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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.





Presentation w/ Sheila

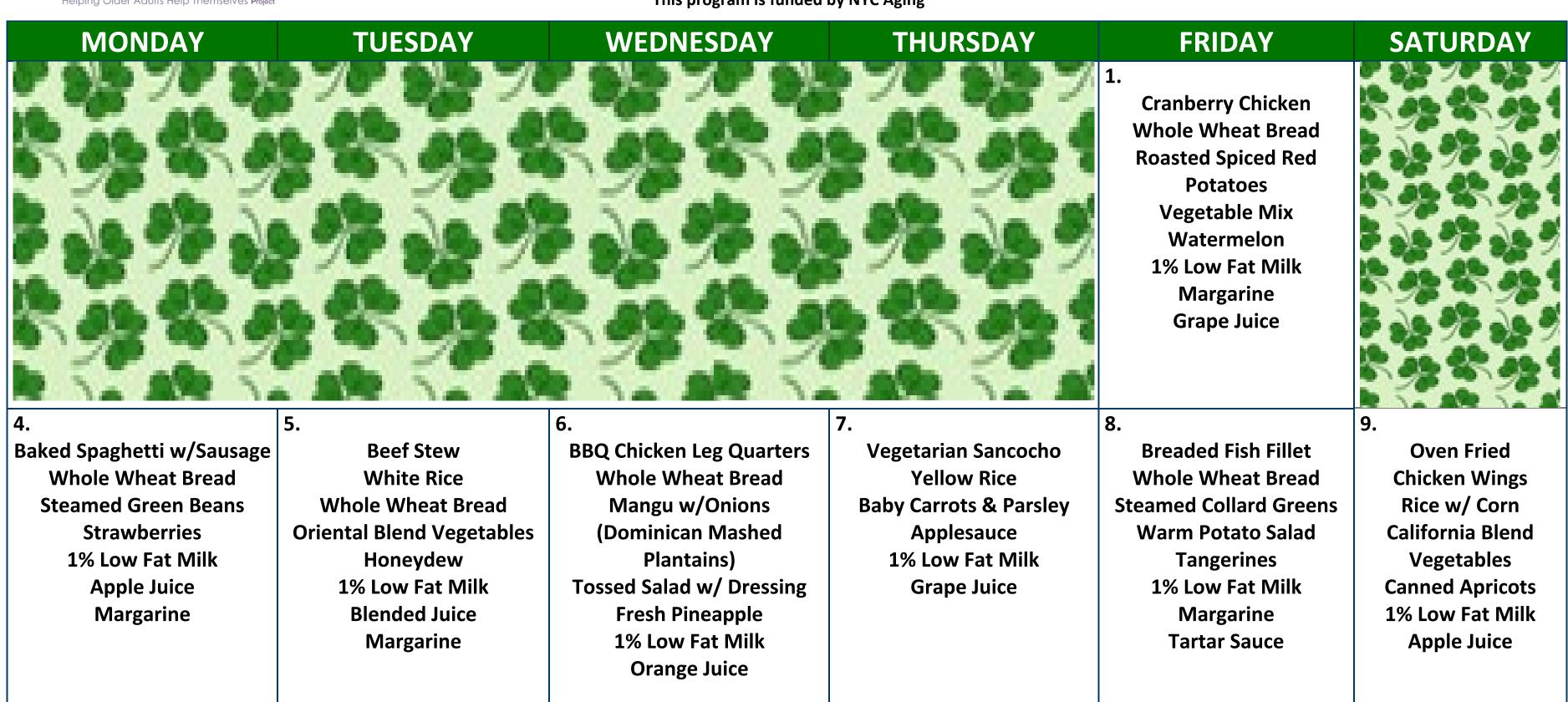
1pm – Step Exercise

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	1:30pm – Drama Club	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	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)	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	
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	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)	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		POOL TOURNAMENT	23. 10am - Diamond Painting 1pm - Recreational Games 1:30pm Birthday Celebration w/ DJ Giovanni
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	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)	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	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"	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	

