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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 F 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.

