



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>1.</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>1:30pm – Drama Club</p>	<p>2.</p> <p>9:30am – Recreational Games</p> <p>10am – Senior Fitness</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p> <p>1:30pm – Social Friday</p>	<p>3.</p> <p>9:30am Recreational Games</p> <p>10am Creative Arts</p> <p>1pm Creative Arts</p> <p>1:30pm Social Saturday</p>
<p>5.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p> <p>1:30pm – Cinco de Mayo BINGO FIESTA</p>	<p>6.</p> <p>9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila</p> <p>10am – Creative Arts: <i>Hispanic Heritage Project</i> w/ Marydres, TechWorld</p> <p>11am – Creative Arts: <i>Back Drop Project</i> w/ Marydres, TechWorld</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>7.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Canvas Class</p> <p>10am – Senior Fitness</p> <p>10:30am – Spring Exercise / Fitness Tips w/ Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p>	<p>8.</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 – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>9.</p> <p>9:30am – Recreational Games</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Canvas Class</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Diet for Exercise w/ Sheila</p> <p>1:30pm Mother's Day Celebration w/ DJ Lex</p>	<p>10.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p>	<p>13.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10:30am – AESTHETIC REALISM 'Memory - Part 2'</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>14.</p> <p>9:30am – FOOD PANTRY</p> <p>11am – Melanoma Awareness: Early Detection & Prevention w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p>	<p>15.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>11am – Diet to Prevent Skin Cancer w/ Sheila</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>16.</p> <p>9:30am – Recreational Games</p> <p>10am – Canvas Class</p> <p>10am – Senior Fitness</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p> <p>1:30pm – Social Friday</p>	<p>17.</p> <p>9:30am Recreational Games</p> <p>10am Creative Arts</p> <p>1pm Creative Arts</p> <p>1:30pm Social Saturday</p>
<p>19.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p>	<p>20.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Creative Arts: <i>Hispanic Heritage Project</i> w/ Marydres, TechWorld</p> <p>11am – Creative Arts: <i>Back Drop Project</i> w/ Marydres, TechWorld</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>21.</p> <p>10am – Canvas Class</p> <p>10am – Senior Fitness</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>11am – Arthritis Awareness Preventing Pain & Inflammation w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p> <p>1:30pm – Birthday Party w/ DJ Eddie Bravo</p>	<p>22.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>11am – Foods that Decrease Arthritis Pain & Inflammation w/ Sheila</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>23.</p> <p>9:30am – Recreational Games</p> <p>10am – Senior Fitness</p> <p>10am – Creative Arts: <i>Hispanic Heritage Project</i> w/ Marydres, TechWorld</p> <p>11am – Creative Arts: <i>Back Drop Project</i> w/ Marydres, TechWorld</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p>	<p>24.</p>
<p>26.</p> <p>Memorial Day Observed</p> <p>Center Closed</p>	<p>27.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Canvas Class</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>28.</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 – Eye Exam: Healthy Vision Tips w/ Sheila</p> <p>1:30pm – 4pm</p> <p>Ms. NEIGHBORHOOD SHOPP Senior Beauty Pageant 'Aging with Elegance'</p>	<p>29.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Knitting Loom Class w/ Miguel</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>11am – Foods that Promote Good Vision w/ Sheila</p> <p>1pm – Walking Club w/ Sheila</p> <p>1:30pm – Drama Club</p>	<p>30.</p> <p>9:30am – Recreational Games</p> <p>10am – Canvas Class</p> <p>10am – Senior Fitness</p> <p>1pm – ZUMBA GOLD w/ Carmencita, TechWorld</p>	<p>31.</p>



Casa Boricua Older Adult Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Join us where the food is made with love, just for you.</p> <p align="center">Únete a nosotros donde la comida se hace con amor, solo para ti.</p>			<p align="center">1.</p> <p align="center">Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine</p>	<p align="center">2.</p> <p align="center">Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice</p>	<p align="center">3.</p> <p align="center">Stewed Oxtails w/ Lima Beans White Rice Steamed Collard Greens Apple 1% Low Fat Milk</p>
<p align="center">5.</p> <p align="center">Beef Salisbury Steak Whole Wheat Bread Steamed Zucchini Warm Potato Salad Watermelon 1% Low Fat Milk Apple Juice</p>	<p align="center">6.</p> <p align="center">Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce</p>	<p align="center">7.</p> <p align="center">Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk</p>	<p align="center">8.</p> <p align="center">Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Baby Carrots & Parsley Strawberries 1% Low Fat Milk Grape Juice Margarine</p>	<p align="center">9.</p> <p align="center">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 align="center">10.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12. Cranberry Chicken Rice & Beans Sauteed String Beans Apple 1% Low Fat Milk Orange Juice</p>	<p>13. Very Veggie Chili w/ Quiona Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>14. 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>15. Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Sauteed Asparagus Honeydew 1% Low Fat Milk Apple Juice Margarine</p>	<p>16. 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>17. Oven Fried Chicken Wings WW Bread Steamed Sliced Carrots Warm Potato Salad Tangerines 1% Low Fat Milk Apple Juice Margarine</p>
<p>19. 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>20. 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>21. Baked Salmon w/ Lemon, Tarragon & Thyme Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice</p>	<p>22. Turkey w/ Gravy Yellow Rice Broccoli & Red Peppers Canned Pears 1% Low Fat Milk Orange Juice</p>	<p>23. 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>24.</p>
<p>26. Memorial Day Observed Center Closed</p>	<p>27. Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>28. BBQ Chicken Leg Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>29. Pork Spare Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Apple Sauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>30. 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>31.</p>