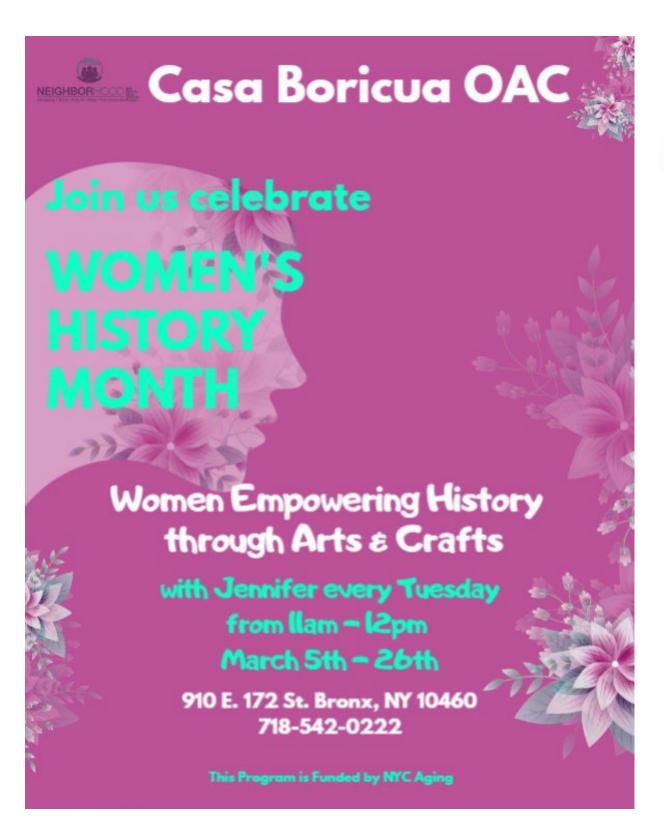


Casa Boricua Older Adult Center Menu

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Cream of Broccoli Soup California Veggie Burger WW Hamburger Bun Cole Slaw Lettuce & Tomato Banana 1% Low Fat Milk Orange Juice	Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potatoes Sauteed String Beans Orange 1% Low Fat Milk Grape Juice Margarine	BBQ Beef Ribs Whole Wheat Bread Yellow Rice Italian Blend Vegetables Canned Pears 1% Low Fat Milk Grape Juice Margarine	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	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	Vegetarian Sancocho White Rice Whole Wheat Bread Steamed Green Beans Honeydew 1% Low Fat Milk Blended Juice Margarine	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)	Beef Meatballs in Tomato Sauce Whole Wheat Bread Steamed Collard Greens Tangerines 1% Low Fat Milk Margarine	



Memory Shows We Are Connected to the Whole World!

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

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!

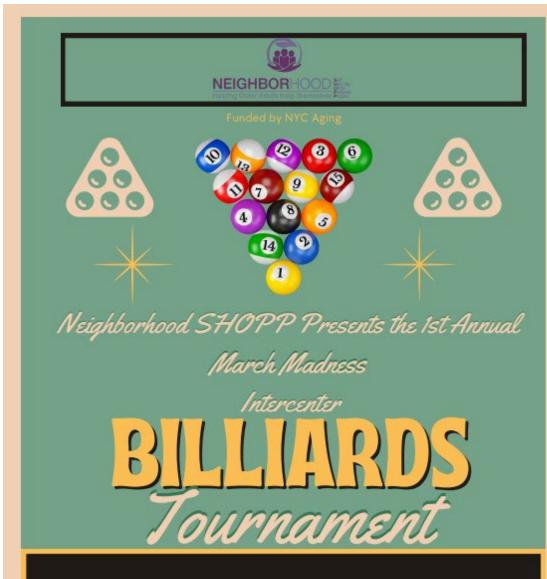


Moving Day at the Farm-Grandma Moses

Jaime Torres, traductor

Casa Boricua, Bronx, NY

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



Casa Boricua OAC



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

Funded by the NYC Dept. for the Aging



CASA BORICUA OAC PRESENTS:

THE CREATION

LA CREACIÓN

Thursday March 28, 2024 / <u>Jueves</u> 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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