



Casa Boricua Older Adult Center

910 East 172nd 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
		1. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Blood Pressure Screening & Self-Mngmnt w/ CUNY RNs 10am – Creative Arts 11am – ‘Mental Health’ w/ Sheila	2. 10am – Senior Fitness 10am – Macrame w/ Miguel 10am – Technology Education w/ Luis 11am – Macrame w/ Miguel 11am – Harvest Home Farmers Market Presentation 1pm – SU CASA Workshop 1:30pm – La Orquesta Rehearsal (Judy y Su Orquesta)	3. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Creative Arts 11am – ‘Mediterranean Diet’ w/ Sheila 12:30pm – Recreational Games 1:30pm – Drama Club (Elder Abuse Play)	4. 9:30am – Morning Stretches w/ Sheila 10am – Diamond Painting 1pm – Recreational Games 1pm – Movie Day
6. 10am – Sewing Class w/ Eloilda 10am – Senior Fitness 12:30pm – Recreational Games	7. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Technology Education w/ Luis 11am – Creative Arts: Candle Making w/ Jennifer, TechWorld 1:30pm – Drama Club (Elder Abuse Play)	8. 9:30am – FOOD PANTRY 9:30am – Morning Stretches w/ Sheila 10am – Blood Pressure Screening & Self-Mngmnt w/ CUNY RNs 11am – ‘Stroke Prevention’ w/ Sheila	9. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Macrame w/ Miguel 10am – Technology Education w/ Luis 11am – Macrame w/ Miguel 1pm – SU CASA Workshop 1:30pm – 3:30pm Mother’s Day Celebration w/ DJ Giovanni	10. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Creative Arts: Painting w/ Mily 11am – ‘Diet for Increased Exercise’ w/ Sheila 12:30pm – Recreational Games 1:30pm – Social Friday	11.

<p>13.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – La Orquesta Rehearsal (Judy y Su Orquesta)</p>	<p>14.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Bracelet Making w/ Jennifer, TechWorld</p> <p>11am – <i>‘Let’s Build a Coping Toolbox to Effectively Manage our Emotions’</i> w/ Martin, JASA</p> <p>1pm – SAIL (Stay Active and Independent for Life) w/ Sheila</p> <p>1:30pm – Drama Club (Elder Abuse Play)</p>	<p>15.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts 1 w/ Natalie, TechWorld</p> <p>11am – Creative Arts 2 w/ Natalie, TechWorld</p> <p>11am – <i>‘Asthma and Allergies’</i> w/ Sheila</p> <p>1:30pm – 3pm DOMINO TOURNAMENT w/ NYPD</p>	<p>16.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Macrame w/ Miguel</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Macrame w/ Miguel</p> <p>1pm – SAIL (Stay Active and Independent for Life) w/ Sheila</p> <p>1pm – SU CASA Workshop</p> <p>1pm – Drama Club (Elder Abuse Play Recording)</p>	<p>17.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – The MET Art Workshop</p> <p>11am – <i>‘Spring Nutrition’</i> w/ Sheila</p> <p>1:30pm – Social Friday</p>	<p>18.</p> <p>12:30pm – Recreational Games</p> <p>1pm – Movie Day</p>
<p>20.</p> <p>CENTER CLOSED</p> <p>STAFF DEVELOPMENT DAY</p>	<p>21.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts</p> <p>11am – Creative Arts: Soap Making w/ Jennifer, TechWorld</p> <p>1pm – SAIL (Stay Active and Independent for Life) w/ Sheila</p>	<p>22.</p> <p>10am – Blood Pressure Screening w/ Sheila</p> <p>10am – Creative Arts 1 w/ Natalie, TechWorld</p> <p>11am – Creative Arts 2 w/ Natalie, TechWorld</p> <p>11am – Successful Aging I: <i>‘The Importance of Connections’</i> w/ Sheila</p> <p>1:30pm – 3pm OLDER AMERICANS MONTH Housing Workshop w/ HPD Housing Connect</p>	<p>23.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Macrame w/ Miguel</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Macrame w/ Miguel</p> <p>1pm – SAIL (Stay Active and Independent for Life) w/ Sheila</p> <p>1pm – SU-CASA Workshop</p> <p>1:30pm – Dance Rehearsal (Plena)</p>	<p>24.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts</p> <p>11am – Fall Prevention Presentation w/ Carlos Tejada, Montefiore, Office of Community & Population Health</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – Social Friday</p>	<p>25.</p>
<p>27.</p> <p>WE WILL BE CLOSED MONDAY, MAY 27 IN OBSERVANCE OF MEMORIAL DAY</p>	<p>28.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Technology Education</p> <p>11am – Creative Arts: Painting w/ Jennifer, TechWorld</p> <p>1pm – SAIL (Stay Active and Independent for Life) w/ Sheila</p> <p>1:30pm – La Orquesta Rehearsal (Judy y Su Orquesta)</p>	<p>29.</p> <p>10am – Senior Fitness</p> <p>10am – Keep on Track: Self Directed Blood Pressure Monitoring Workshop w/ Sheila</p> <p>11am – Creative Arts w/ Natalie, TechWorld</p> <p>11:15am – Successful Aging II <i>‘Mind & Body Connections’</i> w/ Sheila</p>	<p>30.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Technology Education</p> <p>10am – Macrame w/ Miguel</p> <p>11am – Macrame w/ Miguel</p> <p>11am – Nutrition Workshop: w/ NY Common Pantry</p> <p>1pm – SAIL (Stay Active and Independent for Life) w/ Sheila</p> <p>1pm – SU-CASA Workshop</p> <p>1:30pm – Dance Rehearsal (Plena)</p>	<p>31.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – The MET Art Wkshp</p> <p>11am – <i>‘Nutrition for Weight Loss’</i> w/ Sheila</p> <p>11am – Older Americans Month <i>‘Field Day’</i> at Soundview Park</p> <p>12:30pm – Recreational Games</p>	



