





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

This Calendar is subject to change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="text-align: center;">Women's History Month</p>				<p>1.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Creative Arts</p> <p>11am – ‘Mediterranean Diet & Decreased Inflammation’ w/ Sheila</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – Pool Tournament Practice</p> <p>1:30pm – Social Friday w/ DJ MJ</p>	
<p>4.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10:30am – Spanish Computer Classes w/ OATS</p> <p>11am – ESL Class: Level 1 w/ Chabel</p> <p>1pm – ESL Class: Level 2 w/ Chabel</p> <p>1pm – Recreational Games</p>	<p>5.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Creative Arts</p> <p>11am – Creative Arts: Painting w/ Jennifer, TechWorld</p> <p>11:15am – Stretching for Digestion w/ Sheila</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Semana Santa Play)</p>	<p>6.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Blood Pressure Screening & Self-Mngmnt w/ CUNY RNs</p> <p>10am – Canvas Class w/ Pali & Miriam</p> <p>10:30am – Spanish Computer Class w/ OATS</p> <p>11am – Creative Arts: Candle Making w/ Natalie, TechWorld</p> <p>11am – ‘Arthritis’ Presentation w/ Sheila</p> <p>1pm – Step Exercise</p>	<p>7.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Macrame w/ Miguel</p> <p>11am – Macrame w/ Miguel</p> <p>11:15am – Stretching for Digestion w/ Sheila</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Semana Santa Play)</p>	<p>8.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Creative Arts: Painting w/ Mily</p> <p>10:30am – Pool Tournament Practice</p> <p>11am – ‘Diet for Increase in Exercise’ w/ Sheila</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – Social Friday w/ DJ MJ</p>	<p>9.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Diamond Painting</p> <p>1pm – Recreational Games</p> <p>1pm – Movie Day</p>



23.
10am – Diamond Painting
1pm – Recreational Games
1:30pm
Birthday Celebration
w/ DJ Giovanni



15.
9:30am – Morning Stretches w/ Sheila
10am – The MET Art Workshop
11am – NYPD Safety Presentation
12:30pm – Recreational Games
1pm – ZUMBA w/ Carmencita
1:30pm – St. Patrick's Day Party w/ DJ MJ

14.
9:30am – Morning Stretches w/ Sheila
10am – Macrame w/ Miguel
11am – Macrame w/ Miguel
11am – 'Diet to Decrease Belly Fat' w/ Sheila
1pm – Senior Fitness
1:30pm – Drama Club (Semana Santa Play)

13.
9:30am – **FOOD PANTRY**
9:30am – Morning Stretches w/ Sheila
10am – Blood Pressure Screening & Self-Mngmnt w/ CUNY RNs
10:30am – Spanish Computer Class w/ OATS
11am – 'The Importance of Sleep' w/ Sheila
1pm – Step Exercise

12.
9:30am – Morning Stretches w/ Sheila
10am – Creative Arts
11am – Creative Arts: Bracelet Making w/ Jennifer, TechWorld
11am – VIP Community Service Presentation
1pm – Senior Fitness
1:30pm – Drama Club (Semana Santa Play)

11.
10am – Sewing Class w/ Eloilda
10:30am – Spanish Computer Classes w/ OATS
11am – ESL Class: Level 1 w/ Chabel
1pm – ESL Class: Level 2 w/ Chabel
1pm – Recreational Games
1:30pm – Rehearsal w/ Judy y Su Orquesta

22.
9:30am – Morning Stretches w/ Sheila
10am – Creative Arts
10am – **MARCH MADNESS POOL TOURNAMENT**
11am – 'My Plate: 5 Food Groups/Portion Size' w/ Sheila
1pm – ZUMBA w/ Carmencita

21.
9:30am – Morning Stretches w/ Sheila
10am – Macrame w/ Miguel
11am – Macrame w/ Miguel
11:15am – Stretching for Digestion w/ Sheila
1pm – Senior Fitness
1:30pm – Drama Club (Semana Santa Play)

