



Casa Boricua Older Adult Center



910 East 172nd Street
Bronx, NY 10460
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Fax: 718-732-2055

This Program is Funded by NYC Aging
This Calendar is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.
<p>3.</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 w/ Judy</p>	<p>4.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Rhumba Class w/ Juan, TechWorld</p> <p>11am – Creative Arts w/ Jennifer, TechWorld</p> <p>1:30pm – Drama Club (Plena)</p>	<p>5.</p> <p>9:30am – FOOD PANTRY</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>11am – Summer Skin Safety w/ Sheila</p>	<p>6.</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>10:30am – Food for Brain Health w/ Sheila</p> <p>11am – Macrame w/ Miguel</p> <p>12:30pm – Drama Club (Plena)</p>	<p>7.</p> <p>10am – Senior Fitness</p> <p>10am – Painting w/ Darlene</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – Drama Club</p>	<p>8.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Diamond Painting</p> <p>1pm – Movie Day</p>
<p>10.</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 w/ Judy</p>	<p>11.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Rhumba Class w/ Juan, TechWorld</p> <p>11am – Creative Arts w/ Jennifer, TechWorld</p> <p>1:30pm – Drama Club (Plena)</p>	<p>12.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>11am – Hepatitis Prevention w/ Sheila</p> <p>12:30pm – Recreational Games</p>	<p>13.</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>10:30am – Summer Nutrition w/ Sheila</p> <p>11am – Macrame w/ Miguel</p> <p>1:30pm Housing Workshop w/ HPD Housing Connect</p>	<p>14.</p> <p>10am – Senior Fitness</p> <p>10am – The MET Art Workshop</p> <p>11am – Creative Arts w/ Mily</p> <p>1:30pm – Father's Day Celebration</p>	<p>15.</p>

<p>17.</p> <p>10am – Senior Fitness 10am – Technology Education w/ Jennifer, TechWorld 11am – Technology Education w/ Jennifer, TechWorld 12:30pm – Recreational Games 1pm – Rhumba Class w/ Juan, TechWorld</p>	<p>18.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Creative Arts 11am – <i>‘Anxiety & How It Affects Older Adults Mental Health’</i> w/ Martin, JASA 11am – Creative Arts: Soap Making w/ Jennifer, TechWorld 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>19.</p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">JUNETEENTH FREEDOM DAY</p> <p style="text-align: center;">OBSERVED</p>	<p>20.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Macrame w/ Miguel 10am – Technology Education w/ Luis 11am – Macrame w/ Miguel 11am – Safety Education w/ NYC Department of Transportation</p>	<p>21.</p> <p style="text-align: center;">10am – 2pm SHOPP CASA B GAME DAY Sponsored by NYPD Community Affairs</p>	<p>22.</p> <p>10am – Diamond Painting 12:30pm – Recreational Games</p> <p style="text-align: center;">1:30pm Birthday Celebration</p>
<p>24.</p> <p>10am – Senior Fitness 10am – Technology Education w/ Jennifer, TechWorld 11am – Technology Education w/ Jennifer, TechWorld 12:30pm – Recreational Games 1pm – Rhumba Class w/ Juan, TechWorld</p>	<p>25.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Technology Education w/ Luis 11am – Creative Arts: Painting w/ Jennifer, TechWorld 11am – Technology Education w/ Luis 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>26.</p> <p>10am – Senior Fitness 10am – Keep on Track: Self Directed Blood Pressure Monitoring Workshop w/ Sheila 10am – Creative Arts Part 1 w/ Natalie, TechWorld 11am – Creative Arts Part 2 w/ Natalie, TechWorld 11:15am – Stroke Early Detection & Prevention w/ Sheila 2pm – 3pm ‘Talent is Timeless’ Round 1 Competition</p>	<p>27.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Technology Education w/ Luis 11am – Technology Education w/ Luis</p>	<p>28.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10:30am – Aesthetic Realism Presentation 11am – Foods to Prevent Dehydration w/ Sheila 12:30pm – Recreational Games 1:30pm – 3pm SU CASA Abstract Quilts Exhibition</p>	<p>29.</p>



Casa Boricua Older Adult Center Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3.</p> <p>Veal Stew White Rice Whole Wheat Bread Steamed Sliced Carrots Banana 1% Low Fat Milk Orange Juice Margarine</p>	<p>4.</p> <p>Pineapple Glazed Salmon Whole Wheat Bread Italian Blend Vegetables Roasted Potatoes Fruit Cocktail 1% Low Fat Milk Apple Juice Margarine</p>	<p>5.</p> <p>Oven Fried Chicken Wings WW Macaroni & Cheese Broccoli & Red Peppers Pear 1% Low Fat Milk Grape Juice</p>	<p>6.</p> <p>Vegetable Soup California Veggie Burger WW Hamburger Bun Vegetable Mix Grapes 1% Low Fat Milk Ketchup</p>	<p>7.</p> <p>Pork Spare Ribs Rice & Beans Garden Salad Canned Mandarin Oranges 1% Low Fat Milk Orange-Pineapple Juice Light French Dressing</p>	<p>8.</p> <p>BBQ Chicken Leg Quarters WW Bread Garlic Mashed Potatoes Winter Blend Vegetables Peach 1% Low Fat Milk Apple Juice Brown Gravy</p>
<p>10.</p> <p>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>11.</p> <p>Baked Chicken Quarters Yellow Rice Stewed Pink Beans Tossed Salad w/Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice</p>	<p>12.</p> <p>BBQ Pork Chops Whole Wheat Bread Baked Sweet Potato Steamed Spinach Honeydew 1% Low Fat Milk Orange-Pineapple Juice Margarine</p>	<p>13.</p> <p>Chili con Carne White Rice Baby Carrots w/Parsley Apple 1% Low Fat Milk Orange Juice</p>	<p>14.</p> <p>Codfish Salad Whole Wheat Bread Steamed Green Beans Yuca w/Onions Canned Apricots 1% Low Fat Milk Grape Juice Margarine</p>	<p>15.</p>

<p>17.</p> <p>Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Steamed Broccoli Strawberries 1% Low Fat Milk Apple Juice</p>	<p>18.</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>19.</p> <p>CENTER CLOSED</p> <p>JUNETEENTH FREEDOM DAY</p> <p>OBSERVED</p>	<p>20.</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>21.</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>22.</p> <p>BBQ Pulled Pork WW Hamburger Bun French Fries Tossed Salad w/Dressing Orange 1% Low Fat Milk Apple Juice</p>
<p>24.</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>25.</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>26.</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>27.</p> <p>BBQ Chicken Leg Quarters Whole Wheat Bread Baked Sweet Potato Vegetable Mix Pear 1% Low Fat Milk Grape Juice Margarine</p>	<p>28.</p> <p>Stewed Oxtails w/Lima Beans White Rice Italian Blend Vegetables Canned Mandarin Oranges 1% Low Fat Milk Orange-Pineapple Juice</p>	<p>29.</p>