



Casa Boricua Older Adult Center

SEPTEMBER 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
	1. 10am – Spanish Technology Class: (Fundamentos de Android) w/ OATS 11am – Recreational Games	2. 9:15am – Recreational Games 9:30am – Creative Diamond Painting 10am – Senior Fitness @ COMMONPOINT	3. 9:30am – Creative Diamond Painting 10am – Spanish Technology Class: (Fundamentos de Android) w/ OATS 10am – Canvas Class w/ Miguel 1pm – Chair Exercises	4. 9:30am – Creative Diamond Painting 10:30am – Stretching Exercises Early Dismissal Center Closed at 12:30pm
7. Labor Day Observed Center Closed	8. 10am – Spanish Technology Class: (Fundamentos de Android) w/ OATS 10am – Arts & Crafts w/ Marydres, TechWorld 1pm – ZUMBA Gold w/ Yolanda, TechWorld	9. 9:15am – Recreational Games 9:30am – Creative Diamond Painting 10am – Senior Fitness @ COMMONPOINT 10:30am – Jewelry Making w/ Milta 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT	10. 9:30am – Creative Diamond Painting 10am – Spanish Technology Class: (Fundamentos de Android) w/ OATS 10am – Canvas Class w/ Miguel 1pm – Chair Exercises	11. 9:15am – <i>Keep-on-Track</i> : Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting 10am – Stretching Exercises w/ Sheila 11am – Nutrition for Cholesterol w/ Sheila 1pm – Chair Exercises w/ Sheila 2pm – Blood Pressure Screening w/ Sheila

Monday	Tuesday	Wednesday	Thursday	Friday
14. 9:15am – <i>Keep-on-Track</i> : Self Monitoring Blood Pressure Class w/ Sheila 10am – Sewing Class w/ Eloilda 10am – Senior Fitness @ COMMONPOINT 11am – Aging & Exercise Disease w/ Sheila 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT 2pm – Blood Pressure Screening w/ Sheila	15. 10am – Arts & Crafts w/ Marydres, TechWorld 11am – Technology Class w/ Marydres, TechWorld 1pm – ZUMBA Gold w/ Yolanda, TechWorld	16. 9:15am – Recreational Games 9:30am – Walmart Trip 9:30am – Creative Diamond Painting 10am – Senior Fitness @ COMMONPOINT 10:30am – Jewelry Making w/ Milta	17. 9:30am – Creative Diamond Painting 10am – Canvas Class w/ Miguel 11am – Improving Our Feelings: Vocabulary For More Effective Communication w/ Maria, JASA 1pm – Chair Exercises	18. 9:15am – <i>Keep-on-Track</i> : Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting 10am – Stretching Exercises w/ Sheila 11am – Aging & Chronic Disease w/ Sheila 1pm – Chair Exercises w/ Sheila 2pm – Blood Pressure Screening w/ Sheila
21. 9:15am – <i>Keep-on-Track</i> : Self Monitoring Blood Pressure Class w/ Sheila 10am – Sewing Class w/ Eloilda 10am – Senior Fitness @ COMMONPOINT 11am – Health Literacy Tips w/ Sheila 1:30pm – Drama Club (Hispanic Heritage) @ COMMONPOINT 2pm – Blood Pressure Screening w/ Sheila	22. 10am – Arts & Crafts w/ Marydres, TechWorld 11am – Technology Class w/ Marydres, TechWorld 1pm – ZUMBA Gold w/ Yolanda, TechWorld	23. 9:15am – Recreational Games 9:30am – Creative Diamond Painting 10am – Senior Fitness @ COMMONPOINT	24. 9:30am – Creative Diamond Painting 10am – Canvas Class w/ Miguel 1pm – Chair Exercises	25. 9:15am – <i>Keep-on-Track</i> : Self Monitoring Blood Pressure Class w/ Sheila 9:30am – Creative Diamond Painting 10am – Stretching Exercises w/ Sheila 11am – Foods that Bust Belly Fat w/ Sheila 1:30pm Hispanic Heritage Performance
28. 9:15am – <i>Keep-on-Track</i> : Self Monitoring Blood Pressure Class w/ Sheila 10am – Sewing Class w/ Eloilda 10am – Senior Fitness @ COMMONPOINT 11am – Seafood City Trip 11am – Central Obesity w/ Sheila 2pm – Blood Pressure Screening w/ Sheila	29. 10am – Arts & Crafts w/ Marydres, TechWorld 11am – Technology Class w/ Marydres, TechWorld 1pm – ZUMBA Gold w/ Yolanda, TechWorld 2pm Birthday Party	30. 9:15am – Recreational Games 9:30am – Creative Diamond Painting 10am – Senior Fitness @ COMMONPOINT 10:30am – Jewelry Making w/ Milta 1:30pm BINGO!		



