




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>2.</p> <p>9:30am – Morning Stretches 10am – Sewing Class w/ Eloilda 10:15am – Senior Fitness 11am – Nutrition Education w/ Pnina, TechWorld Meeting ID: 628 351 4488 Passcode: 111 1pm – Recreational Games 1pm – Senior Fitness</p>	<p>3.</p> <p>9:30am – Morning Stretches 10am – Met Art-Box Project w/ Mily 10am – Technology Class 'Mi Historia' 10:15am – Senior Fitness 11am – Understanding The Holiday Blues / Entendiendo la Tristeza de los Dias Festivos w/ Martin, JASA 11am – ESL Class (English as a Second Language) w/ Chabel 1pm – Senior Fitness 1:30pm – Drama Club</p>	<p>4.</p> <p>9:30am – Morning Stretches 10am – Blood Pressure Screening w/ Maria, RN 10:15am – Senior Fitness 11am – Holiday Stress Management w/ Sheila 1pm – Mindful Meditation w/ Maria, RN</p>	<p>5.</p> <p>9:30am – Morning Stretches 10am – Macrame Class w/ Miguel 10:15am – Senior Fitness 10:45am – Fire Safety Presentation w/ FDNY 11am – Technology Class 'Mi Historia' w/ Juan, TechWorld 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>6.</p> <p>10am – Painting by Numbers 10:15am – Senior Fitness 10:30am – Belly Dance Class w/ Averill 1pm – ZUMBA GOLD w/ Carmencita, TW</p>	<p>7.</p> <p>9:30am – Morning Stretches 10am – Diamond Painting 1pm Social Saturday</p>
<p>9.</p> <p>9:30am – Morning Stretches 10am – Sewing Class w/ Eloilda 10:15am – Senior Fitness 11am – Holiday Blues w/ Sheila 1pm – Recreational Games 1pm – Senior Fitness</p>	<p>10.</p> <p>9:30am – Morning Stretches 10am – Met Art-Box Project w/ Mily 10am – Technology Class 'Mi Historia' 10:15am – Senior Fitness 11am – ESL Class (English as a Second Language) w/ Chabel 1pm – Senior Fitness 1:30pm – Drama Club</p>	<p>11.</p> <p>9:30am – FOOD PANTRY 9:30am – Morning Stretches 10am – Blood Pressure Screening w/ Maria, RN 10:15am – Senior Fitness 11am – Infection Control & Hand washing w/ Sheila 1pm – Mindful Meditation w/ Maria, RN</p>	<p>12.</p> <p>9:30am – Morning Stretches 10am – Macrame Class w/ Miguel 10:15am – Senior Fitness 11am – Technology Class 'Mi Historia' w/ Juan, TechWorld 1pm – Senior Fitness 1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>13.</p> <p>9:30am – Morning Stretches 10:15am – Senior Fitness 11am – Foods that Decrease Winter Depression w/ Sheila 1pm – ZUMBA GOLD w/ Carmencita, TW 1:30pm Ugly Sweater Party w/ DJ Eddie Bravo</p>	<p>14.</p> 

16.
 9:30am – Morning Stretches
 10am – Sewing Class
 w/ Eloilda
 10:15am – Senior Fitness
 11am – Holiday Safe
 Alcohol Use w/ Sheila
 1pm – Recreational Games
 1pm – Senior Fitness

17.
 9:30am – Morning Stretches
 10am – Met Art-Box Project
 w/ Mily
 10am – Technology Class
 ‘Mi Historia’
 10:15am – Senior Fitness
 11am – ESL Class (*English as
 a Second Language*)
 w/ Chabel
 1pm – Senior Fitness
 1:30pm – Drama Club

18.
 9:30am – Morning Stretches
 10am – Blood Pressure
 Screening w/ Maria, RN
 10:15am – Senior Fitness
 11am – Seasonal Affective
 Depression w/ Sheila
 1pm – Mindful Meditation
 w/ Maria, RN
 1:30pm
Pajama Party

19.
 9:30am – Morning Stretches
 10am – Macrame Class
 w/ Miguel
 10:15am – Senior Fitness
 11am – Technology Class
 ‘Mi Historia’
 1:30pm
**Drama Club Play
 Recordar es Vivir
 “To Remember is to Live”**

20.
 9:30am – Morning Stretches
 10am – Painting by Numbers
 10:15am – Senior Fitness
 11am – Winter Nutrition,
 Eat Seasonally
 w/ Sheila
 1pm – Senior Fitness
 1:30pm – Social Friday

21.
 10am – Diamond
 Painting
 1pm
Holiday Movie Day

23.
 9:30am – Morning Stretches
 10:15am – Senior Fitness
 11am – Holiday Health Tips
 w/ Sheila
 1pm – Recreational Games
 1:30pm
**Christmas Party
 w/ DJ Danny**