SHOPP Casa Boricua Presents

**APRIL 14 TO
JUNE 13, 2025**



SOCA FOR SENIORS

Caribbean Dance Workshops

Reduce stress, boost memory, coordination, flexibility, and stamina through the vibrant rhythms of Caribbean dance and music—while preparing to shine in a dynamic final performance for your community, peers, and family!

Instructed by Cagney JeanBaptiste

MONDAYS & WEDNESDAYS 1:00-2:30 PM

910 E 172nd St
Bronx, NY 10460

NYC Cultural Affairs
NYC Department for the Aging

NEIGHBORHOOD Self Help by Older Persons Project

More info (718) 542-0222 www.nshopp.org/centers/

**Casa Boricua
Older Adult Center**



**CINCO DE MAYO
BINGO
Fiesta**

**Monday May 5, 2025
1:30pm - 3pm**

MUST BE 60+ YEARS TO REGISTER & PARTICIPATE

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

This Program is Funded by NYC Aging

**Casa Boricua
Older Adult Center**

YOU ARE INVITED TO OUR

**Mother's Day
CELEBRATION**

**Friday May 9, 2025
1:30pm - 3:30pm**

**Music & Dancing w/DJ Lex
Cake & Ice Cream
Raffle**

MUST BE 60+ YEARS TO REGISTER & PARTICIPATE

910 E 172 ST BRONX, NY 10460
718-542-0222

THIS PROGRAM IS FUNDED BY NYC AGING

**Memory Shows We Are Connected to the
Whole World!—Part 2**

**¡La memoria demuestra que estamos conectados
con todo el mundo!**

Tuesday □ May 13, 2025 □ 10:30am

In this thrilling workshop, **Jeffrey Carduner** and **Devorah Tarrow** show what Aesthetic Realism, the philosophy founded by the great American poet and critic Eli Siegel, explains: the most urgent need for every person is to like the world on an honest basis. And in this lively class the speakers will take up a wonderful **painting by Grandma Moses, "Sugaring Off, Dark Sky."** They'll show how we can value the world and also what interferes!



Mr. Carduner and Ms. Tarrow speak with gratitude of what they themselves have learned from Aesthetic Realism: there is a fight every moment in every person between the desire to care more for things, see new possibilities in the world, and the desire to have contempt, "the addition to self through the lessening of something else.

Women and men will learn vividly how to see the whole world, other people, everyday objects, in a way that is fair and fresh, based on this Aesthetic Realism principle stated by Mr. Siegel—"The world, art, and self explain each other: each is the aesthetic oneness of opposites." And men and women will get new and deeper perceptions, new life!

Jaime Torres, traductor
Casa Boricua

**Casa Boricua
Older Adult Center**

You Are Invited to Our

•Birthday Party•

Wednesday May 21, 2025

1:30pm - 3:30pm

Dance to the music of DJ Eddie Bravo

**Must be 60+ years
to register & participate**

Cake & Refreshments will be served

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

This Program is Funded by NYC Aging

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

Aging with Elegance

SENIOR BEAUTY PAGEANT

In celebration of Older Americans Month, this Senior Beauty Pageant is a unique event that celebrates the grace, wisdom, and charm of older adults, offering a refreshing perspective on beauty and vitality.

**Date: Wednesday, May 28, 2025
Place: SHOPP Casa Boricua OAC
910 E 172 St, Bronx, NY 10460
Time: 1:30pm - 4pm**

Don't miss your chance to be the 1st ever Ms. Neighborhood SHOPP.
Register now and let your beauty, wisdom and charisma enrich the lives of others.
Must be 60+ years to register and participate.

For further information, contact your SHOPP OAC Service Coordinator

This Program is Funded by NYC Aging