




Casa Boricua Older Adult Center

910 East 172nd Street
Bronx, NY 10460
Tel: 718-542-0222
Fax: 718-732-2055

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Beginners Sewing Class w/ Eloilda</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>12:30pm – Recreational Games</p>	<p>2.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Diamond Painting</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Creative Arts</p> <p>11am – HIV & the Older Adult w/ Sheila</p> <p>11am – Technology Education w/ Luis</p> <p>1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>3.</p> <p>10am – Senior Fitness</p> <p>1:30pm 4th of July BBQ</p>	<p>4.</p> 	<p>5.</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts w/ Mily</p> <p>11am – The Met Art Workshop w/ Mily</p> <p>12:30pm – Recreational Games</p>	<p>6.</p>
<p>8.</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class w/ OATS 'Conceptos Esenciales de Android'</p> <p>10am – Beginners Sewing Class w/ Eloilda</p> <p>12:30pm – Recreational Games</p>	<p>9.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Painting w/ Darlene</p> <p>10am – Technology Education w/ Luis</p> <p>11am – Canvas Class</p> <p>11am – Technology Education w/ Luis</p> <p>1pm – Senior Fitness</p> <p>1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>10.</p> <p>9:30am – FOOD PANTRY</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class w/ OATS 'Conceptos Esenciales de Android'</p> <p>11am – Mental Health Tips w/ Sheila</p> <p>1pm – Senior Fitness</p>	<p>11.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Macrame - Part 1 w/ Miguel</p> <p>10am – Technology Education w/ Luis</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Macrame Part 2 w/ Miguel</p> <p>1:30pm – Drama Club</p>	<p>12.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts w/ Mily</p> <p>11am – The Met Art Workshop w/ Mily</p> <p>11am – Diet & Water w/ Sheila</p> <p>12:30pm – Recreational Games</p> <p>1:30pm – Social Friday</p>	<p>13.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>10am – Diamond Painting</p> <p>1pm – Movie Day</p>

<p>15.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Conceptos Esenciales de Android’ 10am – Beginners Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness</p>	<p>16.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Canvas Class Part 1 10am – Technology Education w/ Luis 11am – Canvas Class Part 2 11am – Technology Education w/ Luis 11am – Aging with Pride w/ Martin, JASA 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>17.</p> <p>10am – Senior Fitness 10am – Hat Decorating w/ Gloria 10am – Technology Class w/ OATS ‘Conceptos Esenciales de Android’ 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Skin Cancer Self-Assessment w/ Sheila 1pm – Senior Fitness</p>	<p>18.</p> <p>9:30am – Morning Stretches w/ Sheila 9:30am – Macrame w/ Miguel 10am – Senior Fitness 10am – Technology Education w/ Luis 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 1:30pm – Nutrition Education & Food Demo w/ Isabelle, NY Common Pantry</p>	<p>19.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Creative Arts w/ Mily 11am – The Met Art Workshop w/ Mily 11am – My Plate w/ Sheila 12:30pm – Recreational Games 1:30pm – Fashion Show</p>	<p>20.</p>
<p>22.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Conceptos Esenciales de Android’ 10am – Beginners Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness</p>	<p>23.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Technology Education w/ Luis 10am – Creative Arts – Pt 1 11am – Technology Education w/ Luis 11am – Creative Arts – Pt 2 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>24.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Conceptos Esenciales de Android’ 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Sunstroke Prevention w/ Sheila 1pm – Senior Fitness</p>	<p>25.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Macrame Part 1 w/ Miguel 10am – Technology Education w/ Luis 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Macrame Part 2 w/ Miguel 1:30pm – Drama Club</p>	<p>26.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Creative Arts w/ Mily 11am – The Met Art Workshop w/ Mily 11am – Sustainable Summer Nutrition w/ Sheila 12:30pm – Recreational Games 1:30pm Birthday Celebration</p>	<p>27.</p> <p>10am – Diamond Painting 1:30pm – Social Saturday</p>
<p>29.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Conceptos Esenciales de Android’ 10am – Beginners Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness</p>	<p>30.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Canvas Class Part 1 10am – Technology Education w/ Luis 11am – Canvas Class Part 2 11am – Technology Education w/ Luis 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>31.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Conceptos Esenciales de Android’ 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Stroke Prevention w/ Sheila 1pm – Senior Fitness</p>			



