



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>10am – Senior Fitness 10am – Macrame - Part 1 w/ Miguel 10am – Technology Education w/ Luis 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Macrame Part 2 w/ Miguel 1pm – Senior Fitness w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>2.</p> <p>10am – Senior Fitness 10am – The Met Art Workshop w/ Mily 11am – Met Art Discussion w/ Mily 12:30pm – Recreational Games 1pm – ZUMBA Fitness w/ Carmensita 1:30pm – Social Friday</p>	<p>3.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Diamond Painting 11am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games</p>
<p>5.</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 11am – 'August Foods in Season' w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness w/ Sheila</p>	<p>6.</p> <p>9:45am – Canvas Class w/ Mily 10am – Senior Fitness 10am – Technology Education w/ Luis 10:45am – AESTHETIC REALISM <i>'We Can Be More Alive at Any Age'</i> 11am – Technology Education w/ Carlos, TechWorld 1pm – Senior Fitness w/ Sheila</p>	<p>7.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS 'Conceptos Esenciales de Android' 10am – Creative Arts w/ Zanaiah 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Lung Cancer Presentation w/ Sheila 11am – Creative Arts w/ Natalie, TechWorld 1pm – Senior Fitness</p>	<p>8.</p> <p>10am – Senior Fitness 10am – Macrame - Part 1 w/ Miguel 10am – Technology Education w/ Luis 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Macrame Part 2 w/ Miguel 1pm – Senior Fitness w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>9.</p> <p>10am – 3pm SHOPP CASA BORICUA OAC OPEN HOUSE</p>	<p>10.</p>

<p>12.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Lo Basico de Estar en Línea’ 10am – Beginners Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness w/ Sheila</p>	<p>13.</p> <p>10am – Canvas Class - Pt 1 10am – Senior Fitness 10am – Technology Education w/ Luis 11am – Canvas Class - Pt 2 11am – Technology Education w/ Carlos, TechWorld 11am – ‘Healing Communication’ w/ Martin, JASA 1pm – Senior Fitness w/ Sheila 1:30pm – Drama Club</p>	<p>14.</p> <p>9:30am – FOOD PANTRY</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Lo Basico de Estar en Línea’ 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – ‘Summer Sun Safety’ w/ Sheila 1pm – Senior Fitness w/ Sheila</p>	<p>15.</p> <p>10am – Senior Fitness 10am – Macrame - Part 1 w/ Miguel 10am – Technology Education w/ Luis 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Macrame - Part 2 w/ Miguel 1pm – Senior Fitness w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>16.</p> <p>10am – Senior Fitness 10am – The Met Art Workshop w/ Mily 10:15am – Blood Pressure Screening w/ Sheila 11am – Met Art Discussion w/ Mily 11am – ‘Foods that Support Eye Health’ w/ Sheila 1pm – ZUMBA Fitness w/ Carmensita 1:30pm – Social Friday</p>	<p>17.</p> <p>9:30am – Recreational Games 10am – Diamond Painting 1:30pm – Social Saturday</p>
<p>19.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Lo Basico de Estar en Línea’ 10am – Beginners Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness w/ Sheila</p>	<p>20.</p> <p>10am – Canvas Class - Pt 1 10am – Senior Fitness 10am – Technology Education w/ Luis 11am – Canvas Class - Pt 2 11am – Technology Education w/ Carlos, TechWorld 1pm – Senior Fitness w/ Sheila 1:30pm – Drama Club</p>	<p>21.</p> <p>8:30am – Holiday Hills Trip</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Lo Basico de Estar en Línea’ 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – ‘PTSD’ w/ Sheila 1pm – Senior Fitness w/ Sheila</p>	<p>22.</p> <p>10am – Senior Fitness 10am – Macrame - Part 1 w/ Miguel 10am – Technology Education w/ Luis 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Macrame - Part 2 w/ Miguel 1pm – Senior Fitness w/ Sheila 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>23.</p> <p>10am – Senior Fitness 10am – The Met Art Workshop w/ Mily 10:15am – Blood Pressure Screening w/ Sheila 11am – Met Art Discussion w/ Mily 11am – ‘Summer Food Safety’ w/ Sheila 1pm – ZUMBA Fitness w/ Carmensita 1:30pm Birthday Celebration</p>	<p>24.</p>
<p>26.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Lo Basico de Estar en Línea’ 10am – Beginners Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 12:30pm – Recreational Games 1pm – Senior Fitness w/ Sheila</p>	<p>27.</p> <p>10am – Canvas Class - Pt 1 10am – Senior Fitness 10am – Technology Education w/ Luis 11am – Canvas Class - Pt 2 11am – Technology Education w/ Carlos, TechWorld 1pm – Senior Fitness w/ Sheila 2pm ‘Coquito Day’ Sponsored by NYPD & PIX 11</p>	<p>28.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS ‘Lo Basico de Estar en Línea’ 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Creative Arts w/ Natalie, TechWorld 11am – Sun Stroke vs Heat Stroke w/ Sheila 1pm – Senior Fitness</p>	<p>29.</p> <p>10am – Senior Fitness 10am – Macrame - Part 1 w/ Miguel 10am – Technology Ed. w/ Luis 10am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila 11am – Macrame - Part 2 w/ Miguel 1pm – Senior Fitness 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>30.</p> <p>10am – Senior Fitness 10am – The Met Art Workshop w/ Mily 10:15am – Blood Pressure Screening w/ Sheila 11am – Met Art Discussion w/ Mily 11am – ‘Hydrating Foods’ w/ Sheila 1pm – ZUMBA Fitness w/ Carmensita 1:30pm – Social Friday</p>	<p>31.</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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<p>1. Turkey w/ Gravy Yellow Rice Broccoli & Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>2. Pork Tenderloin w/ Zesty Cilantro Sauce Whole Wheat Bread Roasted Potatoes Steamed Green Beans Cantaloupe 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>3. Chicken Parmesan WW Bread WW Pasta Tossed Salad w/ Dressing Apple 1% Low Fat Milk Orange Juice Margarine Tomato Sauce</p>
<p>5. WW Tuna Sandwich WW Pasta Salad Beet Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>6. Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>7. BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>8. Pork Spare Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Apple Sauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>9. Steak w/ Onions (Bistec Encebollado) Yellow Rice w/ Corn and Sausage Baby Spinach Salad w/ Lemon Vinaigrette Orange 1% Low Fat Milk Grape Juice</p>	<p>10.</p>

<p>12. A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>13. Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice</p>	<p>14. Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>15. Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sauteed String Beans Honeydew 1% Low Fat Milk Orange Pineapple Juice</p>	<p>16. Beef & Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>17. Codfish Salad WW Bread Baby Carrots & Parsley Blueberries 1% Low Fat Milk Orange Juice Margarine</p>
<p>19. BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy Margarine</p>	<p>20. Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice</p>	<p>21. Baked Turkey Wings Whole Wheat Bread Spiced Sweet Potatoes Steamed Green Beans Pear 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>22. Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p>23. Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p>24.</p>
<p>26. Italian Sausage Hot Dog Bun Halved Avocado Sauteed Onions & Peppers Warm Potato Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>27. Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>	<p>28. Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk</p>	<p>29. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice Margarine</p>	<p>30. Pork Spare Ribs Whole Wheat Bread Garden Salad Mangu w/ Onions (Dominican Mashed Plantains) 1% Low Fat Milk Orange Pineapple Juice Light French Dressing Margarine</p>	<p>31.</p>