



Casa Boricua Older Adult Center

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Bronx, NY 10460
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This Program is Funded by NYC Aging
This Calendar is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3.</p> <p>10am – Sewing Class for Drama Club Outfits</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – ZOOM Class: <i>‘Vitamins, Minerals & Supplements & Their Role for Healthy Aging’</i> w/ Pnina, TechWorld Mtg ID: 628 351 4488 Passcode: 111</p> <p>1pm – Chair Exercises</p> <p>1:30pm – Pool Tournament Practice</p>	<p>4.</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>5.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Technology Class w/ Juan, TechWorld</p> <p>11am – Arthritis Self-Management w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Rehearsal for Masquerade Musical</p>	<p>6.</p> <p>9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Computer Class: <i>‘Introducción a la Cultura Digital’</i> w/ OATS (in Spanish)</p> <p>10am – Senior Fitness</p> <p>11am – Stretching for Digestion w/ Sheila</p> <p>1pm – Creative Arts w/ Aydeliz, TechWorld</p> <p>1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>7.</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>10:30am – Computer Foundation w/ Eli</p> <p>11am – Diet to Decrease Inflammation w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p> <p>1:30pm – Casa B’s Pool Tournament</p>	<p>8.</p> <p>9:30am Recreational Games</p> <p>10am Diamond Painting</p> <p>1:30pm Social Saturday</p>
<p>10.</p> <p>10am – Sewing Class for Drama Club Outfits</p> <p>10am – Senior Fitness</p> <p>11:30am – <i>Hablando Entre Amigos</i> w/ Leslie</p> <p>1:30pm – Pool Tournament Practice</p> <p>1:30pm – Rehearsal for Masquerade Musical</p>	<p>11.</p> <p>9am – <i>Keep-on-Track</i> w/ Sheila</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>10am – Computer Class: <i>‘Introducción a la Cultura Digital’</i> w/ OATS (in Spanish)</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>12.</p> <p>9:30am – FOOD PANTRY</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – The Importance of Sleep w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>13.</p> <p>9am – <i>Keep-on-Track</i> w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Computer Class: <i>‘Introducción a la Cultura Digital’</i> w/ OATS</p> <p>10am – Senior Fitness</p> <p>11am – <i>End of Life Planning for Older Adults</i> w/ Martin, JASA</p> <p>1pm – Creative Arts w/ Aydeliz</p> <p>1:30pm – Drama Club</p>	<p>14.</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Diet with Increased Exercise w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p> <p>1:30pm Mardi Gras Concert A Masquerade Musical</p>	<p>15.</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17.</p> <p>10am – Sewing Class for Drama Club Outfits</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – <i>Stroke: Be a Hero! Act Fast!</i> w/ Carlos, OCPH</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Pool Tournament Practice</p> <p>1:30pm – 3pm St. Patrick's Day BINGO Party</p>	<p>18.</p> <p>9am – <i>Keep-on-Track</i> w/ Sheila</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>10am – Computer Class: <i>'Introducción a la Cultura Digital'</i> w/ OATS (in Spanish)</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>19.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Technology Class w/ Juan, TechWorld</p> <p>11am – Hand Massage w/ Virginia, AllCare</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>20.</p> <p>9am – <i>Keep-on-Track</i> w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Computer Class: <i>'Introducción a la Cultura Digital'</i> w/ OATS (in Spanish)</p> <p>10am – Senior Fitness</p> <p>11am – Early Detection Is the Best Protection & the Importance of Mammogram w/ Noralie, Weill Cornell</p> <p>1pm – Creative Arts w/ Aydeliz, TechWorld</p> <p>1:30pm – Drama Club</p>	<p>21.</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>10am – 12pm MARCH MADNESS POOL TOURNAMENT Part 1</p> <p>11am – My Plate: 5 Food Groups w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p> <p>1pm – 3pm MARCH MADNESS POOL TOURNAMENT Part 2</p>	<p>22.</p> <p>9:30am Recreational Games</p> <p>10am Diamond Painting</p> <p>1:30pm Social Saturday</p>
<p>24.</p> <p>10am – Sewing Class for Drama Club Outfits</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – ZOOM Class: 'Choosing Foods for Weight Management' w/ Pnina, TechWorld Mtg ID: 628 351 4488 Passcode: 111</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>25.</p> <p>9am – <i>Keep-on-Track</i> w/ Sheila</p> <p>10am – Met Art-Box Project w/ Mily</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>26.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Technology Class w/ Juan, TechWorld</p> <p>11am – Exercise and Health w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>27.</p> <p>9am – <i>Keep-on-Track</i> w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Breast Cancer Prevention is the Cure w/ Noralie, Weill Cornell</p> <p>1pm – Creative Arts w/ Aydeliz, TechWorld</p> <p>1:30pm – Drama Club</p>	<p>28.</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Nutrition Month Health Tips w/ Sheila</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TW</p> <p>1:30pm Birthday Celebration</p>	<p>29.</p>
<p>31.</p> <p>10am – Sewing Class for Drama Club Outfits</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11:30am – Hablando Entre Amigos w/ Leslie</p> <p>1pm – Chair Exercises w/ Sheila</p>					



Casa Boricua Older Adult Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3.</p> <p>WW Tuna Sandwich WW Pasta Salad Beet Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>4.</p> <p>Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>5.</p> <p>BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>6.</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>7.</p> <p>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>8.</p> <p>Baked Pork Chops WW Bread Baked Sweet Potato Broccoli & Red Peppers Pear 1% Low Fat Milk Margarine</p>
<p>10.</p> <p>A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup</p>	<p>11.</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>12.</p> <p>Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sautéed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine</p>	<p>13.</p> <p>Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sautéed String Beans Honeydew 1% Low Fat Milk Orange Pineapple Juice</p>	<p>14.</p> <p>Beef & Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine</p>	<p>15.</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

<p>17.</p> <p>BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy Margarine</p>	<p>18.</p> <p>Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice</p>	<p>19.</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>20.</p> <p>Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p>21.</p> <p>Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p>22.</p> <p>Stewed Oxtails w/Lima Beans White Rice Steamed Collard Greens Apple 1% Low Fat Milk</p>
<p>24.</p> <p>Beef Salisbury Steak Whole Wheat Bread Steamed Zucchini Warm Potato Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p>25.</p> <p>Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>	<p>26.</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>27.</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>28.</p> <p>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>29.</p>
<p>31.</p> <p>Cranberry Chicken Rice & Beans Sauteed String Beans Apple 1% Low Fat Milk Orange Juice</p>					