



# Casa Boricua Older Adult Center

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 Bronx, NY 10460  
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## April 2026

This Program is Funded by NYC Aging  
 This calendar is subjects to change.


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1.            10am – Senior Fitness            10am – Blood Pressure Screening w/ Sheila            11am – Stress Impact on Body Systems w/ Sheila            11:30am – SU-CASA Program Introduction w/ Luss            1pm – Chair Exercises w/ Sheila            1:30pm – Creative Diamond Painting            1:30pm – Drama Club (Los 10 Mandamientos)</p>	<p>2.            9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila            9:30am – Creative Diamond Painting: Pt 1            10am – Canvas Class w/ Miguel            10am – Health Promotion w/ Dioris, CUNY RN            1:30pm  <b>Easter Play</b>  <b>'The Ten Commandments'</b></p>	<p>3.            9:15am – Recreational Games            9:30am – Creative Diamond Painting: Pt 1            10am – Senior Fitness            10am – Technology Office Hour w/ Darlene            11am – Nutrition &amp; Alcohol Tips w/ Sheila            1pm – Chair Exercises w/ Sheila            1:30pm – Creative Diamond Painting: Pt 2</p>	<p>4.</p>
<p>6.            9:30am – Creative Diamond Painting: Pt 1            10am – Senior Fitness            10am – Sewing Class w/ Eloilda            10:15am – Blood Pressure Screening w/ Sheila  <b>11am – Foot Health Awareness Month w/ Carlos, OCPH</b>            1pm – Chair Exercises w/ Sheila            1:30pm – Creative Diamond Painting: Pt 2</p>	<p>7.            9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila            9:30am – Creative Diamond Painting: Pt 1            10am – Senior Fitness            10am – Computer Class w/ Marydres, TechWorld            11am – Creative Arts w/ Marydres, TechWorld  <b>1pm – Hybrid Zumba Class w/ Yolanda, TechWorld (Click/press here to join Zoom)</b>            1:30pm – Creative Diamond Painting: Pt 2</p>	<p>8.  <b>9:30am – FOOD PANTRY</b>            10am – Blood Pressure Screening w/ Sheila  <b>11am – Elder Abuse 101 w/ Cecilie, SHOPP Elder Justice Program</b>            1pm – Chair Exercises w/ Sheila            1:30pm – Creative Diamond Painting</p>	<p>9.            9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila            9:30am – Creative Diamond Painting: Pt 1            10am – Canvas Class w/ Miguel            10am – Health Promotion w/ Dioris, CUNY RN            1pm – ZUMBA Gold Class w/ Carmensita, TechWorld            1:30pm – Creative Diamond Painting: Pt 2</p>	<p>10.            9:15am – Recreational Games            10am – Senior Fitness            10am – Technology Office Hour w/ Darlene            11am – April Vegetables In Season w/ Sheila            1pm – Chair Exercises w/ Sheila  <b>1:30pm</b>  <b>BINGO PARTY</b></p>	<p>11.            9:30am            Recreational Games              10am            Creative Arts              1:30pm            Creative Diamond Painting</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13.</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Senior Fitness</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p><b>11am – Fire Safety Education w/ FDNY</b></p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p>	<p>14. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Senior Fitness</p> <p>10am – Computer Class w/ Marydres, TechWorld</p> <p>11am – Creative Arts w/ Marydres, TechWorld</p> <p><b>12pm – Songbook Tuesday: Virtual Concerts in Motion</b> <i>(Click/press here to join Zoom)</i></p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Rehearsal w/ Judy Y Su Orquesta</p>	<p>15.