Casa Boricua Older Adult Center Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1.</p> <p>BBQ Pork Chops Whole Wheat Bread Baked Sweet Potato Steamed Spinach Honeydew 1% Low Fat Milk Orange-Pineapple Juice Margarine</p>	<p>2.</p> <p>Chili con Carne White Rice Baby Carrots w/ Parsley Apple 1% Low Fat Milk Orange Juice</p>	<p>3.</p> <p>Codfish Salad Whole Wheat Bread Steamed Green Beans Yuca w/Onions Canned Apricots 1% Low Fat Milk Grape Juice Margarine</p>	<p>4.</p> <p>Baked Lean Lamb Chops WW Bread Roasted Potatoes Steamed Okra Cantaloupe 1% Low Fat Milk Orange-Pineapple Juice Margarine</p>
<p>6.</p> <p>Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Steamed Broccoli Strawberries 1% Low Fat Milk Apple Juice</p>	<p>7.</p> <p>Breaded Fish Fillet Yellow Rice Whole Wheat Bread Steamed Collard Greens Applesauce 1% Low Fat Milk Orange-Pineapple Juice Margarine Tartar Sauce</p>	<p>8.</p> <p>Turkey w/ Gravy Whole Wheat Bread Garlic Mashed Potatoes Tossed Salad w/ Dressing Tangerines 1% Low Fat Milk Grape Juice Margarine</p>	<p>9.</p> <p>Pernil (Roasted Pork Shoulder) Whole Wheat Bread Mangu w/ Onions (Dominican Mashed Plantains) Oriental Blend Vegetables Canned Pears 1% Low Fat Milk Margarine</p>	<p>10.</p> <p>Bistec Encebollao (Puerto Rican Steak w/ Onions) Rice & Beans Baby Spinach Salad w/ Lemon Vinaigrette Fresh Pineapple 1% Low Fat Milk Orange Juice</p>	<p>11.</p>

<p>13.</p> <p>Salmon in Garlic Butter Sauce Whole Wheat Bread Steamed Sliced Carrots Warm Potato Salad Banana 1% Low Fat Milk Orange Juice Margarine</p>	<p>14.</p> <p>Cream of Spinach Soup Whole Wheat Penne w/ White Beans Eggplant & Tomatoes Whole Wheat Bread Garden Salad Fruit Cocktail 1% Low Fat Milk Light Italian Dressing Margarine</p>	<p>15.</p> <p>Pork Spare Ribs Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Broccoli & Red Peppers Grapes 1% Low Fat Milk Apple Juice</p>	<p>16.</p> <p>BBQ Chicken Leg Quarters Whole Wheat Bread Baked Sweet Potato Vegetable Mix Pear 1% Low Fat Milk Grape Juice Margarine</p>	<p>17.</p> <p>Stewed Oxtails w/ Lima Beans White Rice Italian Blend Vegetables Canned Mandarin Oranges 1% Low Fat Milk Orange-Pineapple Juice</p>	<p>18.</p> <p>Baked Turkey Wings WW Bread Oriental Blend Vegetables Roasted Potatoes Kiwi 1% Low Fat Milk Orange Juice Margarine</p>
<p>20.</p> <p>CENTER CLOSED</p> <p>STAFF DEVELOPMENT DAY</p>	<p>21.</p> <p>Latin Sweet Potato & Red Bean Chili Whole Wheat Bread Yellow Rice California Blend Vegetables Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>22.</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>23.</p> <p>Deluxe Cheeseburger w/ Onions WW Hamburger Bun Lettuce & Tomatoes Roasted Sweet Potato Fries Apple 1% Low Fat Milk Orange Juice Ketchup</p>	<p>24.</p> <p>Baked Pork Chops Rice & Beans Baby Carrots w/ Parsley Canned Apricots 1% Low Fat Milk Grape Juice</p>	<p>25.</p>
<p>27.</p> <p>WE WILL BE CLOSED MONDAY, MAY 27 IN OBSERVANCE OF MEMORIAL DAY</p>	<p>28.</p> <p>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>29.</p> <p>Beef & Cheese Lasagna Whole Wheat Bread Baby Spinach Salad w/ Lemon Vinagrette Tangerines 1% Low Fat Milk Grape Juice Margarine</p>	<p>30.</p> <p>Baked Fish w/Garlic Sauce Rice w/ Vegetables Steamed Collard Greens Canned Pears 1% Low Fat Milk</p>	<p>31.</p> <p>Baked Turkey Wings Whole Wheat Bread Garlic Mashed Potatoes Oriental Blend Vegetables Fresh Pineapple 1% Low Fat Milk Orange Juice Brown Gravy Margarine</p>	