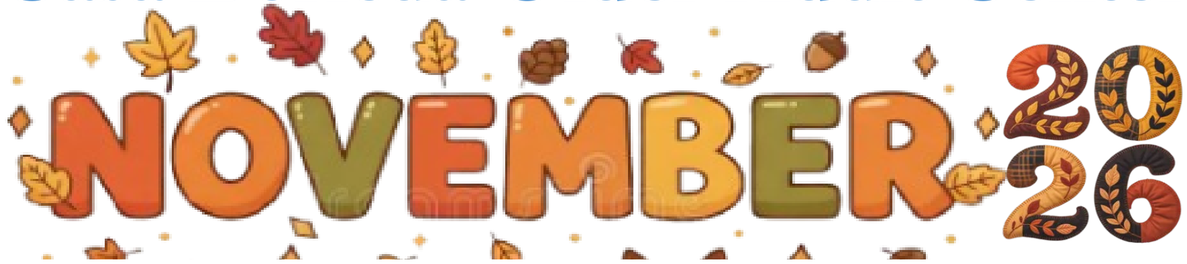
NEIGHBORHOOD SHOPP celebrating 45 years of community support

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2. 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 – REVERSING TYPE 2 DIABETES w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila	**3.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Melanie, TechWorld 2pm – CREATIVE DIAMOND PAINTING	**4.** 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10:30am – ARTS & CRAFTS 1:30pm – POKENO!	**5.** 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	**6.** 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 10am – STRETCHING EXERCISES w/ Sheila 11am – DIABETES DIET w/ Sheila 1pm – CHAIR EXERCISES w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila
9. 9am – SENIOR FITNESS @ COMMONPOINT 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10am – SEWING CLASS w/ Eloilda @ COMMONPOINT	**10.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 2pm – CREATIVE DIAMOND PAINTING	**11.** 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10:30am – ARTS & CRAFTS 1:30pm – BINGO	**12.** 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	**13.** 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 10am – STRETCHING EXERCISES w/ Sheila 11am – HOLIDAY EATING PLAN w/ Sheila 12:45pm – CHAIR EXERCISES w/ Sheila 1:30pm – GUESS WHO? GAME 2pm – Seniors' November Birthday Party 2pm – BLOOD PRESSURE SCREENING w/ Sheila

Monday	Tuesday	Wednesday	Thursday	Friday
16. 9am – SENIOR FITNESS @ COMMONPOINT 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS 10am – SEWING CLASS w/ Eloilda @ COMMONPOINT	**17.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 2pm – CREATIVE DIAMOND PAINTING	**18.** 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 9:30am – Pregones Theatre Trip: *"Leave A Message After The Beep"* 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS	**19.** 9:30am – CREATIVE DIAMOND PAINTING 10am – CANVAS CLASS w/ Miguel 11am – *UNDERSTANDING & MANAGING ANXIETY w/ Maria, JASA* 1pm – CHAIR EXERCISES 1:30pm – DRAMA CLUB (El Lamento Borincano)	**20.** 9:15am – KEEP ON TRACK: Self Monitoring Blood Pressure Class w/ Sheila 9:30am – CREATIVE DIAMOND PAINTING 10am – STRETCHING EXERCISES w/ Sheila 11am – HOLIDAY BLUES w/ Sheila **1:30pm** ***El Lamento Borincano* Play**
23. 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 – WINTER SKIN CARE TIPS w/ Sheila **1:30pm** **Thanksgiving Day Celebration w/ DJ Danny**	**24.** 10am – ARTS & CRAFTS w/ Marydres, TechWorld 11am – TECHNOLOGY CLASS w/ Marydres, TechWorld 1pm – ZUMBA GOLD w/ Yolanda, TechWorld 2pm – CREATIVE DIAMOND PAINTING	**25.** 9am – SENIOR FITNESS @ COMMONPOINT 9:15am – RECREATIONAL GAMES 10am – SPANISH TECHNOLOGY CLASS (Explorando Aplicaciones de Celulares Inteligentes) w/ JULIAN, OATS **EARLY DISMISSAL**	**26.**  **CENTER CLOSED**	**27.**  **DAY AFTER THANKSGIVING**
30. 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 – 2027 FITNESS GOALS w/ Sheila 2pm – BLOOD PRESSURE SCREENING w/ Sheila				