20.
10am – Blood Pressure Screening & Self-Mngmnt w/ CUNY RNs
10am – Creative Arts w/ Natalie, TechWorld
10:30am – Spanish Computer Class w/ OATS
11am – 'Diabetes Type 2'
11am - **AESTHETIC REALISM Presentation on Memory**
1pm – Step Exercise
1pm – **POOL TOURNAMENT CASA B vs LEON OAC**

19.
9:30am – Morning Stretches w/ Sheila
10am – Creative Arts
11am – Creative Arts: Picture Frames w/ Jennifer, TechWorld
11:15am – 'Let's Maximize our Spirituality' w/ Martin, JASA
1pm – Senior Fitness
1:30pm – Drama Club (Semana Santa Play)

18.
10am – Sewing Class w/ Eloilda
10:30am – Spanish Computer Classes w/ OATS
11am – ESL Class: Level 1 w/ Chabel
1pm – ESL Class: Level 2 w/ Chabel
1pm – Recreational Games

29.
9:30am – Morning Stretches w/ Sheila
10am – The MET Art Workshop
11am – 'The Importance of Eating Healthy' w/ Sheila
1:30pm – Social Friday w/ DJ MJ

28.
9:30am – Morning Stretches w/ Sheila
10am – Macrame w/ Miguel
11am – Macrame w/ Miguel
11am – Nutrition Workshop: Yogurt Parfait & Food Demo w/ NY Common Pantry
1:30pm – **Easter Play: "En El Principio"**

27.
9:30am – Morning Stretches
10am – Blood Pressure Screening & Self-Mngmnt w/ CUNY RNs
10am – Canvas Class w/ Pali & Miriam
10:30am – Spanish Computer Class w/ OATS
11am – 'The Impact of Exercise on Health'
11am – Creative Arts w/ Natalie, TechWorld
1pm – Step Exercise

26.
9:30am – Morning Stretches w/ Sheila
10am – Creative Arts
11am – Creative Arts: Painting w/ Jennifer, TechWorld
11:15am – Stretching for Digestion w/ Sheila
1pm – Senior Fitness
1:30pm – Drama Club (Semana Santa Play)

25.
10am – Sewing Class w/ Eloilda
10:30am – Spanish Computer Classes w/ OATS
11am – ESL Class: Level 1 w/ Chabel
1pm – ESL Class: Level 2 w/ Chabel
1pm – Recreational Games





NEIGHBORHOOD Self Help by Older Persons Project
Helping Older Adults Help Themselves

Casa Boricua Older Adult Center Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1. Cranberry Chicken Whole Wheat Bread Roasted Spiced Red Potatoes Vegetable Mix Watermelon 1% Low Fat Milk Margarine Grape Juice</p>	
				<p>4. Baked Spaghetti w/Sausage Whole Wheat Bread Steamed Green Beans Strawberries 1% Low Fat Milk Apple Juice Margarine</p>	

11. Cream of Broccoli Soup California Veggie Burger WW Hamburger Bun Cole Slaw Lettuce & Tomato Banana 1% Low Fat Milk Orange Juice	12. Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potatoes Sauteed String Beans Orange 1% Low Fat Milk Grape Juice Margarine	13. BBQ Beef Ribs Whole Wheat Bread Yellow Rice Italian Blend Vegetables Canned Pears 1% Low Fat Milk Grape Juice Margarine	14. Codfish Salad Whole Wheat Bread Halved Avocado Yuca w/Onions Grapes 1% Low Fat Milk Apple Juice Margarine	15. TBD	
18. Salisbury Steak Yellow Rice California Blend Vegetables Sliced Peaches 1% Low Fat Milk Chocolate Pudding	19. Salmon in Garlic Butter Sauce Whole Wheat Bread Orzo Sauteed Asparagus Cantaloupe 1% Low Fat Milk Apple Juice Margarine	20. Oven Fried Chicken Wings Whole Wheat Bread Steamed Sliced Carrots Warm Potato Salad Apple 1% Low Fat Milk Blended Juice Margarine	21. Vegetable Soup WW Spaghetti w/Protein Packed Marinara Whole Wheat Bread Steamed Broccoli Canned Apricots 1% Low Fat Milk Orange Juice Margarine	22. Turkey w/Gravy Rice & Beans Vegetable Mix Watermelon 1% Low Fat Milk Grape Juice	23. Baked Chicken Quarters WW Bread Roasted Potatoes Sauteed String Beans Orange 1% Low Fat Milk Apple Juice Margarine
25. Breaded Fish Fillet Whole Wheat Bread Garlic Mashed Potatoes Oriental Blend Vegetables Strawberries 1% Low Fat Milk Apple Juice Brown Gravy Tartar Sauce	26. Vegetarian Sancocho White Rice Whole Wheat Bread Steamed Green Beans Honeydew 1% Low Fat Milk Blended Juice Margarine	27. Pernil (Roasted Pork Shoulder) WWB / Baby Carrots w/Parsley Mangu w/Onions (Dominican Mashed Plantains) Canned Pineapple 1% Low Fat Milk Orange Juice Margarine	28. Arroz con Pollo (Chicken Breast w/Rice) Whole Wheat Bread Tossed Salad w/Dressing Yellow Plantains Applesauce 1% Low Fat Milk Grape Juice Margarine	29. Beef Meatballs in Tomato Sauce Whole Wheat Bread Steamed Collard Greens Tangerines 1% Low Fat Milk Margarine	


