



# Casa Boricua Older Adult Center




## April 2025

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>1.            9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila            10am – Creative Arts w/ Mily ‘<i>Diamond Egg Making</i>’            10am – Technology Class: ‘<i>Typing Practice/Keyboard</i>’            11am – Creative Arts w/ Mily ‘<i>Painting Easter Eggs</i>’            1pm – Chair Exercises w/ Sheila</p>	<p>2.            9:30am – Morning Stretches w/ Sheila            10am – Senior Fitness            10:15am – Blood Pressure Screening w/ Sheila            11am – Stress Impact On Body Systems w/ Sheila</p>	<p>3.            9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila            10am – Knitting Loom Class w/ Miguel            10am – Technology Class: ‘<i>Typing Practice/Keyboard</i>’            10am – Senior Fitness            1pm – Chair Exercises w/ Sheila            1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>4.            10am – Senior Fitness            10:15am – Blood Pressure Screening w/ Sheila            11am – ‘<i>Alternative Spices For Salt</i>’ w/ Sheila            1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p>	<p>5.</p>
<p>7.            10am – Sewing Class w/ Eloilda            10am – Senior Fitness            10am – Technology Class ‘<i>Typing Practice/Keyboard</i>’            10am – Hablando Entre Amigos w/ Leslie            11am – Musica del Ayer  <b>1:30pm – BINGO Party</b></p>	<p>8.            9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila            10am – Canvas Class: <i>Tissue Box Project</i>            10am – Technology Class: ‘<i>Typing Practice/Keyboard</i>’            1pm – Chair Exercises w/ Sheila            1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>9.  <b>9:30am – FOOD PANTRY</b>            10am – Senior Fitness            10:15am – Health &amp; Dental Exam w/ Sheila            11am – Hand Massage w/ Virginia, AllCare            1pm – Chair Exercises w/ Sheila</p>	<p>10.            9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila            10am – Knitting Loom Class w/ Miguel            10am – Technology Class: ‘<i>Typing Practice/Keyboard</i>’  <b>11am – ‘<i>Navigating Our Emotions as Older Adults: Embracing Change &amp; Finding Balance</i>’ w/ Martin, JASA</b>            1pm – Chair Exercises w/ Sheila            1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>11.            10am – Senior Fitness            10:15am – Blood Pressure Screening w/ Sheila            11am – ‘<i>April 2025 Nutrition Tips</i>’ w/ Sheila            1pm – ZUMBA GOLD w/ Carmencita, TechWorld            1:30pm – Social Friday</p>	<p>12.            9:30am Recreational Games            10am Creative Arts            1:30pm Social Saturday</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class ‘Typing Practice/Keyboard’</p> <p><b>11am – ZOOM Class: ‘Nutrition Topic TBA’ w/ Pnina, TechWorld</b> Mtg ID: 628 351 4488 Passcode: 111</p> <p>1pm – Chair Exercises</p>	<p>15.</p> <p>9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila</p> <p><b>10:30am General Membership Meeting</b></p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Drama Club (Semana Santa / Easter Play)</p>	<p>16.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts-Part 1 w/ Marydres, TechWorld</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Creative Arts-Part 2 w/ Marydres, TechWorld</p> <p>11am – Ways to Decrease / Manage Stress w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>17.</p> <p>9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila</p> <p>10am – Technology Class: ‘Typing Practice/Keyboard’</p> <p>11am – Stretching for Digestion w/ Sheila</p> <p><b>1:30pm – 4pm</b> <b>The <i>Passion of Christ</i> Play</b></p>	<p>18.</p> <p>10am – Senior Fitness</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p> <p>1:30pm – Movie Day</p>	<p>19.</p>
<p>21.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class ‘Typing Practice/Keyboard’</p> <p>10am – Hablando Entre Amigos w/ Leslie</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – <i>Mental Health &amp; Aging</i> w/ Carlos, <small>Office of Community Population Health</small></p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>22.</p> <p>9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila</p> <p>10am – Canvas Class: <i>Tissue Box Project</i></p> <p>10am – Technology Class: ‘Typing Practice/Keyboard’</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>23.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts-Part 1 w/ Marydres, TechWorld</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Creative Arts-Part 2 w/ Marydres, TechWorld</p> <p>11am – Eye Exam – Tips to Eye Health w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>24.</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 – Technology Class: ‘Typing Practice/Keyboard’</p> <p>10am – Senior Fitness</p> <p>11am – Spring Exercise Tips w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>25.</p> <p>10am – Senior Fitness</p> <p><b>1:30pm – Birthday Party w/ DJ Eddie Bravo</b></p>	<p>26.</p> <p>9:30am Recreational Games</p> <p>10am Creative Arts</p> <p>1:30pm Social Saturday</p>
<p>28.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>10am – Technology Class ‘Typing Practice/Keyboard’</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – <i>Anxiety &amp; Aging</i> w/ Evelyn, VNS</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>29.</p> <p>9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila</p> <p>10am – Creative Arts-Part 1 w/ Marydres, TechWorld</p> <p>10am – Technology Class: ‘Typing Practice/Keyboard’</p> <p>11am – Creative Arts-Part 2 w/ Marydres, TechWorld</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>30.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>10am – Canvas Class: <i>Tissue Box Project</i></p> <p>11am – Musica del Ayer</p> <p><b>1pm</b> <b>Dominoes Tournament w/ NYPD Community Affairs</b></p>	 <p><i>Happy Easter</i></p>		



