




Casa Boricua Older Adult Center

May 2026

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 subjects to change.


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1. 9:15am – Recreational Games 9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis,OATS 10am – Canvas Class 1:30pm – Creative Diamond Painting: Pt 2</p>	<p>2. 9:30am Recreational Games 10am Creative Diamond Painting 1:30pm Social Saturday</p>
<p>4. 9:30am – Creative Diamond Painting: Pt 1 10am – Sewing Class w/ Eloilda 11am – Nutrition & Arthritis w/ Pnina, Techworld (Click/press here to join Zoom) 1:30pm – Creative Diamond Painting: Pt 2</p>	<p>5. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Senior Fitness 10am – Technology Class w/ Marydres, TechWorld 11am – Creative Arts w/ Marydres, TechWorld 1:30pm – Drama Club</p>	<p>6. 10am – Senior Fitness 10am – <i>Stories in Sound</i> w/ Luss, SU-CASA 10:15am – Blood Pressure Screening w/ Sheila 11am – Live Healthy! Nutrition Workshop w/ NY Common Pantry 1pm – Chair Exercises w/ Sheila 1:30pm Miercoles Sin Falta w/ DJ Danny</p>	<p>7. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Canvas Class w/ Miguel 10am – Senior Fitness 1:30pm Mother's Day Celebration w/ DJ Danny</p>	<p>8. 9:15am – Recreational Games 9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis,OATS 10am – Canvas Class 11am – Stretching Exercises w/ Sheila 1pm – Chair Exercises w/ Sheila 1:30pm – BINGO FIESTA!</p>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11. 9:30am – Creative Diamond Painting: Pt 1 10am – Senior Fitness 10am – Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 11am – Emergency Preparedness Presentation w/ Sgt. Cuesta, NYS Division Citizen Preparedness Corps Team 1pm – Chair Exercises w/ Sheila</p>	<p>12. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Senior Fitness 10am – Technology Class w/ Marydres, TechWorld 11am – Creative Arts w/ Marydres, TechWorld 1pm – Hybrid Zumba Class w/ Yolanda, TechWorld (Click/press here to join Zoom) 1:30pm – Drama Club</p>	<p>13. 9:30am – FOOD PANTRY 10am – <i>Stories in Sound</i> w/ Luss, SU-CASA 10:15am – Blood Pressure Screening w/ Sheila 1pm – Chair Exercises w/ Sheila 1pm – Technology Class w/ Marydres, TechWorld 1:30pm Miercoles Sin Falta w/ DJ Danny</p>	<p>14. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Canvas Class w/ Miguel 10am – Senior Fitness 1pm – ZUMBA Gold w/ Carmensita, TechWorld 1:30pm – Creative Diamond Painting: Pt 2 1:30pm – Drama Club</p>	<p>15. 9:15am – Recreational Games 9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis,OATS 10am – Canvas Class 11am – Stretching Exercises w/ Sheila 1pm – Chair Exercises w/ Sheila 1:30pm – Creative Diamond Painting: Pt 2</p>	<p>16. 9:30am Recreational Games 10am Creative Diamond Painting 1:30pm Social Saturday</p>
<p>18. 9:30am – Creative Diamond Painting: Pt 1 10am – Senior Fitness 10am – Sewing Class w/ Eloilda 10:15am – Blood Pressure Screening w/ Sheila 11am – Nutrition Benefits of Seafood with Aging w/ Pnina, TechWorld (Click/press here to join Zoom) 1pm – Chair Exercises w/ Sheila</p>	<p>19. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Senior Fitness 10am – Technology Class w/ Marydres, TechWorld 11am – Creative Arts w/ Marydres, TechWorld 1pm – Hybrid Zumba Class w/ Yolanda, TechWorld (Click/press here to join Zoom) 1:30pm – Drama Club</p>	<p>20. 9:30am – Creative Diamond Painting: Pt 1 10am – <i>Stories in Sound</i> w/ Luss, SU-CASA 10am – Senior Fitness 10:15am – Blood Pressure Screening w/ Sheila 11am – Live Healthy! Nutrition Workshop w/ NY Common Pantry 1pm – Chair Exercises w/ Sheila 1:30pm – Creative Diamond Painting: Pt 2</p>	<p>21. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Canvas Class w/ Miguel 10am – Senior Fitness 11am – <i>Cognitive Distortion</i> w/ Maria, JASA 1pm – ZUMBA Gold w/ Carmensita, TechWorld 1pm – Technology Class w/ Marydres, TechWorld 1:30pm – Creative Diamond Painting: Pt 2</p>	<p>22. 9:15am – Recreational Games 9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis,OATS 10am – Canvas Class 11am – Stretching Exercises w/ Sheila</p>	
<p>25. </p>	<p>26. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Senior Fitness 10am – Technology Class w/ Marydres, TechWorld 11am – Creative Arts w/ Marydres, TechWorld 1pm – Hybrid Zumba Class w/ Yolanda, TechWorld (Click/press here to join Zoom) 1:30pm – Drama Club</p>	<p>27. 10am – <i>Stories in Sound</i> w/ Luss SU-CASA 10am – Senior Fitness 10:15am – Blood Pressure Screening w/ Sheila 1pm – Chair Exercises w/ Sheila 1:30pm Birthday Celebration w/ DJ Danny</p>	<p>28. 9am – <i>Keep-on-Track: Self Monitoring Blood Pressure Class</i> w/ Sheila 9:30am – Creative Diamond Painting: Pt 1 10am – Canvas Class w/ Miguel 10am – Senior Fitness 1pm – ZUMBA Gold w/ Carmensita, TechWorld 1:30pm Caso Resuelto Play</p>	<p>29. 9:15am – Recreational Games 9:30am – Explorar aplicaciones para telefonos inteligentes y ayuda tecnologica con Elvis,OATS 10am – Canvas Class 11am – Stretching Exercises w/ Sheila 1pm – Chair Exercises w/ Sheila</p>	

