




Casa Boricua Older Adult Center

September 2024

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>2.</p> 	<p>3.</p> <p>10am – Senior Fitness 10am – Creative Arts 1:30pm – Drama Club (Hispanic Heritage)</p>	<p>4.</p> <p>10am – Technology Class w/ OATS 'Lo Basico de Estar en Línea' 10am – Senior Fitness 10am – Canvas Class 1pm – Latin Dance Class w/ Juan, TechWorld</p>	<p>5.</p> <p>9:30am – Macrame Class w/ Miguel 10am – Senior Fitness 10am – Technology Class 'Etapas de Vida' w/ Juan, TechWorld 1pm – Recreational Games</p>	<p>6.</p> <p>9:30am – 12pm BAKE SALE 10am – Senior Fitness 10am – Painting by Numbers 1:30pm – 3pm Grandparents Day Celebration w/ Live Performance by JAZZ Stephane</p>	<p>7.</p> <p>10am – Diamond Painting 1:30pm – Movie Day</p>
<p>9.</p> <p>10am – Senior Fitness 10am – Technology Class w/ OATS 'Lo Basico de Estar en Línea' 10am – Sewing Class Orientation w/ Eloilda 11am – Nutrition & Hormonal Changes with Aging (via Zoom) w/ Pnina, TechWorld 1pm – Recreational Games</p>	<p>10.</p> <p>10am – Senior Fitness 10am – Creative Arts 11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel 11:15am – Stretching for Digestion 1:30pm – Drama Club (Hispanic Heritage)</p>	<p>11.</p> <p>9:30am – FOOD PANTRY 10am – Technology Class w/ OATS 'Lo Basico de Estar en Línea' 10am – Senior Fitness 1pm – Recreational Games</p>	<p>12.</p> <p>9:30am – Macrame Class w/ Miguel 10am – Senior Fitness 10am – Technology Class 'Etapas de Vida' w/ Juan, TechWorld 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>13.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 1pm – ZUMBA GOLD w/ Carmensita 1:45pm – Social Friday</p>	<p>14.</p>



<p>16.</p> <p>9:30am – Sewing Class Fabric Shopping</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class w/ OATS</p> <p>‘Lo Basico de Estar en Línea’</p> <p>11am – Nutrition for a Healthy Immune System (via Zoom) w/ Pnina, TechWorld</p> <p>1pm – Recreational Games</p>	<p>17.</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts</p> <p>11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel</p> <p>11:15am – Stretching for Digestion</p> <p>1:30pm – Drama Club (Hispanic Heritage)</p>	<p>18.</p> <p>10am – Senior Fitness</p> <p>10am – ‘<i>Graduation Day</i>’ for Technology Class w/ OATS</p> <p>10am – Canvas Class</p> <p>10am – Blood Pressure Screening w/ CUNY RN</p> <p>11:15am – Health Management Presentation w/ CUNY RN</p> <p>1pm – Latin Dance Class w/ Juan, TechWorld</p>	<p>19.</p> <p>9:30am – Macrame Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class ‘<i>Etapas de Vida</i>’ w/ Juan, TechWorld</p> <p>1:30pm Hispanic Heritage Celebration</p>	<p>20.</p> <p>10am – Senior Fitness</p> <p>10am – Painting by Numbers</p> <p>1pm – ZUMBA GOLD w/ Carmensita</p> <p>1:45pm – Social Friday</p>	<p>21.</p> <p>10am – Diamond Painting</p> <p>1:30pm Birthday Party w/ DJ Danny</p>
<p>23.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>1pm – Recreational Games</p>	<p>24.</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts</p> <p>11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel</p> <p>11am – ‘Together We Are Stronger’ / ‘Juntos Somos Mas Fuertes’ w/ Martin, JASA</p> <p>1:30pm – Drama Club (Puerto Rico Play)</p>	<p>25.</p> <p>10am – Senior Fitness</p> <p>10am – Blood Pressure Screening w/ CUNY RN</p> <p>11:15am – Health Management Presentation w/ CUNY RN</p> <p>1pm – Latin Dance Class w/ Juan, TechWorld</p>	<p>26.</p> <p>9:30am – Macrame Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Nutrition Education & Food Demo w/ Isabelle, NY Common Pantry</p> <p>1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>27.</p> <p>10am – 3pm National Senior Center Month Celebration In Collaboration with NYPD Community Affairs</p>	<p>28.</p>
<p>30.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>1pm – Recreational Games</p>					



