




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 – Painting by Numbers 1:30pm – Social Friday</p>	<p>2.</p> 
<p>4.</p> <p>10am – Sewing Class w/ Eloilda 10am – Senior Fitness 1pm – Recreational Games</p>	<p>5.</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</p>	<p>6.</p> <p>9:30am – ‘Foods for Body Needs’ Series w/ Maria, RN 10am – Senior Fitness 10:15am – Blood Pressure Screening w/ Maria, RN 10:45am – Aesthetic Realism: ‘What Makes our Anger Right or Wrong’ 11am – Health Management Presentation w/ Maria, RN 1pm – Mindful Meditation w/ Maria, RN</p>	<p>7.</p> <p>9:30am – Senior Fitness 10am – Macrame Class w/ Miguel 10am – Technology Class ‘Mi Historia’ Part 1 w/ Juan, TechWorld 10:30am – ‘Empowered Minds For Men’ ‘Mentes Empoderadas para Hombres’ w/ Martin 11am – Technology Class ‘Mi Historia’ Part 2 w/ Juan, TechWorld 1pm – Yoga Class w/ Carmensita, TW 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>8.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 10am – COPD: What is it? MEETING ID: 844 6599 1590 PASSCODE: 059542 1pm – ZUMBA GOLD w/ Carmensita, TW 1:45pm – Social Friday</p>	<p>9.</p> <p>10am – Diamond Painting 1pm – Social Saturday</p>


<p>11.</p> <p>9:30am – Walmart Trip 10am – Sewing Class w/ Eloilda 10am – Senior Fitness 1pm – Recreational Games</p>	<p>12.</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</p>	<p>13.</p> <p>9:30am – ‘Foods for Body Needs’ Series w/ Maria, RN 9:30am – FOOD PANTRY 10am – Senior Fitness 10:15am – Blood Pressure Screening w/ Maria, RN 11am – Health Management Presentation w/ Maria, RN 1pm – Mindful Meditation w/ Maria, RN</p>	<p>14.</p> <p>9:30am – Senior Fitness 10am – Macrame Class w/ Miguel 10am – Technology Class ‘Mi Historia’ Part 1 w/ Juan, TechWorld 10:30am – ‘Empowered Minds For Men’ ‘Mentes Empoderadas para Hombres’ w/ Martin 11am – Technology Class ‘Mi Historia’ Part 2 w/ Juan, TechWorld 1:30pm – Drama Club Play ‘La Historia de la Esclavitud de Puerto Rico’</p>	<p>15.</p> <p>9:30am – Walmart Trip 10am – Senior Fitness 10am – Painting by Numbers 1pm – Zumba Gold w/ Carmensita, TW 1:45pm – Social Friday</p>	<p>16.</p> 
<p>18.</p> <p>10am – Sewing Class w/ Eloilda 10am – Senior Fitness 11am – Medicare Open Enrollment w/ CMS (Center for Medicare & Medicaid Services) 1pm – Recreational Games</p>	<p>19.</p> <p>9:45am – Golden Corral Trip Thanksgiving Luncheon 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 11am – ‘Confronting Ageism/Confrontando la Discriminacion por Edad w/ Martin, JASA 1:30pm – Drama Club</p>	<p>20.</p> <p>9:30am – ‘Foods for Body Needs’ Series w/ Maria, RN 10am – Senior Fitness 10:15am – Blood Pressure Screening w/ Maria, RN 11am – The Diabetic Foot in Older Adults Meeting ID: 854 1234 1929 Passcode:778886 1pm – Mindful Meditation w/ Maria, RN</p>	<p>21.</p> <p>9:30am – Senior Fitness 10am – Creative Arts 10:30am – ‘Empowered Minds For Men’ ‘Mentes Empoderadas para Hombres’ w/ Martin 11am – Elder Abuse Presentation w/ SHOPP Elder Justice Program 1pm – Yoga Class w/ Carmensita, TW 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>22.</p> <p>10am – Senior Fitness 10am – Painting by Numbers 1:30pm – Birthday Party</p>	<p>23.</p> <p>10am – Diamond Painting 1pm – Social Saturday</p>
<p>25.</p> <p>10am – Sewing Class w/ Eloilda 10am – Senior Fitness 11am – Nutrition Education w/ Pnina, TechWorld Meeting ID: 628 351 4488 Passcode: 111 1pm – Recreational Games</p>	<p>26.</p> <p>10am – Creative Arts 11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel 1:30pm Thanksgiving Day Celebration w/ DJ Danny</p>	<p>27.</p> <p>9:30am – ‘Foods for Body Needs’ Series w/ Maria, RN 10am – Senior Fitness 10:15am – Blood Pressure Screening w/ Maria, RN 11am – Health Management Presentation w/ Maria, RN</p>	<p>28. Thanksgiving Day & Day After Thanksgiving 29. CENTER CLOSED</p> 		<p>30.</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>1. 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>2. </p>
<p>4. A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>5. Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice</p>	<p>6. Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>7. Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sauteed String Beans Honeydew 1% Low Fat Milk Orane Pineapple Juice</p>	<p>8. Beef & Cheese Lasagna Whole Wheat Bread Tossed Salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>9. Codfish Salad WW Bread Yuca w/ Onions Baby Carrots & Parsley Blueberries 1% Low Fat Milk Orange Juice Margarine</p>