</p> <p>10am – Senior Fitness</p> <p>10am – Blood Pressure Screening w/ Sheila</p> <p>10am – <i>Stories in Sound</i> w/ Luss, SU-CASA</p> <p><b>11am – Live Healthy! Nutrition Education w/ Avery, NY Common Pantry</b></p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Magnet Diamond Painting</p>	<p>16. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Canvas Class w/ Miguel</p> <p>10am – Health Promotion w/ Dioris, CUNY RN</p> <p>11am – <i>Conflict Resolutions</i> w/ Maria, JASA</p> <p>1pm – ZUMBA Gold Class w/ Carmensita, TechWorld</p> <p>1pm – Grief Support Group w/ Maria, JASA</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p> <p>1:30pm – Drama Club (Plena Group)</p>	<p>17.</p> <p>9:15am – Recreational Games</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p><b>9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis, OATS</b></p> <p>10am – Senior Fitness</p> <p>11am – Stretching Exercises w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p>	<p>18.</p>
<p>20.</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Senior Fitness</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p><b>11am – Nutrition Education w/ Pnina, Techworld</b> <i>(Click/press here to join Zoom)</i></p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p>	<p>21. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Senior Fitness</p> <p>10am – Computer Class w/ Marydres, TechWorld</p> <p>11am – Creative Arts w/ Marydres, TechWorld</p> <p><b>1pm – Hybrid Zumba Class w/ Yolanda, TechWorld</b> <i>(Click/press here to join Zoom)</i></p> <p>1:30pm – Creative Diamond Painting: Pt 2</p>	<p>22.</p> <p>10am – Senior Fitness</p> <p>10am – Blood Pressure Screening w/ Sheila</p> <p>10am – <i>Stories in Sound</i> w/ Luss, SU-CASA</p> <p><b>11am – Live Healthy! Nutrition Education w/ Avery, NY Common Pantry</b></p> <p>1pm – Chair Exercises w/ Sheila</p> <p><b>1:30pm Birthday Party</b></p>	<p>23. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Canvas Class w/ Miguel</p> <p>10am – Health Promotion w/ Dioris, CUNY RN</p> <p>1pm – ZUMBA Gold Class w/ Carmensita, TechWorld</p> <p>1pm – Grief Support Group w/ Maria, JASA</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p> <p>1:30pm – Drama Club (Plena Group)</p>	<p>24.</p> <p>9:15am – Recreational Games</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p><b>9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis, OATS</b></p> <p>10am – Senior Fitness</p> <p>11am – Stretching Exercises w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p>	<p>25.</p> <p><b>10am – 12pm BINGO PARTY w/ Damien &amp; Friends, NYPD Community Affairs Bureau</b></p> <p>1:30pm Creative Diamond Painting</p>
<p>27.</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Senior Fitness</p> <p>10am – Sewing Class w/ Eloilda</p> <p>10:15am – Blood Pressure Screening w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Diamond Painting: Pt 2</p>	<p>28.</p> <p>9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>10am – Computer Class w/ Marydres, TechWorld</p> <p>11am – Creative Arts w/ Marydres, TechWorld</p> <p><b>12pm – Virtual Concerts in Motion</b> <i>(Click here to join Zoom)</i></p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Rehearsal w/ Judy Y Su Orquesta</p>	<p>29.</p> <p>10am – Senior Fitness</p> <p>10am – Blood Pressure Screening w/ Sheila</p> <p>10am – <i>Stories in Sound</i> w/ Luss, SU-CASA</p> <p>11am – Spring Fitness Tips w/ Sheila</p> <p>1pm – Chair Exercises w/ Sheila</p> <p>1:30pm – Creative Diamond Painting</p>	<p>30. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila</p> <p>9:30am – Creative Diamond Painting: Pt 1</p> <p>10am – Canvas Class w/ Miguel</p> <p>10am – Health Promotion w/ Dioris, CUNY RN</p> <p>1pm – ZUMBA Gold Class w/ Carmensita, TechWorld</p> <p>1pm – Grief Support Group w/ Maria, JASA</p> <p>1:30pm – Drama Club (Plena Group)</p>		



