



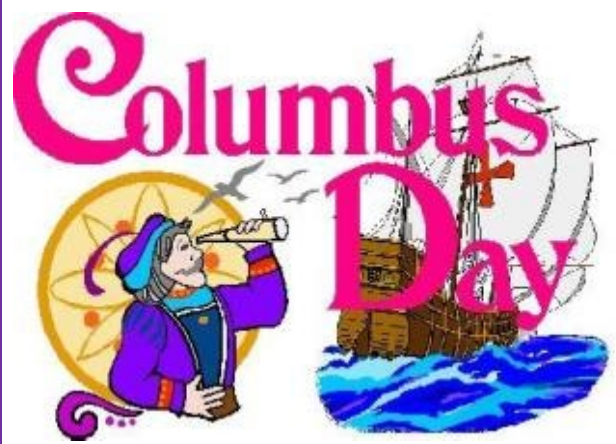
Casa Boricua Older Adult Center

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


October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1.</p> <p>10am – Senior Fitness 10am – Creative Arts 10am – Technology Class: ‘Mi Historia’ w/Darlene 11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel 1:30pm – Drama Club (Puerto Rico Play)</p>	<p>2.</p> <p>10am – Senior Fitness 10am – Blood Pressure Screening w/ CUNY RN 11am – Health Management Presentation w/ CUNY RN 1pm – Latin Dance Class w/ Juan, TechWorld</p>	<p>3.</p> <p>10am – Macrame Class w/ Miguel 10am – Senior Fitness 1:30pm – Rehearsal for ‘Sabor Boricua’</p>	<p>4.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 1pm – ZUMBA GOLD w/ Carmensita, TW 1:45pm – Social Friday</p>	<p>5.</p> <p>10am – Diamond Painting 1:30pm – 3:30pm Wedding Day Party w/ DJ Danny</p>
<p>7.</p> <p>10am – Sewing Class w/ Eloilda 10am – Senior Fitness 11am – Nutrition Education: ‘How to Build a Healthy Plate’ w/ Yolanda Sanchez, RD 1pm – Recreational Games</p>	<p>8.</p> <p>10am – Senior Fitness 10am – Creative Arts 10am – Technology Class: ‘Mi Historia’ w/Darlene 1pm – ESL Class (<i>English as a Second Language</i>) w/ Chabel 1:30pm – Drama Club (Puerto Rico Play)</p>	<p>9.</p> <p>9:30am – FOOD PANTRY 10am – Blood Pressure Screening w/ CUNY RN 11am – Health Management Presentation w/ CUNY RN</p>	<p>10.</p> <p>8am – Talent is Timeless <i>Final Round at the United Palace Theater</i> 10am – Macrame Class w/ Miguel 10am – Senior Fitness 11am – Technology Class: ‘Mi Historia’ w/ Juan, TechWorld</p>	<p>11.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 1pm – ZUMBA GOLD w/ Carmensita, TW</p>	<p>12.</p>