Casa Boricua Older Adult Center Menu

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1. Baked Chicken Quarters Whole Wheat Bread Broccoli & Red Peppers Spiced Sweet Potatoes Cantaloupe 1% Low Fat Milk Orange Juice Margarine</p>	<p>2. Baked Fish w/ Vegetables WW Bread Roasted Potatoes Steamed Collard Greens Apple 1% Low Fat Milk Margarine</p>
<p>4. Beef Meat Sauce w/Peppers & Onions Whole Wheat Bread Whole Wheat Spaghetti Garden Salad Watermelon 1% Low Fat Milk Apple Juice Light French Dressing Margarine</p>	<p>5. Codfish Salad Whole Wheat Bread Baby Carrots w/Parsley Yuca w/Onions Blueberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>6. Dominican Vegan Sancocho (Root Vegetable Stew) Whole Wheat Bread Yellow Rice Oriental Blend Vegetable Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>7. Oven Fried Chicken Wings Whole Wheat Bread Potato Salad w/Egg Vegetable Mix Strawberries 1% Low Fat Milk Grape Juice Margarine</p>	<p>8. Pork Spare Ribs White Rice Steamed Collard Greens Stewed Pink Beans Tangerines 1% Low Fat Milk Orange Pineapple Juice</p>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11. BBQ Chicken Leg Quarters Baked Macaroni & Cheese Steamed Spinach Apple 1% Low Fat Milk Orange Juice</p>	<p>12. Cozy Lentil & Veggie Soup White Rice Sauteed String Beans Canned Apricots 1% Low Fat Milk Chocolate Pudding Cup</p>	<p>13. Deluxe Cheeseburger w/Onions WW Hamburger Bun French Fries Sliced Tomatoes & Cucumbers w/ Italian Dressing Kiwis (2) 1% Low Fat Milk Orange Pineapple Juice Ketchup</p>	<p>14. Pernil (Roasted Pork Shoulder) Whole Wheat Bread Yellow Rice Winter Blend Vegetables Honeydew 1% Low Fat Milk Apple Juice Margarine</p>	<p>15. Breaded Fish Fillet Whole Wheat Bread Whole Wheat Pasta Salad Sauteed Asparagus Peach 1% Low Fat Milk Grape Juice Margarine</p>	<p>16. Oven Fried Chicken Wings WW Bread Rice w/Corn Baby Carrots & Parsley Tangerines 1% Low Fat Milk Apple Juice</p>
<p>18. 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>19. Turkey w/ Gravy Whole Wheat Bread Baked Sweet Potato California Blend Vegetables Canned Mandarin Oranges 1% Low Fat Milk Apple Juice Margarine</p>	<p>20. Pineapple Glazed Salmon Whole Wheat Bread Caesar Salad Italian Blend Vegetables Fresh Pineapple 1% Low Fat Milk Grape Juice Margarine</p>	<p>21. Beef & Cheese Lasagna Whole Wheat Bread Steamed Broccoli Canned Pears 1% Low Fat Milk Orange Juice Margarine</p>	<p>22. BBQ Pork Chops Rice & Beans Steamed Sliced Carrots Cantaloupe 1% Low Fat Milk Orange Pineapple Juice</p>	
<p>25.</p> 	<p>26. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread Vegetable Mix Fruit Cocktail 1% Low Fat Milk Margarine</p>	<p>27. Baked Chicken Quarters Whole Wheat Bread Oriental Blend Vegetables Potato Salad Strawberries 1% Low Fat Milk Orange Juice Margarine</p>	<p>28. Pork Spare Ribs Whole Wheat Bread Steamed Collard Greens Yuca w/ Onions Apple Sauce 1% Low Fat Milk Orange Pineapple Juice Margarine</p>	<p>29. Bistec Encebollao (Puerto Rican Steak & 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>	