

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>2.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>11am – 'SOCA for SENIORS' Costume Creations w/ Cagney, SU-CASA</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p>	<p>3.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>11am – Canvas Class</p> <p>1pm – Walking Club w/ Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p> <p>1:30pm – Drama Club</p>	<p>4.</p> <p>9:30am – Morning Stretches w/ Sheila</p> <p>10am – Canvas Class</p> <p>10am – Senior Fitness</p> <p>11am – Summer Skin Care w/ Sheila</p> <p>11am – 'SOCA for SENIORS' Costume Creations w/ Cagney, SU-CASA</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p>	<p>5.</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>1pm – Walking Club w/Sheila</p> <p>1pm – 'SOCA for SENIORS' Dance Workshop w/ Cagney, SU-CASA</p> <p>1:30pm – Drama Club</p>	<p>6.</p> <p>9:30am – Recreational Games</p> <p>10am – Senior Fitness</p> <p>1:30pm SU-CASA SOCA DANCE PERFORMANCE</p>	<p>7.</p> <p>9:30am Recreational Games</p> <p>10am Creative Arts</p> <p>1pm Creative Arts</p> <p>1:30pm Social Saturday</p>
<p>9.</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10am – Senior Fitness</p> <p>11am – Technology Class: 'Typing Practice/Keyboard'</p> <p>1pm – Recreational Games</p>	<p>10.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Creative Arts: Painting Class w/ Marydres, TechWorld</p> <p>11am – Creative Arts: <i>Back Drop Project</i> w/ Marydres, TechWorld</p> <p>11am – <i>Heat Stroke</i> w/ Carlos, Office of Community Population Health</p> <p>1pm – Walking Club w/Sheila</p> <p>1:30pm – Drama Club</p>	<p>11.</p> <p>10am – Senior Fitness</p> <p>10am – Hepatitis Prevention w/ Sheila</p> <p>11am – Hand Massages w/ AllCare Home Care</p> <p>1pm – Chair Exercises w/ Sheila</p>	<p>12.</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 for Gut Health w/ Sheila</p>	<p>13.</p> <p>9:30am – Recreational Games</p> <p>10am – Senior Fitness</p> <p>1:30pm FATHER'S DAY CELEBRATION w/ DJ Lex</p>	<p>14.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16. 10am – Senior Fitness 10am – Creative Arts: Painting Class w/ Marydres, TechWorld 11am – Creative Arts: <i>Back Drop Project</i> w/ Marydres, TechWorld 11am – Technology Class: ‘Typing Practice/Keyboard’	17. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – FOOD PANTRY 11am – <i>Finding Balance as Older Adults</i> w/ <i>Martin, JASA</i> 1pm – Walking Club w/ Sheila 1:30pm – Drama Club	18. 9:30am – Morning Stretches w/ Sheila 10am – Senior Fitness 11am – Stroke: Early Detection w/ Sheila 1pm – Chair Exercises w/ Sheila	19. <div>CENTER CLOSED IN OBSERVANCE OF JUNETEENTH</div>	20. 9:30am – Recreational Games 10am – Senior Fitness 11am – Foods for Brain Health w/ Sheila 1:30pm – Social Friday	21. 9:30am Recreational Games 10am Creative Arts 1pm Creative Arts 1:30pm Social Saturday
23. 10am – Creative Arts 10am – Senior Fitness 11am – Technology Class: ‘Typing Practice/Keyboard’ 1pm – Recreational Games 1:30pm – BINGO Party	24. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 10am – Canvas Class 1pm – Walking Club w/ Sheila 1:30pm – Drama Club	25. 9:30am – Morning Stretches w/ Sheila 10am – Canvas Class 10am – Senior Fitness 11am – PTSD w/ Sheila 1pm – Chair Exercises w/ Sheila 1:30pm <i>Talent is Timeless</i> Round 1	26. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 10am – Knitting Loom Class w/ Miguel 10am – Senior Fitness 11am – June Foods, Eating In Season w/ Sheila 11am – Technology Class: ‘Typing Practice/Keyboard’ 1pm – Walking Club w/ Sheila 1:30pm – Drama Club	27. 9:30am – Recreational Games 10am – Senior Fitness 1:30pm BIRTHDAY PARTY w/ DJ Eddie Bravo	28.
30. 10am – Creative Arts 10am – Senior Fitness 11am – Technology Class: ‘Typing Practice/Keyboard’ 1pm – Recreational Games 1pm – Chair Exercises w/ Sheila					



