



# Casa Boricua Older Adult Center

910 East 172<sup>nd</sup> Street  
Bronx, NY 10460  
Tel: 718-542-0222  
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This program is funded by NYC Aging

This Calendar is subject to change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>12:30pm – Recreational Games</p>	<p>2.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</p> <p>10am – Creative Arts</p> <p>11am – Creative Arts w/ Jennifer, TechWorld</p> <p>11am – VIP Community Service Presentation</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Elder Abuse Play)</p>	<p>3.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Blood Pressure Screening &amp; Self-Mngmnt w/ CUNY RNs</p> <p>10am – Creative Arts w/ Natalie, TechWorld</p> <p>11am – Creative Arts w/ Natalie, TechWorld</p> <p>11:15am – ‘Stress Impact on Body Systems’ w/ Sheila</p> <p>1pm – Step Exercise</p>	<p>4.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</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 (Elder Abuse Play)</p>	<p>5.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>11:15am – ‘Seasoning Alternatives’ w/ Sheila</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – Social Friday w/ DJ MJ</p>	<p>6.</p>
<p>8.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>11am – ELDER ABUSE Presentation w/ Ashly, SHOPP VIP</p> <p>12:30pm – Recreational Games</p>	<p>9.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</p> <p>10am – Creative Arts</p> <p>11am – Creative Arts: w/ Jennifer, TechWorld</p> <p>11:15am – Stretching for Digestion w/ Sheila</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Elder Abuse Play)</p>	<p>10.</p> <p>9:30am – <b>FOOD PANTRY</b></p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Blood Pressure Screening &amp; Self-Mngmnt w/ CUNY RNs</p> <p>11:15am – ‘Health / Dental Exam Relationship’ w/ Sheila</p> <p>1pm – Step Exercise</p>	<p>11.</p> <p>9:15am – Macrame w/ Miguel</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</p> <p>10am – Macrame w/ Miguel</p> <p>11am – ‘Rethink Your Drink’ Nutrition Program w/ Montefiore</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Elder Abuse Play)</p>	<p>12.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – The MET Art Workshop</p> <p>11:15am – ‘Alcohol &amp; Nutrition’ w/ Sheila</p> <p>12:30pm – Recreational Games</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p> <p>1:30pm – Social Friday w/ DJ MJ</p>	<p>13.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Diamond Painting</p> <p>12:30pm – Recreational Games</p> <p>1pm – Movie Day</p>

<p>15.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>12:30pm – Recreational Games</p>	<p>16.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</p> <p>10am – Creative Arts</p> <p>11am – Creative Arts w/ Jennifer, TechWorld</p> <p>11am – ‘Nutritious Mental Health’ w/ Martin, JASA</p> <p>1pm – Senior Fitness</p>	<p>17.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Blood Pressure Screening &amp; Self-Mngmnt w/ CUNY RNs</p> <p>10am – Creative Arts w/ Natalie, TechWorld</p> <p>11am – Creative Arts w/ Natalie, TechWorld</p> <p>11:15am – ‘Aging &amp; Immunizations’ w/ Sheila</p> <p>1pm – Step Exercise</p>	<p>18.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</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>3pm – 5pm <b>SHOPP VOLUNTEER CELEBRATION</b></p>	<p>19.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – The MET Art Workshop</p> <p>11:15am – ‘Spring Nutrition’ w/ Sheila</p> <p>12:30pm – Recreational Games</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p> <p>1:30pm – Social Friday w/ DJ MJ</p>	<p>20.</p>
<p>22.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>11am – Social Connections w/ VNS</p> <p>12:30pm – Recreational Games</p>	<p>23.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</p> <p>10am – Creative Arts</p> <p>11am – Creative Arts w/ Jennifer, TechWorld</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Elder Abuse Play)</p>	<p>24.</p> <p>8am – Sight &amp; Sound Trip</p> <p>10am – Blood Pressure Screening &amp; Self-Mngmnt w/ CUNY RNs</p> <p>11:15am – ‘Aging and Alcohol Awareness’ w/ Sheila</p> <p>1pm – Step Exercise</p>	<p>25.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Technology Education w/ Luis</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 (Elder Abuse Play)</p>	<p>26.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – The MET Art Workshop</p> <p>11:15am – ‘The DASH Diet / Blood Pressure’ w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p> <p>1:30pm – Social Friday w/ DJ MJ</p>	<p>27.</p> <p>9:15am – Recreational Games</p> <p>1:30pm <b>Birthday Celebration w/ DJ Giovanni</b></p>
<p>29.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Technology Ed w/Luis</p> <p>12:30pm – Recreational Games</p>	<p>30.</p> <p>9:30am – SAFETY SUMMIT w/ NY STATEWIDE SENIOR ACTION COUNCIL &amp; NYPD</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Elder Abuse Play)</p>	 <p>April Showers Bring May Flowers</p>			



