



Casa Boricua Older Adult Center

910 East 172nd Street
 Bronx, NY 10460
 Tel: 718-542-0222
 Fax: 718-732-2055

February 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tuesdays & Thursdays 10:15am – Keep On Track: Self-Directed Blood Pressure Monitoring w/ Sheila					1.
3. 10am – Sewing Class w/ Eloilda 10am – Blood Pressure Screening w/ Sheila 11am – ZOOM Class: <i>'Nutrition Benefits of Spices & Herbs and Role for Healthy Aging' w/ Pnina</i> Meeting ID: 628 351 4488 Passcode: 111 1pm – Chair Exercises w/ Sheila 1:30pm – Rehearsal for Black History Performance	4. 9:30am – Morning Stretches w/ Sheila 10am – Met Art-Box Project w/ Mily 10am – Technology Class: Google Slides - My Story w/ Darlene 11am – Technology Class: Typing Practice 11:15am – CDPAP Presentation w/ BestCare 1pm – Chair Exercises w/ Sheila 1:30pm – Drama Club: Easter Play / Semana Santa	5. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 11am – Technology Class w/ Luis 1:30pm – Valentine's Day Concert Rehearsal	6. 10am – Knitting Loom Class w/ Miguel 10am – Senior Fitness 10:30am – Technology Class Presentation: <i>"My Story"</i> 1:30pm – Drama Club: Easter Play / Semana Santa	7. 10am – Senior Fitness 10am – Blood Pressure Screening w/ Sheila 11am – Foods for Heart Health w/ Sheila 1pm – ZUMBA GOLD w/ Carmencita, TW 1:45pm – Social Friday	8. 9:30am Recreational Games 10am Diamond Painting 1:30pm Social Saturday
10. 10am – Sewing Class w/ Eloilda 10am – Senior Fitness 10am – Blood Pressure Screening w/ Sheila 11am – Nutrition Class: <i>'Rethink Your Drink' w/ Carlos, Montefiore</i> 1:30pm Valentine's Day Concert <i>'Bitter & Sweet Melodies'</i> <i>Un Concierto de Melodías</i> <i>'Amargas y Dulces'</i>	11. 9:30am – Morning Stretches w/ Sheila 10am – Met Art-Box Project w/ Mily 10am – Computer Class: <i>'Introducción a la Cultura Digital'</i> w/ OATS (in Spanish) 11am – 'Know Your Rights' Medicare Presentation 1pm – Chair Exercises w/ Sheila	12. 9:30am – FOOD PANTRY 10am – Blood Pressure Screening w/ Sheila 11am – Eating Disorders & Aging w/ Sheila 1pm – Chair Exercises w/ Sheila 1:30pm – Rehearsal for Black History Performance	13. 10am – Knitting Loom Class w/ Miguel 10am – Computer Class: <i>'Introducción a la Cultura Digital'</i> w/ OATS (in Spanish) 10am – Senior Fitness 11am – Stretching for Digestion w/ Sheila 1:30pm Valentine's Day Celebration w/ DJ Danny	14. 10am – Senior Fitness 10am – Blood Pressure Screening w/ Sheila 11am – DASH Diet for Blood Pressure Control w/ Sheila 1pm – ZUMBA GOLD w/ Carmencita, TW	15.

MONDAY

17.

IN OBSERVANCE OF



CENTER CLOSED

TUESDAY

18.

- 9:30am – Morning Stretches w/ Sheila
- 10am – Met Art-Box Project w/ Mily
- 10am – Computer Class: *'Introducción a la Cultura Digital'* w/ OATS (in Spanish)
- 1pm – Chair Exercises w/ Sheila
- 1:30pm – Drama Club: Easter Play / Semana Santa

WEDNESDAY

19.

- 10am – Blood Pressure Screening w/ Sheila
- 10am – Senior Fitness
- 11am – Technology Class w/ Luis
- 11am – *'The Importance of Blood Pressure'* w/ Sheila
- 1pm – Chair Exercises w/ Sheila
- 1:30pm – Rehearsal for Black History Performance

THURSDAY

20.

- 10am – Knitting Loom Class w/ Miguel
- 10am – Computer Class: *'Introducción a la Cultura Digital'* w/ OATS (in Spanish)
- 10am – Senior Fitness
- 11am – Stretching for Digestion w/ Sheila
- 1pm – Chair Exercises w/ Sheila
- 1:30pm – Drama Club: Easter Play / Semana Santa

FRIDAY

21.

- 10am – Senior Fitness
- 10am – Blood Pressure Screening w/ Sheila
- 11am – Diet for Cholesterol Control w/ Sheila
- 1:30pm**
Dominican Republic Independence Day Celebration
w/ DJ Eddie Bravo

SATURDAY

22.

- 9:30am
Recreational Games
- 10am
Diamond Painting
- 1:30pm**
Birthday Celebration
w/ DJ Eddie Bravo

24.

- 10am – Sewing Class w/ Eloilda
- 10am – Blood Pressure Screening w/ Sheila
- 11am – ZOOM Class:**
***'Nutrition & Heart Health'* w/ Pnina**
Meeting ID: 628 351 4488
Passcode: 111
- 1pm – Recreational Games
- 1pm – Chair Exercises w/ Sheila

25.

- 9:30am – Morning Stretches w/ Sheila
- 10am – Met Art-Box Project w/ Mily
- 10am – Computer Class: *'Introducción a la Cultura Digital'* w/ OATS (in Spanish)
- 1pm – Chair Exercises w/ Sheila
- 1:30pm – Drama Club: Easter Play / Semana Santa

26.