Casa Boricua OAC

Join us celebrate
WOMEN'S HISTORY MONTH

Women Empowering History
 through Arts & Crafts
 with Jennifer every Tuesday
 from 11am - 12pm
 March 5th - 26th

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Memory Shows We Are Connected to the Whole World!

¡La memoria demuestra que estamos conectados con todo el mundo!

Wednesday ☐ March 20, 2024 ☐ 11:00 AM

In this deep, thrilling workshop, **Jeffrey Carduner** and **Devorah Tarrow** show what Aesthetic Realism, the philosophy founded by the great American poet and critic Eli Siegel, explains: the most urgent need for every person is to like the world on an honest basis. And this lively and kind class—in which the speakers take up a painting by **Grandma Moses**, “**Moving Day at the Farm**”—shows people how doing all one can to know and like the world, has a powerful effect on one’s memory!

Mr. Carduner and Ms. Tarrow are loved speakers in the Metro area. They speak powerfully of what they themselves have learned from Aesthetic Realism: there is a **fight** every moment in every person between the desire to care more for things, see new possibilities in the world, and the desire to have contempt, “the addition to self through the lessening of something else.”


Women and men will be invigorated as they learn how to see the whole world, other people, the family, everyday objects, and the opposite sex in a way that is fair, fresh, and really kind—based on this Aesthetic Realism principle stated by Mr. Siegel—“*The world, art, and self explain each other: each is the aesthetic oneness of opposites.*” And men and women will get new and deep perception, new life!




Moving Day at the Farm-Grandma Moses

Jaime Torres, traductor
Casa Boricua, Bronx, NY





 NEIGHBORHOOD
 Helping Older Adults Help Themselves

Funded by NYC Aging



*Neighborhood SHOPP Presents the 1st Annual
 March Madness
 Intercenter
BILLIARDS
 Tournament*

FINAL:
MARCH 22, 2024
10 AM
AT CASA BORICUA
910 EAST 172ND STREET
BRONX NY 10460





Casa Boricua OAC

NEIGHBORHOOD Self Help by Public Housing
Helping Older Adults Help Themselves

Invites you to our



**ST.
PATRICK'S
DAY**

C E L E B R A T I O N

FRIDAY MARCH 15, 2024

1:30pm - 3:30pm

Music & Dancing w/DJ MJ

Cake & Refreshments will be served

910 E. 172 St. Bronx, N.Y. 10460

718-542-0222

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NEIGHBORHOOD Self Help by Public Housing
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CASA BORICUA OAC

PRESENTS:

* * * * *

THE CREATION

LA CREACIÓN



Thursday March 28, 2024 / Jueves 28 de Marzo del 2024

1:30pm – 3pm

Play will be conducted in Spanish / La obra será conducida en Español

Refreshments will be served / Refrescos serán servidos

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