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

Casa Boricua Older Adult Center Menu

This program is funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2.</p> 	<p>3.</p> <p>Very Veggie Chili w/ Quiona Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>4.</p> <p>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>5.</p> <p>Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Sauteed Asparagus Honeydew 1% Low Fat Milk Apple Juice Margarine</p>	<p>6.</p> <p>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>7.</p> <p>Oven Fried Chicken Wings WW Bread Steamed Sliced Carrots Warm Potato Salad Tangerines 1% Low Fat Milk Apple Juice Margarine</p>
<p>9.</p> <p>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>10.</p> <p>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>11.</p> <p>Baked Salmon w/ Lemon, Tarragon & Thyme Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice</p>	<p>12.</p> <p>Turkey w/ Gravy Yellow Rice Broccoli & Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>13.</p> <p>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>14.</p> 

<p>16. WW Tuna Sandwich WW Pasta Salad Beet Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>17. Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>18. BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>19. Pork Spare-Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Apple Sauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>20. Sofrito Steak w/ Peppers & Onions Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Baby Spinach Salad w/ Lemon Vinaigrette Orange 1% Low Fat Milk Grape Juice</p>	<p>21. Baked Pork Chops WW Bread Baked Sweet Potato Broccoli & Red Peppers Pear 1% Low Fat Milk Margarine</p>
<p>23. A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>24. Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice</p>	<p>25. Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>26. Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sauteed String Beans Honeydew 1% Low Fat Milk Orane Pineapple Juice</p>	<p>27. Beef & Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>28.</p> 
<p>30. BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy Margarine</p>					

CASA BORICUA OAC
NEIGHBORHOOD Helping Older Adults Help Themselves

LATIN DANCE CLASS
w/ Juan Baldera
TechWorld

SAISA, SAMBA, MERENGUE & BACHATA

Every Wednesday
except on Pantry Days
From 1pm - 2pm

Classes begin: 9/4/24
Classes end: 12/18/24

**910 E 172 St
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Casa Boricua OAC
NEIGHBORHOOD Helping Older Adults Help Themselves

Grandparents Day Celebration

Friday September 6th
1:30pm - 3pm

Come join us & have
a JAZZ Stephane
time with live
performance by
Gregory Kimble.

Music & Dancing

Cake & Refreshments
will be served

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NEIGHBORHOOD Helping Older Adults Help Themselves

Sewing Class | Clase de Costura

Monday | Lunes
10am - 12pm

Classes begin on September 9th
Las clases comienzan el 9 de septiembre.

You must be registered to participate.
For further information, speak to Darlene.

Debes estar registrado para participar.
Para obtener más información, hable con Darlene.

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NEIGHBORHOOD Helping Older Adults Help Themselves

ESL
ENGLISH AS A SECOND LANGUAGE
FREE ESL CLASSES

Clase de inglés como
segunda lenguaje.
Martes | 11am - 12pm

Debe tener 60 años o más y estar registrado
para asistir a las clases.
Las clases comienzan el martes 10 de septiembre.
Las clases terminan el lunes 17 de diciembre.

Tuesdays
Must be 60+ years and registered to attend the classes.
Classes begin on Tuesday September 10th
Classes end on Tuesday December 17th

910 E. 172 St Bronx, N.Y. 10460
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CASA BORICUA OAC
Invites you to our

Hispanic Heritage CELEBRATION

Thursday September 19, 2024
1:30pm - 3pm

Live Performance | Music & Dancing
Cake & Refreshments | Raffle

910 E 172 St Bronx, NY 10460
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Casa Boricua OAC

Birthday Party

Saturday September 21, 2024
1:30pm - 3:30pm

Cake, Refreshments, Music
& Dancing w/ DJ Danny

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CASA BORICUA OAC
910 E. 172 ST. BRONX, NY 10460 | 718-542-0222

NATIONAL SENIOR CENTER MONTH CELEBRATION

SEPTEMBER 27, 2024
Friday | 10am - 3pm

SPONSORED BY NYPD

MUSIC & DANCING TO THE BEAT OF DJ OFFICER
JAVARO LONG - LIVE PERFORMANCE &
RECREATIONAL GAMES

This Program is Funded by NYC Aging



Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

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|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5