- 10am – Blood Pressure Screening w/ Sheila
- 10am – Senior Fitness
- 11am – Technology Class w/ Luis
- 11am – *'Cholesterol Workshop'* w/ Sheila
- 1:30pm**
Black History Month Performance

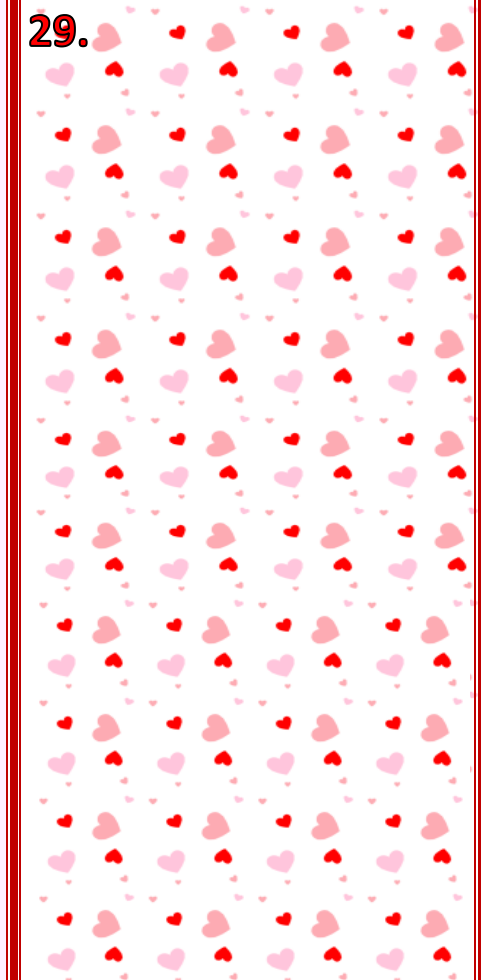
27.

- 10am – Knitting Loom Class w/ Miguel
- 10am – Computer Class: *'Introducción a la Cultura Digital'* w/ OATS (in Spanish)
- 10am – Senior Fitness
- 11am – Stretching for Digestion w/ Sheila
- 1pm – Chair Exercises w/ Sheila
- 1:30pm – Drama Club: Easter Play / Semana Santa

28.

- 10am – Senior Fitness
- 10am – Blood Pressure Screening w/ Sheila
- 11am – Seasonings for Heart Health w/ Sheila
- 1pm – ZUMBA GOLD w/ Carmencita, TW
- 1:45pm – Social Friday



29.



Casa Boricua Older Adult Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1.
3. BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy Margarine	4. Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice	5. Baked Turkey Wings Whole Wheat Bread Rice & Beans Steamed Green Beans Pear 1% Low Fat Milk Orange Pineapple Juice Margarine	6. Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine	7. Baked Chicken Quarters Spiced Sweet Potatoes California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice	8. Stewed Oxtails w/Lima Beans White Rice Steamed Collard Greens Apple 1% Low Fat Milk
10. Beef Salisbury Steak Whole Wheat Bread Steamed Zucchini Warm Potato Salad Watermelon 1% Low Fat Milk Apple Juice	11. Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce	12. Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk	13. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice Margarine	14. 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	15.

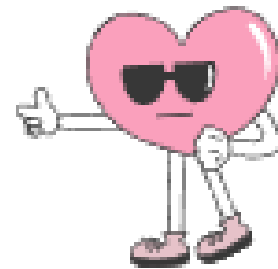
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17.</p> <p>IN OBSERVANCE OF</p>  <p>PRESIDENTS DAY</p> <p>CENTER CLOSED</p>	<p>18.</p> <p>Very Veggie Chili w/ Quiona Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>19.</p> <p>BBQ Pulled Pork WW Hamburger Bun French Fries Sliced Tomatoes & Cucumbers w/ Italian Dressing Kiwis 1% Low Fat Milk Orange Pineapple Juice Ketchup</p>	<p>20.</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>21.</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>22.</p> <p>Oven Fried Chicken Wings WW Bread Steamed Sliced Carrots Warm Potato Salad Tangerines 1% Low Fat Milk Apple Juice Margarine</p>
<p>24.</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>25.</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>26.</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>27.</p> <p>Turkey w/ Gravy Yellow Rice Broccoli & Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>28.</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>	



This Program is Funded by NYC Aging

Valentine's Day Concert

Monday February 10, 2025
1:30pm - 3pm



Come and enjoy listening to the
Bitter & Sweet melodies of live
performances. Must be 60+ yrs.

910 E 172 St
Bronx, NY 10460
718-542-0222

Refreshments will be served.



CASA BORICUA
OLDER ADULT CENTER

Valentine's Day Celebration

KING & QUEEN CORONATION
MUSIC & DANCING W/DJ DANNY
CAKE & REFRESHMENTS
RAFFLE

THURSDAY | 910 E 172 ST
13TH | BRONX, NY 10460
FEB, 2025 | 718-542-0222
1:30PM - 3:30PM | **MUST BE 60+ YRS.**

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CASA BORICUA OAC

DOMINICAN REPUBLIC INDEPENDENCE DAY Celebration

FRIDAY FEBRUARY 21ST

9:30am - 10:30am

Free Breakfast - 3 Golpes

1:30pm - 3:30pm

Music & Dancing w/ DJ Eddie Bravo

Cake & Refreshments

will be served

Must be 60+yrs

910 E. 172 St. Bronx, NY 10460

718-542-0222

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Casa Boricua Older Adult Center



BLACK HISTORY MONTH

Live Performance

Food

Refreshments

Wednesday February 26, 2025

1:30pm - 3pm

Must be 60+yrs.

910 E. 172 St. Bronx, NY 10460

718-542-0222

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