Casa Boricua Older Adult Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. A Nice Vegetable Soup California Veggie Burger WW Hamburger Bun French Fries Sliced Tomatoes Apple 1% Low Fat Milk Ketchup	3. Pernil (Roasted Pork Shoulder) Yellow Rice Steamed Sliced Carrots Stewed Beans (Habichuelas Guisadas) Kiwis (2) 1% Low Fat Milk Grape Juice	4. Baked Lean Lamb Chops Whole Wheat Bread Roasted Potatoes Sauteed Asparagus Canned Apricots 1% Low Fat Milk Orange Juice Margarine	5. Baked Fish w/ Lemon Garlic Butter Sauce Rice w/ Vegetables Sauteed String Beans Honeydew 1% Low Fat Milk Orane Pineapple Juice	6. Beef & Cheese Lasagna Whole Wheat Bread Tossed salad w/ Dressing Canned Sliced Peaches 1% Low Fat Milk Apple Juice Margarine	7. Codfish Salad WW Bread Yuca w/ Onions Baby Carrots & Parsley Blueberries 1% Low Fat Milk Orange Juice Margarine
9. BBQ Pork Chops Whole Wheat Bread Garlic Mashed Potatoes Steamed Broccoli Banana 1% Low Fat Milk Grape Juice Brown Gravy Margarine	10. Beef Stew Brown Rice Italian Blend Vegetables Canned Pineapple 1% Low Fat Milk Apple Juice	11. Baked Turkey Wings Whole Wheat Bread Spiced Sweet Potatoes Steamed Green Beans Pear 1% Low Fat Milk Orange Pineapple Juice Margarine	12. Classic Minestrone Soup Whole Wheat Bread Caesar Salad Canned Mandarin Oranges 1% Low Fat Milk Vanilla Ice Cream Margarine	13. Baked Chicken Quarters Rice & Beans California Blend Vegetables Cantaloupe 1% Low Fat Milk Orange Juice	14.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16. Beef Salisbury Steak Whole Wheat Bread Steamed Zucchini Warm Potato Salad Watermelon 1% Low Fat Milk Apple Juice	17. Breaded Fish Fillet Baked Macaroni & Cheese Vegetable Mix Applesauce 1% Low Fat Milk Orange Juice Tartar Sauce	18. Oven Fried Chicken Wings Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) Oriental Blend Vegetables Tangerines 1% Low Fat Milk	19. CENTER CLOSED IN OBSERVANCE OF JUNETEENTH	20. Pork Spare Ribs Whole Wheat Bread Garden Salad Mangu w/ Onions (Dominican Mashed Plantains) Fruit Cocktail 1% Low Fat Milk Orange Pineapple Juice Light French Dressing Margarine	21. Baked Lean Lamb Chops WW Bread Garlic Mashed Potatoes Steamed Green Beans Banana 1% Low Fat Milk Apple Juice Margarine
23. Cranberry Chicken Rice & Beans Sauteed String Beans Apple 1% Low Fat Milk Orange Juice	24. Very Veggie Chili with Quinoa Cornbread Winter Blend Vegetables Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup	25. BBQ Pulled Pork Whole Wheat Hamburger Bun French Fries Sliced Tomatoes and Cucumbers with Italian Dressing Kiwis 1% Low Fat Milk Orange Pineapple Juice Ketchup	26. Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Sauteed Asparagus Honeydew 1% Low Fat Milk Apple Juice Margarine	27. Stewed Codfish With Eggplant Brown Rice Whole Wheat Bread Steamed Spinach Peach 1% Low Fat Milk Grape Juice Margarine	28.
30. TBD					

SHOPP CASA BORICUA OAC PRESENTS

Soca for Seniors Dance Performance!



Friday, June 6, 2025
1:30 p.m.

910 East 172 St., Bronx, NY, 10460
718.542.0222
www.nshopp.org/centers/

Enjoy an afternoon of Caribbean dance and music!



NYC Department for the Aging

NYC Cultural Affairs



Casa Boricua OAC

PLEASE JOIN OUR

Father's Day Celebration



Music & Dancing with DJ Lex.
Cake & Ice Cream will be served.

