NEIGHBORHOOD SHOPP celebrating 45 years of community support

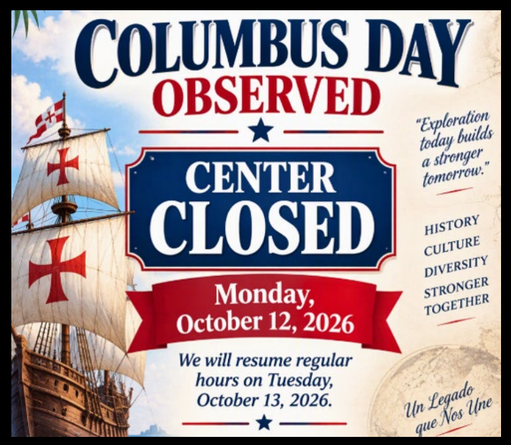
Casa Boricua Older Adult Center

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.

October 2026

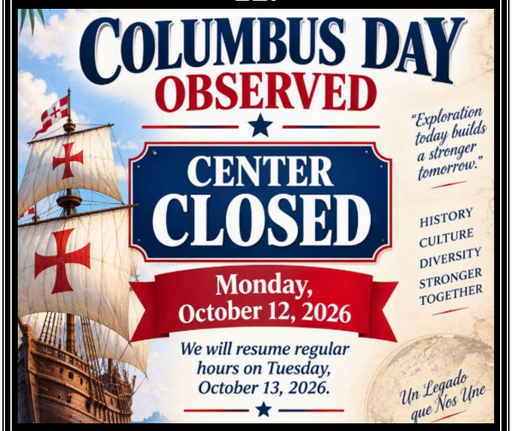
Monday	Tuesday	Wednesday	Thursday	Friday
			1. 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	2. 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – CREATIVE DIAMOND PAINTING 10am – STRETCHING EXERCISES w/ Sheila 11am – BONE HEALTH w/ Sheila 1pm – CHAIR EXERCISES w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila
5. 9am – SENIOR FITNESS @ COMMONPOINT 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10am – SEWING CLASS w/ Eloilda @ COMMONPOINT 10:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 11am – AGING & BREAST CANCER w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila	6. 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 1:30pm – DRAMA CLUB (El Lamento Borincano)	7. 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10:30am – ARTS & CRAFTS w/ Milta 'Jewelry Making' 2pm – CREATIVE DIAMOND PAINTING	8. 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 1pm – DRAMA CLUB (El Lamento Borincano)	9. 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – CREATIVE DIAMOND PAINTING 10am – STRETCHING EXERCISES w/ Sheila 11am – FOODS TO PREVENT FLU w/ Sheila 1pm – CHAIR EXERCISES w/ Sheila **EARLY DISMISSAL** **CENTER CLOSED AT 3PM**

Monday	Tuesday	Wednesday	Thursday	Friday
12.  	**13.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 1:30pm – DRAMA CLUB (El Lamento Borincano) 2pm – CREATIVE DIAMOND PAINTING	**14.** 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10:30am – ARTS & CRAFTS w/ Milta 'Jewelry Making' **1:30pm SPOOKY BINGO!**	**15.** 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 11am – POSITIVE COMMUNICATION & RESPECT FOR BOUNDARIES w/ Maria, JASA 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	**16.** 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – WALMART SHOPPING TRIP 10am – STRETCHING EXERCISES w/ Sheila 11am – BREAST EXAMS w/ Sheila 1pm – CHAIR EXERCISES w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila
19. 9am – SENIOR FITNESS @ COMMONPOINT 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10am – SEWING CLASS w/ Eloilda @ COMMONPOINT 10:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 11am – DENTAL HEALTH TIPS w/ Sheila **1pm BREAST CANCER AWARENESS PRESENTATION**	**20.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 1:30pm – DRAMA CLUB (El Lamento Borincano) 2pm – CREATIVE DIAMOND PAINTING	**21.** 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10:30am – ARTS & CRAFTS w/ Milta 'Jewelry Making' **1:30pm – 3pm SENIORS' OCTOBER BIRTHDAY CELEBRATION**	**22.** 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 10:30am – BREAST CANCER AWARENESS WALK @ SOUNDVIEW PARK 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	**23.** 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – CREATIVE DIAMOND PAINTING 10am – STRETCHING EXERCISES w/ Sheila 11am – FOODS THAT PREVENTS BREAST CANCER w/ Sheila 1pm – CHAIR EXERCISES w/ Sheila
26. 9am – SENIOR FITNESS @ COMMONPOINT 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10am – SEWING CLASS w/ Eloilda @ COMMONPOINT 10:15am – KEEP ON TRACK: Self Monitoring Blood Pressure w/ Sheila 11am – IMPORTANT VACCINE w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila	**27.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 1:30pm – DRAMA CLUB (El Lamento Borincano) 2pm – CREATIVE DIAMOND PAINTING	**28.** 9am – SENIOR FITNESS @ COMMONPOINT 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10:30am – ARTS & CRAFTS w/ Milta 'Jewelry Making' **1:30pm HALLOWEEN COSTUME PARTY w/ DJ Danny**	**29.** 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	**30.** 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – CREATIVE DIAMOND PAINTING 10am – STRETCHING EXERCISES w/ Sheila 11am – STRESS & DISEASE w/ Sheila 1pm – CHAIR EXERCISES w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila

Casa Boricua Older Adult Center Menu

This Program is Funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Oven Fried Fish Whole Wheat Bread California Blend Vegetables Mashed Potatoes Pear 1% Low Fat Milk	2. Carne Guisada (Caribbean Style Beef Stew) Whole Wheat Bread Baked Sweet Potato Cucumber Moochim (Salad) Banana 1% Low Fat Milk
5. Stewed Pork Chops Dominican Moro Whole Wheat Bread Cucumber and Tomato Salad with Balsamic Vinaigrette Banana 1% Low Fat Milk	6. Tofu Whole Wheat Pasta Primavera Whole Wheat Bread Mixed Green Salad with Dressing Yellow Plantains Orange 1% Low Fat Milk	7. Chicken Noodle Soup Grilled Chicken Breast White Rice Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	8. Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Sauteed String Beans Pear 1% Low Fat Milk	9. Beef Fajitas Whole Wheat Tortilla Tomato Salad with Basil Banana 1% Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
12.  	13. Roasted Eggplant Tofu Rice with Corn Whole Wheat Bread Caribbean Coleslaw Banana1% Low Fat Milk	14. Pork Loin with Oyster Sauce Tofu Whole Wheat Bread Tomato Salad with Basil Yuca with Onions Apple 1% Low Fat Milk	15. Rice Congee with Pork Whole Wheat Bread Potato Salad Roasted Broccoli Orange 1% Low Fat Milk	16. Sofrito Steak with Peppers and Onions White Rice Whole Wheat Bread Sauteed String Beans Pear 1% Low Fat Milk
19. Garlic Chicken Meatballs Dominican Moro Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	20. Pasta Primavera Salad Tofu Whole Wheat Bread Arugula with Balsamic Vinaigrette Yellow Plantains Kiwis (2) 1% Low Fat Milk	21. Pernil (Roasted Pork Shoulder) Whole Wheat Bread Caribbean Coleslaw Yuca with Onions Apple 1% Low Fat Milk	22. Chicken Noodle Soup Grilled Chicken Breast Whole Wheat Bread Carrot Salad Orange 1% Low Fat Milk	23. Stewed Beef Cilantro Lime Rice Whole Wheat Bread Sauteed String Beans (1/2 svg) Pear 1% Low Fat Milk
26. Pasta Tuna Salad Classic Garlic Bread Whole Wheat Bread Italian Blend Vegetables Kiwis (2) 1% Low Fat Milk	27. Roasted Eggplant Tofu Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk	28. Pork Loin with Oyster Sauce White Rice Whole Wheat Bread Steamed Sliced Carrots Banana 1% Low Fat Milk	29. Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Mixed Green Salad with Dressing Yellow Plantains Apple 1% Low Fat Milk	30. Beef Stew Dominican Moro Whole Wheat Bread Baby Carrots and Parsley Potato Salad Pear 1% Low Fat Milk

NEIGHBORHOOD SHOPP

celebrating 45 years of community support

Spooky BINGO

Casa Boricua Older Adult Center

Wednesday October 14th

1:30pm - 3pm

Fun Games Prizes for all winners Raffle

Must be 60+hrs to participate.

920 E. 173rd St. Bronx, NY 10460
718-542-0222

This Program is Funded by NYC Aging

NEIGHBORHOOD SHOPP | celebrating 45 years of community support

Casa Boricua
Older Adult Center

Breast Cancer AWARENESS

PRESENTATION

Knowledge. Support. Stronger Together.

Educate ♥ Empower ♥ Inspire

Early Detection Saves Lives ♥

STRONGER TOGETHER ♥

Cuidarnos También es Amor ♥

Take Care of Yourself Today for a Brighter Tomorrow ♥

Monday, October 19, 2026

1:00 PM – 3:00 PM

Bilingual Speaker:
Dr. Maria Torres Nolasco & The BOLD Team

PREVENTION
SCREENING
HEALTHY LIVING
SUPPORT
HOPE

Don't forget to wear your **PINK!** ♡

Awareness Today A Healthier Tomorrow ♥

920 E. 173 St.
Bronx, NY 10460

Tel: 718-542-0222

Must be 60+ years to participate

This Program is Funded by NYC Aging

NEIGHBORHOOD SHOPP | celebrating 45 years of community support

Casa Boricua

Older Adult Center

Seniors' October Birthday Celebration

Wednesday,
October 21st
1:30 PM – 3:00 PM

920 E. 173 St.
Bronx, NY 10460
Tel: 718-542-0222

MUSIC & DANCING

CAKE & ICE CREAM WILL BE SERVED

Must be 60+ years to participate

This Program is Funded by NYC Aging