<p>14.</p> <p>Closed for</p>  <p>Columbus Day</p>	<p>15.</p> <p>10am – Senior Fitness 10am – Creative Arts 10am – Technology Class: ‘Mi Historia’ w/Darlene 1:30pm – Drama Club (Puerto Rico Play)</p>	<p>16.</p> <p>10am – Senior Fitness 10am – Blood Pressure Screening w/ CUNY RN 11am – Health Management Presentation w/ CUNY RN 1pm – Latin Dance Class w/ Juan, TechWorld</p>	<p>17.</p> <p>10am – Macrame Class w/ Miguel 10am – Senior Fitness 11am – Technology Class: ‘Mi Historia’ w/ Juan, TechWorld 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>18.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 1pm – ZUMBA GOLD w/ Carmensita, TW 1:45pm – Social Friday</p>	<p>19.</p> <p>10am – Diamond Painting 10am – Recreational Games</p>
<p>21.</p> <p>10am – Sewing Class w/ Eloilda 10am – Senior Fitness 11am – Nutrition Education: ‘Seafood for Healthy Eating’ (via Zoom) w/ Pnina, TechWorld</p>	<p>22.</p> <p>10am – Senior Fitness 10am – Creative Arts 10am – ESL Class (<i>English as a Second Language</i>) w/ Chabel 11am – ‘<i>Dealing with Family Estrangement / Explorando Separacion Familiar</i>’ w/ Martin, JASA 1:30pm – Drama Club (Puerto Rico Play)</p>	<p>23.</p> <p>10am – Senior Fitness 10am – Blood Pressure Screening w/ CUNY RN 11am – Health Management Presentation w/ CUNY RN 1pm – Latin Dance Class w/ Juan, TechWorld</p>	<p>24.</p> <p>10am – Macrame Class w/ Miguel 10am – Senior Fitness 11am – Technology Class: ‘Mi Historia’ w/ Juan, TechWorld 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>25.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 1pm – ZUMBA GOLD w/ Carmensita, TW 1:45pm - 3:30pm Birthday Party</p>	<p>26.</p>
<p>28.</p> <p>10am – Sewing Class w/ Eloilda 10am – Senior Fitness 11am – Nutrition Education: ‘Convenience with Nutritious Foods for Fall’ (via Zoom) w/ Pnina, TechWorld 1pm – Recreational Games</p>	<p>29.</p> <p>10am – Senior Fitness 10am – Creative Arts 10am – Technology Class ‘Mi Historia’ w/Darlene 11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel 1:30pm – Drama Club (Puerto Rico Play)</p>	<p>30.</p> <p>10am – Senior Fitness 10am – Blood Pressure Screening w/ CUNY RN 11am – Health Management Presentation w/ CUNY RN 1:30pm – 3:30pm HALLOWEEN COSTUME PARTY w/ DJ Danny</p>	<p>31.</p> <p>10am – Macrame Class w/ Miguel 10am – Senior Fitness 11am – Technology Class: ‘Mi Historia’ w/ Juan, TechWorld 1:30pm – La Orquesta Rehearsal w/ Judy</p>		

Casa Boricua Older Adult Center Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1.</p> <p>Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice</p>	<p>2.</p> <p>Baked Turkey Wings Whole Wheat Bread Spiced Sweet Potatoes Steamed Green Beans Pear 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>3.</p> <p>Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p>4.</p> <p>Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p>5.</p> <p>Stewed Oxtails w/ Lima Beans White Rice Steamed Collard Greens Apple 1% Low Fat Milk</p>
<p>7.</p> <p>Italian Sausage Sautéed Onions & Peppers Warm Potato Salad Halved Avocado Hot Dog Bun Watermelon Apple Juice</p>	<p>8.</p> <p>Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>	<p>9.</p> <p>Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk</p>	<p>10.</p> <p>Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice Margarine</p>	<p>11.</p> <p>Pork Spare Ribs Whole Wheat Bread Garden Salad Mangu w/ Onions (Dominican Mashed Plantains) 1% Low Fat Milk Orange Pineapple Juice Fruit Cocktail Light French Dressing Margarine</p>	<p>12.</p>
<p>14.</p> <p>Closed for</p>  <p>Columbus Day</p>	<p>15.</p> <p>Very Veggie Chili w/ Quinoa Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>16.</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>17.</p> <p>Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Sautéed Asparagus Honeydew 1% Low Fat Milk Apple Juice Margarine</p>	<p>18.</p> <p>Stewed Codfish w/ Eggplant (Bacalao Fresco y Berenjena) Brown Rice Whole Wheat Bread Steamed Spinach Peach 1% Low Fat Milk Grape Juice</p>	<p>19.</p> <p>Oven Fried Chicken Wings WW Bread Steamed Sliced Carrots Warm Potato Salad Tangerines 1% Low Fat Milk Apple Juice</p>

<p>21. 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>22. 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>23. Baked Salmon w/ Lemon, Tarragon & Thyme Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice</p>	<p>24. Turkey w/ Gravy Yellow Rice Broccoli & Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>25. 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>26.</p>
<p>28. Whole Wheat Tuna Sandwich Whole Wheat Pasta Salad Beet Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>29. Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>30. BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>31. Pork Spare Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Applesauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>		