JUNE | 13 | 1:30pm to 3:30pm

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

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

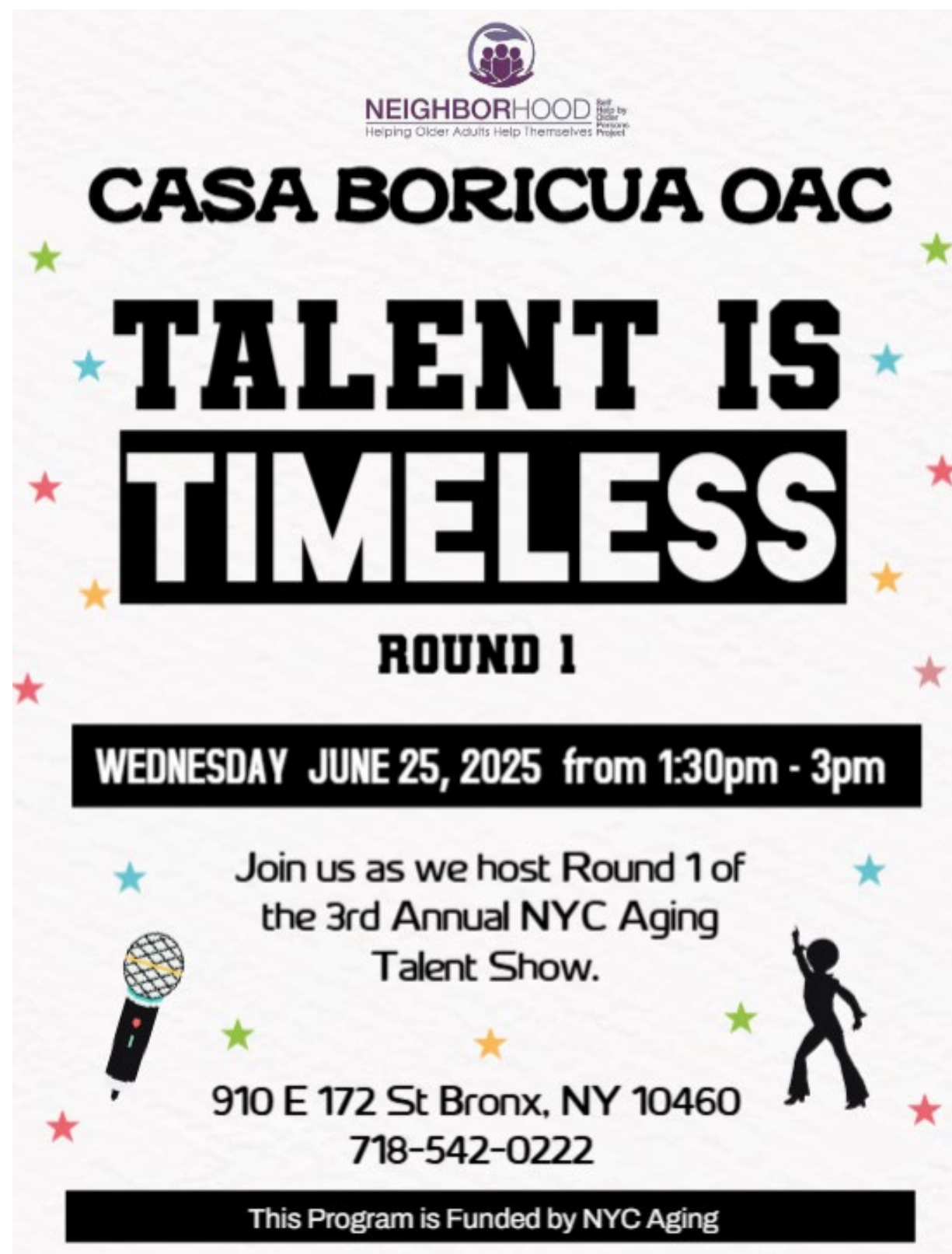
Casa Boricua OAC
Invites You To Our

Bingo Party

Monday
June 23, 2025
1:30pm - 3pm

Prizes for all Winners

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

CASA BORICUA OAC

TALENT IS TIMELESS

ROUND 1

WEDNESDAY JUNE 25, 2025 from 1:30pm - 3pm

Join us as we host Round 1 of the 3rd Annual NYC Aging Talent Show.

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

Casa Boricua
Older Adult Center

Birthday Party

Friday June 27, 2025
1:30pm - 3:30pm

Cake & Refreshments, Music & Dancing w/ DJ Eddie Bravo

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