# Casa Boricua Older Adult Center Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1.</p> <p>Salmon in Garlic Butter Sauce Whole Wheat Bread Steamed Sliced Carrots Warm Potato Salad 1% Low Fat Milk Orange Juice Margarine</p>	<p>2.</p> <p>Cream of Spinach Soup Whole Wheat Penne w/White Beans Eggplant &amp; Tomatoes Whole Wheat Bread Garden Salad Fruit Cocktail 1% Low Fat Milk Light Italian Dressing Margarine</p>	<p>3.</p> <p>Pork Spare Ribs Arroz con Gandules (Mexican Style Brown Rice w/Pigeon Peas) Broccoli &amp; Red Peppers Grapes 1% Low Fat Milk Apple Juice</p>	<p>4.</p> <p>BBQ Chicken Leg Quarters Whole Wheat Bread Baked Sweet Potato Vegetable Mix Pear 1% Low Fat Milk Grape Juice Margarine</p>	<p>5.</p> <p>Stewed Oxtails w/Lima Beans White Rice Italian Blend Vegetables Canned Mandarin Oranges 1% Low Fat Milk Orange Pineapple Juice</p>	
<p>8.</p> <p>Chicken Noodle Soup Chicken Parmesan Whole Wheat Spaghetti Sauteed String Beans Watermelon 1% Low Fat Milk</p>	<p>9.</p> <p>Latin Sweet Potato &amp; Red Bean Chili Whole Wheat Bread Yellow Rice California Blend Vegetables Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>10.</p> <p>Stewed Codfish (Bacalao Fresco Guisado) Whole Wheat Bread Yuca w/Onions Steamed Spinach Honeydew 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>11.</p> <p>Deluxe Cheeseburger w/Onions WW Hamburger Bun Lettuce &amp; Tomatoes Roasted Sweet Potato Fries Apple 1% Low Fat Milk Orange Juice Ketchup</p>	<p>12.</p> <p>Baked Pork Chops Rice &amp; Beans Baby Carrots w/ Parsley Canned Apricots 1% Low Fat Milk Grape Juice</p>	<p>13.</p> <p>Cranberry Chicken WW Bread WW Pasta Salad Steamed Green Beans Apple 1% Low Fat Milk Orange Pineapple Juice Margarine</p>



<p>15. Dominican Vegan Sancocho (Root Vegetable Stew) Yellow Rice Steamed Broccoli Strawberries 1% Low Fat Milk Apple Juice</p>	<p>16. Pernil (Roasted Pork Shoulder) Whole Wheat Bread Mangu w/Onions (Dominican Mashed Plantains) Tossed Salad w/ Dressing Applesauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>17. Beef &amp; Cheese Lasagna Whole Wheat Bread Baby Spinach Salad w/Lemon Vinaigrette Tangerines 1% Low Fat Milk Grape Juice Margarine</p>	<p>18. Baked Fish w/Garlic Sauce Rice w/Vegetables Steamed Collard Greens Canned Pears 1% Low Fat Milk</p>	<p>19. Baked Turkey Wings Whole Wheat Bread Garlic Mashed Potatoes Oriental Blend Vegetables Fresh Pineapple 1% Low Fat Milk Orange Juice Brown Gravy Margarine</p>	
<p>22. Veal Stew White Rice Whole Wheat Bread Steamed Sliced Carrots Banana 1% Low Fat Milk Orange Juice Margarine</p>	<p>23. Pineapple Glazed Salmon Whole Wheat Bread Italian Blend Vegetables Roasted Potatoes Fruit Cocktail 1% Low Fat Milk Apple Juice Margarine</p>	<p>24. Oven Fried Chicken Wings WW Macaroni &amp; Cheese Broccoli &amp; Red Peppers Pear 1% Low Fat Milk Grape Juice</p>	<p>25. Vegetable Soup California Veggie Burger WW Hamburger Bun Vegetable Mix Grapes 1% Low Fat Milk Ketchup</p>	<p>26. Pork Spare Ribs Rice &amp; Beans Garden Salad Canned Mandarin Oranges 1% Low Fat Milk Orange Pineapple Juice Light French dressing</p>	<p>27. BBQ Chicken Leg Quarters WW Bread Garlic Mashed Potatoes Winter Blend Vegetables Peach 1% Low Fat Milk Apple Juice Brown Gravy Margarine</p>
<p>29. Cream of Broccoli Soup WW Spaghetti w/Hearty Red Lentil Sauce Whole Wheat Bread California Blend Vegetables Watermelon 1% Low Fat Milk Margarine</p>	<p>30. Baked Chicken Quarters Yellow Rice Stewed Pink Beans Tossed Salad w/Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice</p>	 <p>April Showers Bring May Flowers</p>			