# Casa Boricua Older Adult Center Menu

## April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Happy Easter</i></p>		<p>1. Deluxe Cheeseburger w/Onions WW Hamburger Bun French Fries Sliced Tomatoes &amp; Cucumbers w/ Italian Dressing Kiwis (2) 1% Low Fat Milk Orange Pineapple Juice Ketchup</p>	<p>2. Pernil (Roasted Pork Shoulder) Whole Wheat Bread Yellow Rice Winter Blend Vegetables Honeydew 1% Low Fat Milk Apple Juice Margarine</p>	<p>3. Breaded Fish Fillet Whole Wheat Bread Whole Wheat Pasta Salad Sautéed Asparagus Peach 1% Low Fat Milk Grape Juice Margarine</p>	<p>4.</p>
		<p>6. Cream of Spinach Soup Velvety Meatless Shepherd's Pie Whole Wheat Bread Steamed Green Beans Banana 1% Low Fat Milk Fruited Jello Margarine</p>	<p>7. Turkey w/ Gravy Whole Wheat Bread Baked Sweet Potato California Blend Vegetables Canned Mandarin Oranges 1% Low Fat Milk Apple Juice Margarine</p>	<p>8. Pineapple Glazed Salmon Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice Margarine</p>	<p>9. Beef &amp; Cheese Lasagna Whole Wheat Bread Steamed Broccoli Canned Pears 1% Low Fat Milk Orange Juice Margarine</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13.  Chicken Parmesan  Whole Wheat Bread  Whole Wheat Pasta  Tossed Salad w/Dressing  Watermelon  1% Low Fat Milk  Apple Juice  Margarine</p>	<p>14.  Dominican Vegan Sancocho  (Root Vegetable Stew)  White Rice  Whole Wheat Bread  Vegetable Mix  Fruit Cocktail  1% Low Fat Milk  Margarine</p>	<p>15.  Baked Chicken Quarters  Whole Wheat Bread  Oriental Blend Vegetables  Potato Salad  Strawberries  1% Low Fat Milk  Orange Juice  Margarine</p>	<p>16.  Pork Spare Ribs  Whole Wheat Bread  Steamed Collard Greens  Yuca w/ Onions  Apple Sauce  1% Low Fat Milk  Orange Pineapple Juice  Margarine</p>	<p>17.  Bistec Encebollao  (Puerto Rican Steak &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>18.</p>
<p>20.  Hearty Summer  Minestrone Soup  Whole Wheat Dinner Roll  Tossed Salad w/Dressing  Apple  1% Low Fat Milk  Margarine</p>	<p>21.  Pernil  (Roasted Pork Shoulder)  Whole Wheat Bread  Mangu w/Onions  (Dominican Mashed  Plantains)  Steamed Sliced Carrots  Kiwis (2)  1% Low Fat Milk  Grape Juice  Margarine</p>	<p>22.  Chicken Breast with  Mushrooms &amp; Peppers  Yellow Rice  Sauteed Asparagus  Canned Apricots  1% Low Fat Milk  Orange Juice</p>	<p>23.  Baked Fish w/ Garlic Sauce  Whole Wheat Bread  Roasted Potatoes  Sauteed String Beans  Honeydew  1% Low Fat Milk  Orane Pineapple Juice  Margarine</p>	<p>24.  Stewed Oxtails  w/Lima Beans  White Rice  Steamed Broccoli  Canned Sliced Peaches  1% Low Fat Milk  Apple Juice</p>	<p>25.  Stewed Codfish  WW Bread  Baby Carrots &amp;  Parsley  Yuca w/ Onions  Blueberries  1% Low Fat Milk  Orange Juice  Margarine</p>
<p>27.  Baked Pork Chops  Arroz con Gandules  (Mexican Style Brown Rice  w/ Pigeon Peas)  Italian Blend Vegetables  Banana  1% Low Fat Milk  Grape Juice</p>	<p>28.  Basic Shepherd's Pie  Whole Wheat Bread  Steamed Green Beans  Canned Pineapple  1% Low Fat Milk  Apple Juice  Margarine</p>	<p>29.  Baked Turkey Wings  Rice &amp; Beans  California Blend Vegetables  Pear  1% Low Fat Milk  Orange Pineapple Juice</p>	<p>30.  A Nice Vegetable Soup  Lasagna Roll Ups  w/ Creamy Tofu Ricotta  Whole Wheat Bread  Caesar Salad  Canned Mandarin Oranges  1% Low Fat Milk  Margarine</p>		