Casa Boricua Older Adult Center Menu

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

This program is funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>2. Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice</p>	<p>3. Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>4. CLOSED 4TH of JULY IN OBSERVANCE OF INDEPENDENCE DAY</p>	<p>5. Beef & Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>6.</p>
<p>8. BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy</p>	<p>9. Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice</p>	<p>10. Baked Turkey Wings Whole Wheat Bread Spiced Sweet Potatoes Steamed Green Beans Pear 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>11. Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p>12. Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p>13. Stewed Oxtails w/Lima Beans White Rice Steamed Collard Greens Apple 1% Low Fat Milk</p>
<p>15. Italian Sausage Hot Dog Bun Halved Avocado Sauteed Onions & Peppers Warm Potato Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>16. Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>	<p>17. Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk</p>	<p>18. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice</p>	<p>19. Pork Spare Ribs Whole Wheat Bread Garden Salad Mangu w/ Onions (Dominican Mashed Plantains) 1% Low Fat Milk Orange Pineapple Juice Light French Dressing</p>	<p>20.</p>

				Margarine	
<p>22. Cranberry Chicken Rice & Beans Sauteed String Beans Apple 1% Low Fat Milk Orange Juice</p>	<p>23. Very Veggie Chili w/ Quiona Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>24. BBQ Pulled Pork WW Hamburger Bun French Fries Sliced Tomatoes & Cucumbers w/ Italian Dressing Kiwis 1% Low Fat Milk Orange Pineapple Juice Ketchup</p>	<p>25. Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Sauteed Asparagus Honeydew 1% Low Fat Milk Apple Juice Margarine</p>	<p>26. Stewed Codfish w/ Eggplant (Bacalao Fresco y Berenjena) Brown Rice Whole Wheat Bread Steamed Spinach Peach 1% Low Fat Milk Grape Juice Margarine</p>	<p>27. Oven Fried Chicken Wings WW Bread Steamed Sliced Carrots Warm Potato Salad Tangerines 1% Low Fat Milk Apple Juice Margarine</p>
<p>29. Cream of Spinach Soup Velvety Meatless Shepherd's Pie Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk Fruited Jell-O Margarine</p>	<p>30. Deluxe Cheeseburger w/ Onions WW Hamburger Bun Roasted Sweet Potato Slices Sliced Tomatoes Canned Mandarin Oranges 1% Low Fat Milk Apple Juice Ketchup</p>	<p>31. Baked Salmon w/ Lemon, Tarragon & Thyme Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice</p>			



CASA BORICUA OAC



JULY 3RD



1:30PM - 3PM

★ FOURTH OF JULY ★

BARBECUE

party



- MUSIC
- DANCING
- FOOD
- FUN



- MUSIC
- DANCING
- FOOD
- FUN

910 E 172 ST BRONX, NY 10460

718-542-0222

This Program is Funded by NYC Aging



Casa Boricua OAC Fashion Show



Friday
July 19th
1:30pm - 3pm



- Parade of Fashion
- Music & Dancing
- Refreshments

910 E. 172 St. Bronx, NY 10460

718-542-0222

This Program is Funded by NYC Aging



Casa Boricua OAC

Birthday Party

Friday | July 26, 2024

1:30pm - 3pm

Music & Dancing

Cake & Refreshments will be served.

910 E. 172 St. Bronx, NY 10460

718-542-0222

This Program is Funded by NYC Aging

4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y
 I M T Q H H Y M Q R Q U D U E I A
 O Q T A W Q M Z Y E X U C C N T D
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 I A S V Y E M R E D R E M M U S E

- | | | | | |
|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |