



# Casa Boricua Older Adult Center

910 East 172<sup>nd</sup> 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><u>Monday, Wednesdays &amp; Fridays</u> 10:15am – 11am: Blood Pressure Screening w/ Sheila</p> <p><u>Tuesdays &amp; Thursdays</u> 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring Class w/ Sheila</p>		<p>1. <b>Closed in Observance of New Year's Day</b></p>	<p>2.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Creative Arts 10am – Senior Fitness 11am – Stretching Exercises w/ Sheila 11am – Technology Class 1pm – Senior Fitness w/ Sheila</p>	<p>3.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 11am – Health Presentation w/ Daniel, Southern Pharmacy</p> <p>1:30pm <b>3 King's Day Celebration</b> w/ DJ Eddie Bravo</p>	<p>4.</p>
<p>6.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Sewing Class w/ Eloilda 10am – Senior Fitness 11am – Thyroid Health w/ Sheila 1pm – Recreational Games 1pm – Senior Fitness w/ Sheila</p>	<p>7.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Met Art-Box Project w/ Mily 10am – Technology Class 11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel 1pm – Senior Fitness w/ Sheila 1:30pm – Drama Club</p>	<p>8.</p> <p>10am – Senior Fitness 10am – Creative Arts 1pm – Senior Fitness</p>	<p>9.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Knitting Loom Class w/ Miguel 10am – Senior Fitness 11am – Stretching Exercises w/ Sheila 11am – Technology Class 1pm – Senior Fitness w/ Sheila</p>	<p>10.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 10am – Belly Dance Class w/ Averill Clayton 11am – 'Cold Weather Hydration' w/ Sheila</p>	<p>11.</p> <p>9:30am – Morning Stretches w/ Sheila 10am – Diamond Painting 1pm – Movie Day</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>11am – <b>ELDER ABUSE Presentation</b> w/ Cecilie, SHOPP VIP</p> <p>1pm – Recreational Games</p> <p>1pm – Senior Fitness w/ Sheila</p>	<p>14.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>10am – Technology Class</p> <p>11am – <b>Forgiving Yourself / Perdonandose Usted Mismo</b> w/ Martin, JASA</p> <p>11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel</p> <p>1pm – Senior Fitness</p> <p>1:30pm – Drama Club (Semana Santa/Easter Play)</p>	<p>15.</p> <p>9:30am – <b>FOOD PANTRY</b></p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>11am – Thyroid Self-Exam w/ Sheila</p> <p>1pm – Senior Fitness w/ Sheila</p>	<p>16.</p> <p>9:30am – Morning Stretches</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – <b>Nutrition Education: 'Cutting Back on Sugar in the New Year'</b> w/ Pnina, TW Meeting ID: 628 351 4488 Passcode: 111</p> <p>1pm – Senior Fitness</p> <p>1pm – Creative Arts w/ Aydeliz</p> <p>1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>17.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>11am – 'Small Food Changes' w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p>	<p>18.</p>
<p>20.</p> <p><b>CENTER CLOSED</b></p> 	<p>21.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>10am – Technology Class</p> <p>11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel</p> <p>1pm – Senior Fitness w/ Sheila</p> <p>1:30pm – Drama Club (Semana Santa/Easter Play)</p>	<p>22.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Creative Arts</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class w/ Juan, TechWorld</p> <p>11am – Physical Exam and Labs w/ Sheila</p> <p>1pm – Senior Fitness w/ Sheila</p> <p>1:30pm – Concert Rehearsal</p>	<p>23.</p> <p>9:30am – Morning Stretches</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Stretching Exercises</p> <p>11am – Technology Class</p> <p>1pm – Senior Fitness</p> <p>1pm – Creative Arts w/ Aydeliz, TechWorld</p> <p>1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>24.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>11am – 'Foods for Bone &amp; Joint Health' w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p> <p>1:45pm – Social Friday</p>	<p>25.</p> <p>10am – Diamond Painting</p> <p>1pm <b>Birthday Celebration</b> w/ DJ Eddie Bravo</p>
<p>27.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>11am – <b>Nutrition Education: 'Holiday Eating on a Budget'</b> w/ Pnina, TW Meeting ID: 628 351 4488 Passcode: 111</p> <p>1pm – Recreational Games</p> <p>1pm – Senior Fitness</p>	<p>28.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>10am – Technology Class</p> <p>11am – ESL Class (<i>English as a Second Language</i>) w/ Chabel</p> <p>1pm – Senior Fitness w/ Sheila</p> <p>1:30pm – Drama Club (Semana Santa/Easter Play)</p>	<p>29.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Creative Arts</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class w/ Juan, TechWorld</p> <p>11am – Health Topic in the News w/ Sheila</p> <p>1pm – Senior Fitness w/ Sheila</p> <p>1:30pm – Concert Rehearsal</p>	<p>30.</p> <p>9:30am – Morning Stretches</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Stretching Exercises</p> <p>11am – Technology Class</p> <p>1pm – Senior Fitness</p> <p>1pm – Creative Arts w/ Aydeliz, TechWorld</p> <p>1:30pm – La Orquesta Rehearsal w/ Judy</p>	<p>31.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>11am – 'January Foods In Season' w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p> <p>1:45pm – Social Friday</p>	

# Casa Boricua Older Adult Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. <b>Closed in Observance of New Year's Day</b>	2. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice Margarine	3. Beef Salisbury Steak Whole Wheat Bread Steamed Zucchini Warm Potato Salad Tangerines 1% Low Fat Milk Apple Juice	4.
		6. Cranberry Chicken Rice & Beans Sauteed String Beans Apple 1% Low Fat Milk Orange Juice	7. Very Veggie Chili w/ Quinoa Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup	8. BBQ Pulled Pork WW Hamburger Bun French Fries Sliced Tomatoes & Cucumbers w/ Italian Dressing Kiwis 1% Low Fat Milk Orange Pineapple Juice Ketchup	9. Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Sauteed Asparagus Honeydew 1% Low Fat Milk Apple Juice Margarine

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13.</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>14.</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>15.</p> <p>Baked Salmon w/ Lemon, Tarragon &amp; Thyme Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice</p>	<p>16.</p> <p>Turkey w/ Gravy Yellow Rice Broccoli &amp; Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>17.</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>18.</p>
<p>20.</p> <p><b>CENTER CLOSED</b></p> 	<p>21.</p> <p>Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>22.</p> <p>BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>23.</p> <p>Pork Spare Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Apple Sauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>24.</p> <p>Sofrito Steak w/ Peppers &amp; 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>25.</p> <p>Baked Pork Chops WW Bread Baked Sweet Potato Broccoli &amp; Red Peppers Pear 1% Low Fat Milk Margarine</p>
<p>27.</p> <p>A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>28.</p> <p>Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice</p>	<p>29.</p> <p>Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>30.</p> <p>Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sauteed String Beans Honeydew 1% Low Fat Milk Orane Pineapple Juice</p>	<p>31.</p> <p>Beef &amp; Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	

# Casa B's Upcoming Events!



## Casa Boricua Older Adult Center



**Friday January 3, 2025**

**1:30pm – 3:30pm**

**Music & Dancing w/ DJ Eddie Bravo**

**Refreshments will be served.**

**910 E. 172 St. Bronx, N.Y. 10460**

**Tel: 1 (718) 542-0222**

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**Casa Boricua OAC**  
**Birthday Party**  
**Saturday January 25, 2025**  
**1:30pm – 3:30pm**  
**Cake, Refreshments, Music**  
**& Dancing w/ DJ Eddie Bravo**

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