



Casa Boricua Older Adult Center

August 2026

920 East 173rd St

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
3. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 11am – Lung Cancer Prevention Tips w/ Sheila 1pm – Creative Diamond Painting Pt 2 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT 2pm – Blood Pressure Screening w/ Sheila	4. 9:30am – Creative Diamond Painting Pt 1 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 1pm – Creative Diamond Painting Pt 1 1pm – Chair Exercises	5. 9:15am – Recreational Games 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 10am – Knitting w/ Milta 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT	6. 9:30am – Creative Diamond Painting Pt 1 10am – Canvas Class w/ Miguel 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 1pm – Chair Exercises	7. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Stretching Exercises w/ Sheila 11am – Nutrition Education: August Food Tips w/ Sheila 1pm – Chair Exercises w/ Sheila
10. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 11am – Exercise Tips w/ Sheila 1pm – Creative Diamond Painting Pt 2 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT 2pm – Blood Pressure Screening w/ Sheila	11. 9:15am – Creative Diamond Painting Pt 1 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 10:am – Arts & Crafts w/Marydress, TechWorld 1pm – ZUMBA w/ Yolanda TechWorld	12. 9:15am – Recreational Games 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 10am – Knitting w/ Milta 1:30pm BINGO PARTY @ COMMONPOINT	13. 9:30am – Creative Diamond Painting Pt 1 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 1pm – Chair Exercises	14. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Stretching Exercises w/ Sheila 11am – HM: Body Systems & Exercise w/ Sheila 1pm – Chair Exercises w/ Sheila 2pm – Blood Pressure Screening w/ Sheila

Monday	Tuesday	Wednesday	Thursday	Friday
17. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 11am – Summer Skin Care w/ Sheila 1pm – Creative Diamond Painting Pt 2 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT 2pm – Blood Pressure Screening w/ Sheila	18. 9:15am – Creative Diamond Painting Pt 1 10am – Elder Abuse Presentation w/ Cecilie, VIP 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 1pm – Creative Diamond Painting Pt 2 1pm – ZUMBA w/ Yolanda TechWorld	19. 9:15am – Recreational Games 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 10am – Knitting w/ Milta 1:30pm Birthday Party w/ DJ Danny @ COMMONPOINT	20. 9:30am – Creative Diamond Painting Pt 1 10am – Canvas Class w/ Miguel 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 11am – <i>How we talk to ourselves-are we our own best friend or enemy?</i> w/ Maria, JASA 1pm – Chair Exercises	21. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Stretching Exercises w/ Sheila 10:30am – Aesthetic Realism 11am – Nutrition Education: Pre-Exercise Nutrition Tips w/ Sheila 1pm – Chair Exercises w/ Sheila 2pm – Blood Pressure Screening w/ Sheila
24. 9am – <i>Keep-on-Track</i>: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 11am – Stress Management Tips w/ Sheila 1:30pm BINGO PARTY @ COMMONPOINT 2pm – Blood Pressure Screening w/ Sheila	25. 9:15am – Creative Diamond Painting Pt 1 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 10am – Arts & Crafts w/Marydress, TechWorld 1pm – ZUMBA w/ Yolanda TechWorld	26. 9:15am – Recreational Games 9:30am – Creative Diamond Painting Pt 1 10am – Senior Fitness @ COMMONPOINT 10am – Knitting w/ Milta 1pm DOMINO TOURNAMENT	27. 9:30am – Creative Diamond Painting Pt 1 10am – Canvas Class w/ Miguel 10am – Spanish Tech Class: (Fundamentos de Android) w/ OATS 1pm – Chair Exercises	28. 9:15am – Recreational Games 9:30am – Creative Diamond Painting Pt 1 1pm – Creative Diamond Painting Pt 2
31. 9:30am – Creative Diamond Painting Pt 1 1pm – Creative Diamond Painting Pt 2				



Casa Boricua Older Adult Center Menu

This Program is Funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
3. Pasta Tuna Salad Classic Garlic Bread Whole Wheat Bread Italian Blend Vegetables Kiwis (2) 1% Low Fat Milk	4. Roasted Eggplant Tofu Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk	5. Pork Loin with Oyster Sauce White Rice Whole Wheat Bread Steamed Sliced Carrots Banana 1% Low Fat Milk	6. Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Mixed Green Salad w/ Dressing Yellow Plantains Apple 1% Low Fat Milk	7. Beef Stew Dominican Moro Whole Wheat Bread Baby Carrots and Parsley Potato Salad Pear 1% Low Fat Milk
10. Sofrito Steak with Peppers and Onions Black Beans and Rice Whole Wheat Bread Tomato and Cucumber Salad with Dressing Banana 1% Low Fat Milk	11. Lentils of the Southwest Cilantro Lime Rice Whole Wheat Bread Caribbean Coleslaw Orange 1% Low Fat Milk	12. Stewed Chicken Caribbean Rice and Red Beans Whole Wheat Bread Mixed Green Salad with Dressing Apple 1% Low Fat Milk	13. Ukha (Russian Fish Soup) White Rice Whole Wheat Bread Steamed Broccoli Pear 1% Low Fat Milk	14. Pork Spare Ribs Whole Wheat Bread Celery Moochim (Celery Salad) Yuca with Onions Banana 1% Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
17. Sofrito Steak with Peppers and Onions Black Beans and Rice Whole Wheat Bread Tomato and Cucumber Salad with Dressing Banana 1% Low Fat Milk	18. Lentils of the Cilantro Lime Rice Whole Wheat Bread Caribbean Coleslaw Orange 1% Low Fat Milk	19. Stewed Chicken Caribbean Rice and Red Beans Whole Wheat Bread Mixed Green Salad with Dressing Apple 1% Low Fat Milk	20. Ukha (Russian Fish Soup) White Rice Whole Wheat Bread Steamed Broccoli Pear 1% Low Fat Milk	21. Pork Spare Ribs Whole Wheat Bread Celery Moochim (Celery Salad) Yuca with Onions Banana 1% Low Fat Milk
24. Stewed Pork Chops Dominican Moro Whole Wheat Bread Cucumber and Tomato Salad with Balsamic Vinaigrette Banana 1% Low Fat Milk	25. Tofu Whole Wheat Pasta Primavera Whole Wheat Bread Mixed Green Salad with Dressing Yellow Plantains Orange 1% Low Fat Milk	26. Chicken Noodle Soup Grilled Chicken Breast White Rice Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	27. Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Sauteed String Beans Pear 1% Low Fat Milk	28. Beef Fajitas Whole Wheat Tortilla Tomato Salad with Basil Banana 1% Low Fat Milk
31. Oven Fried Fish Whole Wheat Bread Cheddar and Potato Bake Steamed Carrots Kiwis (2) 1% Low Fat Milk				