# Casa Boricua Older Adult Center Menu

## April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1.</p> <p>Very Veggie Chili w/ Quiona Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>2.</p> <p>BBQ Pulled Pork WW Hamburger Bun French Fries Sliced Tomatoes &amp; Cucumbers w/ Italian Dressing Kiwis 1% Low Fat Milk Orange Pineapple Juice Ketchup</p>	<p>3.</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>4.</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>5.</p>
<p>7.</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>8.</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>9.</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>10.</p> <p>Turkey w/ Gravy Yellow Rice Broccoli &amp; Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>11.</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>12.</p> <p>Chicken Parmesan WW Bread WW Pasta Tossed Salad w/ Dressing Apple 1% Low Fat Milk Orange Juice Margarine Tomato Sauce</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14.</p> <p>WW Tuna Sandwich            WW Pasta Salad            Beet Salad            Watermelon            1% Low Fat Milk            Apple Juice</p>	<p>15.</p> <p>Dominican Vegan Sancocho            (Root Vegetable Stew)            Whole Wheat Bread            Yellow Rice            Vegetable Mix            Fruit Cocktail            1% Low Fat Milk            Margarine</p>	<p>16.</p> <p>BBQ Chicken Leg Quarters            Whole Wheat Bread            Oriental Blend Vegetables            Potato Salad            Strawberries            1% Low Fat Milk            Orange Juice            Margarine</p>	<p>17.</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>18.</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>19.</p>
<p>21.</p> <p>A Nice Vegetable Soup            California Veggie Burger            WW Hamburger Bun            French Fries            Sliced Tomatoes            Apple            1% Low Fat Milk            Ketchup</p>	<p>22.</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>23.</p> <p>Baked Lean Lamb Chops            Whole Wheat Bread            Roasted Potatoes            Sauteed Asparagus            Canned Apricots            1% Low Fat Milk            Orange Juice            Margarine</p>	<p>24.</p> <p>Baked Fish w/ Lemon Garlic            Butter Sauce            Rice w/ Vegetables            Sauteed String Beans            Honeydew            1% Low Fat Milk            Orange Pineapple Juice</p>	<p>25.</p> <p>Beef &amp; Cheese Lasagna            Whole Wheat Bread            Tossed salad w/ Dressing            Canned Sliced Peaches            1% Low Fat Milk            Apple Juice            Margarine</p>	<p>26.</p> <p>Codfish Salad            WW Bread            Baby Carrots &amp;            Parsley            Blueberries            1% Low Fat Milk            Orange Juice            Margarine</p>
<p>28.</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>29.</p> <p>Beef Stew            Brown Rice            Italian Blend Vegetables            Canned Pineapple            1% Low Fat Milk            Apple Juice</p>	<p>30.</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><i>Happy Easter</i></p>		



# Casa Boricua Older Adult Center

## LA PASIÓN Y MUERTE DE CRISTO



Jueves  
17 de abril del 2025  
1:30pm - 4pm

Únase a nosotros mientras el Club de Teatro de Casa Boricua da vida a las narraciones bíblicas. Representarán temas de fe, sacrificio y redención. La obra se realizará en español. Debe tener más de 60 años.

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Este Programa está Financiado por NYC Aging



# Casa Boricua Older Adult Center

## THE PASSION OF CHRIST PLAY



Thursday  
April 17, 2025  
1:30pm - 4pm

Join us as Casa Boricua's Drama Club brings the biblical narratives to life. They will perform themes of faith, sacrifice and redemption. The play will be conducted in Spanish. Must be 60+ years.

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