Casa Boricua Older Adult Center Menu

NEIGHBORHOOD SHOPP celebrating 45 years of community support

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Monday	Tuesday	Wednesday	Thursday	Friday
2. Baked Chicken Quarters Caribbean Rice & Red Beans Whole Wheat Bread Steamed Carrots Banana 1% Low Fat Milk	3. Pasta Primavera Classic Garlic Bread Mixed Green Salad With Dressing Orange 1% Low Fat Milk	4. Stewed Pork Chops Cilantro Lime Rice Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	5. Oven Fried Fish Homemade Mashed Potatoes Whole Wheat Bread Sauteed String Beans Pear 1% Low Fat Milk	6. Pork Spare Ribs Whole Wheat Bread Celery Moochim (Celery Salad) Yuca with Onions Banana 1% Low Fat Milk
9. Stewed Chicken Breast Egg Noodles White Rice Whole Wheat Bread Mixed Green Salad With Dressing Banana 1% Low Fat Milk	10. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	11. Pernil (Roasted Pork Shoulder) Dominican Moro Whole Wheat Bread Caribbean Coleslaw Orange 1% Low Fat Milk	12. Baked Chicken Quarters Homemade Mashed Potatoes Whole Wheat Bread Carrot Salad Pear 1% Low Fat Milk	13. Carne Guisada (Caribbean Style Beef Stew) Roasted Sweet Potato Whole Wheat Bread Cucumber Moochim (Cucumber Salad) Banana 1% Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
16. Stewed Pork Chops Dominican Moro Whole Wheat Bread Cucumber and Tomato Salad with Balsamic Vinaigrette Banana 1% Low Fat Milk	17. Tofu Whole Wheat Pasta Primavera Whole Wheat Bread Mixed Green Salad with Dressing Yellow Plantains Orange 1% Low Fat Milk	18. Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Sauteed String Beans Steamed Broccoli Pear 1% Low Fat Milk	19. Chicken Noodle Soup Grilled Chicken Breast White Rice Whole Wheat Bread Sauteed String Beans Apple 1% Low Fat Milk	20. Beef Fajitas Whole Wheat Tortilla Tomato Salad with Basil Banana 1% Low Fat Milk
23. **TBD**	24. Roasted Eggplant Tofu Whole Wheat Bread Yellow Plantains Caribbean Coleslaw Banana 1% Low Fat Milk	25. Pork Loin with Oyster Sauce White Rice Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	26.  CENTER CLOSED	27.  DAY AFTER THANKSGIVING
30. Garlic Chicken Meatballs Dominican Moro Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk				

NEIGHBORHOOD SHOPP celebrating 45 years of community support

Casa Boricua OAC

Presents

POKENO GAME



Wednesday, November 4th at 1:30pm

Come for a Great Time!

Casa Boricua OAC
920 E. 173rd St. Bronx, NY 10460
Tel: 718-542-0222

Must be 60+ yrs to participate.

This Program is Funded by NYC Aging

NEIGHBORHOOD SHOPP | celebrating 45 years of community support

Casa Boricua OAC

Presents

BINGO



Wednesday, November 11th at 1:30pm

Come for a Great Time!

Free Bingo games and prizes for all winners!

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Casa Boricua OAC

Guess Who?

A Fun Activity to Help Us Get to Know Each Other!



Bring a photo of yourself from your teenage years or any older photo you have available.
I will take a recent picture of you. The goal is to guess who each person is by looking at their younger photo.
At the end of the game, we will reveal the person's identity with their recent picture!

Friday, November 13th at 1:30 PM

Prizes for Winners!

Let's have fun, share some memories, and see how well we know each other!

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NEIGHBORHOOD SHOPP
celebrating 45 years of community support
Casa Boricua OAC
Seniors' November Birthday Party
Friday, November 13th
2:00 PM – 3:30 PM
Music & Dancing
Cake & Refreshments
Fun for All!
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
PRESENTA LA OBRA
El Lamento Borincano
Una obra que nos conecta con nuestra historia, cultura y raíces.
A play that connects us with our history, culture, and roots.
Friday, November 20, 2026
1:30 PM – 3:30 PM
920 E. 173 St.
Bronx, NY 10460
Tel: 718-542-0222
Must be 60+ years to participate
This Program is Funded by NYC Aging
Nuestra Historia Vive


NEIGHBORHOOD SHOPP
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Casa Boricua
Older Adult Center
Thanksgiving Day Celebration
Monday, November 23rd
Come break bread together and give thanks.
Time: 12pm - 1:30pm
1:30pm - 3:30pm
Music & Dancing with
DJ Danny
Food, Cake, and Refreshments will be served.
* Raffle *
Must be 60+yrs. to register & participate.
This Program is Funded by NYC Aging