Casa Boricua Older Adult Center Menu

This Program is Funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Eggplant and Tomato Curry Rice with Corn Whole Wheat Bread Caribbean Coleslaw Banana1% Low Fat Milk	2. Pork Tenderloin Whole Wheat Bread Tomato Salad with Basil Yuca with Onions Apple 1% Low Fat Milk	3. Rice with Chicken Whole Wheat Bread Potato Salad Roasted Broccoli Orange 1% Low Fat Milk	4. Sofrito Steak with Peppers and Onions White Rice Whole Wheat Bread Sauteed Green Beans Pear 1% Low Fat Milk
7. Labor Day Observed Center Closed	8. Pasta Primavera Whole Wheat Bread Arugula with Balsamic Vinaigrette Yellow Plantains Kiwis (2) 1% Low Fat Milk	9. Pernil (Roasted Pork Shoulder) Whole Wheat Bread Cabbage & Carrot Slaw Yuca with Onions Apple 1% Low Fat Milk	10. Chicken Noodle Soup Whole Wheat Bread White Rice Carrot Salad Orange 1% Low Fat Milk	11. Beef Stew Cilantro Lime Rice Whole Wheat Bread Sauteed Green Beans Pear 1% Low Fat Milk

Casa Boricua Older Adult Center Menu

This Program is Funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
14. Macaroni with Tuna Salad Classic Garlic Bread Whole Wheat Bread Italian Blend Vegetables Kiwis (2) 1% Low Fat Milk	15. Roasted Eggplant White Rice Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk	16. Pork Ternderloin with Zesty Cilantro Sauce White Rice Whole Wheat Bread Steamed Sliced Carrots Banana 1% Low Fat Milk	17. Rice with Chicken Whole Wheat Bread Mixed Green Salad with Dressing Yellow Plantains Apple 1% Low Fat Milk	18. Beef Stew Dominican Moro Whole Wheat Bread Potato Salad Pear 1% Low Fat Milk
21. Sofrito Steak with Peppers and Onions Black Beans and Rice Whole Wheat Bread Lemony Tomato and Cucumber Salad Banana 1% Low Fat Milk	22. Cozy Lentil and Veggie Soup Cilantro Lime Rice Whole Wheat Bread Cabbage Carrot Slaw Orange 1% Low Fat Milk	23. Stewed Chicken Breast Caribbean Rice and Red Beans Whole Wheat Bread Mixed Green Salad with Dressing Apple 1% Low Fat Milk	24. Oven Fried Fish White Rice Whole Wheat Bread Steamed Broccoli Pear 1% Low Fat Milk	25. Pork Spare Ribs Whole Wheat Bread Celery Salad Yuca with Onions Banana 1% Low Fat Milk
28. Stewed Chicken Breast Rice with Noodle Mixed Green Salad Whole Wheat Bread Banana 1% Low Fat Milk	29. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	30. Pernil (Roasted Pork Shoulder) Black Beans & Rice Whole Wheat Bread Carrots Orange 1% Low Fat Milk		