<p>11. BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy Margarine</p>	<p>12. Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice</p>	<p>13. Baked Turkey Wings Whole Wheat Bread Spiced Sweet Potatoes Steamed Green Beans Pear 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>14. Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p>15. Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p>16. </p>
<p>18. Beef Salisbury Steak Whole Wheat Bread Warm Potato Salad Steamed Zucchini Watermelon 1% Low Fat Milk Apple Juice</p>	<p>19. Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>	<p>20. Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk</p>	<p>21. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice Margarine</p>	<p>22. 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>23. Baked Lean Lamb Chops WW Bread Garlic Mashed Potatoes Steamed Green Beans Banana 1% Low Fat Milk Apple Juice Margarine</p>
<p>25. Cranberry Chicken Rice & Beans Sauteed String Beans Apple 1% Low Fat Milk Orange Juice</p>	<p>26. SPECIAL THANKSGIVING DAY MENU TBD</p>	<p>27. 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>28. Thanksgiving Day & Day After Thanksgiving CENTER CLOSED</p> 		<p>30.</p>



Casa Boricua Older Adult Center

910 E. 172 St. Bronx, NY 10460

Casa B Drama Club Presents:

La historia de la esclavitud en Puerto Rico



Thursday November 14, 2024

1:30pm - 3pm

Play will be conducted in Spanish

Refreshments will be served.

For further information please call us at 718-542-0222

This Program is Funded by NYC Aging





CASA BORICUA
OLDER ADULT CENTER

You are invited

Birthday Party

Friday November 22, 2024

1:45pm - 3:30pm

Cake & Ice Cream

Music & Dancing

910 E. 172 ST. BRONX, NY 10460

718-542-0222

THIS PROGRAM IS FUNDED BY NYC AGING





JOIN US FOR A

Thanksgiving DINNER PARTY

NOV | 26 | 1:30PM - 3:30PM

Casa Boricua Older Adult Center

910 E. 172 St. Bronx, NY 10460

718-542-0222

11:30am - 1:30pm: Thanksgiving Dinner

1:30pm - 3:30pm: Music & Dancing w/ DJ Danny

3pm: Raffle Drawing

This Program is Funded by NYC Aging

Thanksgiving

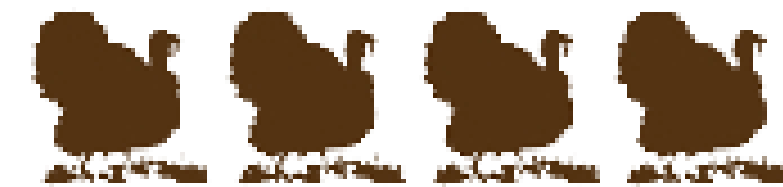
WORD SEARCH

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

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|----------|------------|--------------|
| FALL | THANKFUL | NOVEMBER |
| GATHER | TURKEY | PLYMOUTH |
| HOLIDAY | CORNUCOPIA | STUFFING |
| PILGRIMS | FAMILY | THANKSGIVING |
| PUMPKIN | GOBBLE | CRANBERRIES |
| CORN | GRATITUDE | POTATOES |
| FEAST | PIE | TRADITION |



Thanksgiving Word Scramble



1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. eremnbov _____
13. gobabl _____
14. dessret _____
15. ngstufif _____
16. uyhtarsd _____
17. efats _____
18. rgavy _____
19. nnasidi _____
20. rbeda _____