24.
 9:30am – Morning Stretches
 10am – Creative Arts
 10:15am – Senior Fitness



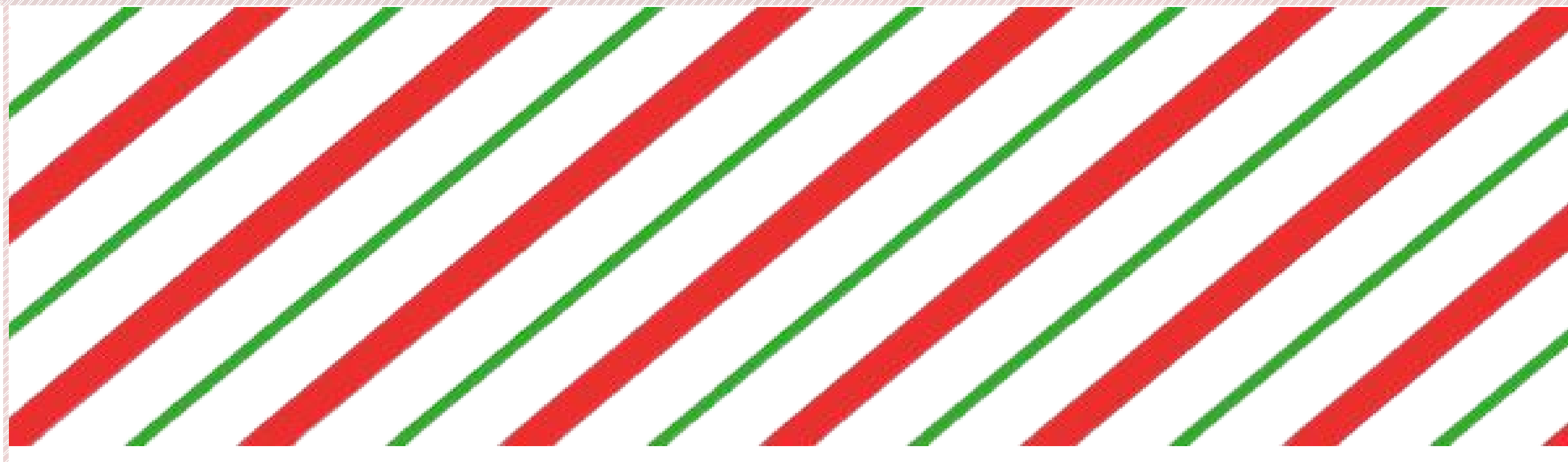
26.
 9:30am – Morning Stretches
 10am – Macrame Class
 10:15am – Senior Fitness
 1pm – Senior Fitness

27.
 9:30am – Morning Stretches
 10:30am – **AESTHETIC REALISM
 Presentation**
 11am – Healthy Holiday
 Snacks w/ Sheila
 1pm – Senior Fitness
 1:30pm
Birthday Celebration



30.
 9:30am – Morning Stretches
 10:15am – Senior Fitness
 11am – New Years Health
 Tips w/ Sheila
 1pm – Recreational Games
 1:30pm
**NEW YEAR’S EVE
 GALA CELEBRATION
 W/ DJ DANNY**

31.
 9:30am – Morning Stretches
 10am – Creative Arts
 10:15am – Senior Fitness

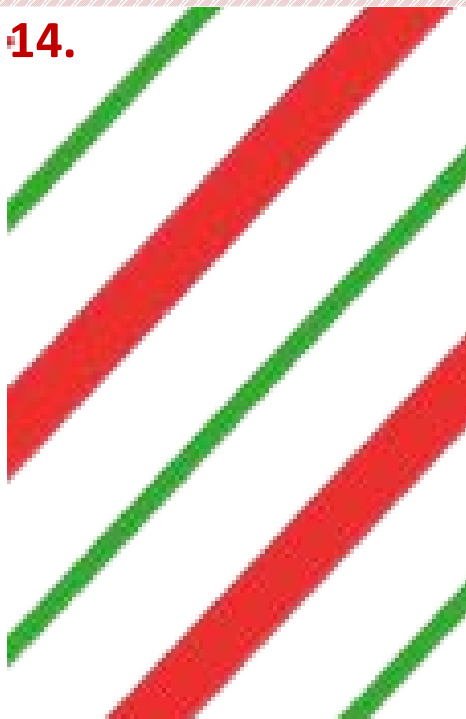




NEIGHBORHOOD Self Help by Older Persons Project
Helping Older Adults Help Themselves

Casa Boricua Older Adult Center Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. Cream of Spinach Soup Velvety Meatless Shepherd's Pie Whole Wheat Bread California Blend Vegetables 1% Low Fat Milk Fruited Jell-O Margarine</p>	<p>3. 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>4. Baked Salmon w/ Lemon, Tarragon & Thyme Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice</p>	<p>5. Turkey w/ Gravy Yellow Rice Broccoli & Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>6. 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>7. Chicken Parmesan WW Bread WW Pasta Tossed Salad w/ Dressing Apple 1% Low Fat Milk Orange Juice Margarine Tomato Sauce</p>
<p>9. Whole Wheat Tuna Sandwich Whole Wheat Pasta Salad Beet Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>10. Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>11. BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>12. Pork Spare Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Apple Sauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>13. 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>14.</p> 

<p>16. A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>17. Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice</p>	<p>18. Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>19. Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sauteed String Beans Honeydew 1% Low Fat Milk Orane Pineapple Juice</p>	<p>20. Beef & Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>21. Codfish Salad WW Bread Baby Carrots & Parsley Blueberries 1% Low Fat Milk Orange Juice Margarine</p>
<p>23. TBA</p>	<p>24. Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice</p>	<p>25. </p>	<p>26. Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p>27. Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p>28. </p>
<p>30. TBA</p>	<p>31. Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>				