

Casa Boricua ISC LUNCH Menu for October 2018

DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LUNCH WILL BE SERVED FROM 12PM – 1:30PM</p> <p>LUNCH will be served with 1% Low Fat Milk and either Whole Wheat Sliced Bread, Sliced Garlic Bread, Hero or Dinner Roll w/Margarine</p>			<p>1. Beef Meatloaf w/mushroom gravy Baby Carrots w/Parsley Garlic Mashed Potatoes Fruit Cocktail Orange Juice</p>	<p>2. Baked Turkey Breast White Rice Stewed Beans Tossed Salad w/Dressing Blended Juice Sliced Peaches</p>	<p>3.</p>
<p>5. Baked Fish w/Garlic Sauce Red Bliss Potatoes Sautéed String Beans Apple Orange Juice</p>	<p>6. Oven Baked Pork Chops Rice & Beans Steamed Carrots Orange</p>	<p>7. Turkey Leg Baked Sweet Potato Steamed Kale Apple Juice Fruited Jello</p>	<p>8. Meat Sauce Whole Wheat Spaghetti Garden Salad w/French Dressing Canned Apricots Grape Juice</p>	<p>9. BBQ Chicken Leg Quarters Yellow Rice Winter Blend Vegetables Banana Blended Juice</p>	<p>10.</p>
<p>12. Egg Drop Soup Stewed Codfish w/Eggplant [Bacalao con Berenjena] Steamed Spinach Yuca w/Onions Orange Juice Pear</p>	<p>13. Chili con Carne White Rice Steamed Peas & Carrots Canned Mandarins</p>	<p>14. Lentil Soup Baked Chicken Quarters Baked Macaroni & Cheese Broccoli & Red Peppers Fruit Cocktail Apple Juice</p>	<p>15. Pernil [Roasted Pork Shoulder] Yellow Rice & Pigeon Peas Tossed Salad w/French Dressing Grapes Blended Juice</p>	<p>16. Baked Turkey Breast Garlic Mashed Potatoes w/Brown Gravy Mixed Vegetables Applesauce Grape Juice</p>	<p>17. Swiss Steak w/Onions & Gravy Baby Carrots w/Parsley Instant Mashed Potatoes Apple Juice Canned Mandarins</p>
<p>19. BBQ Pork Chops White Rice Steamed Broccoli Stewed Beans Grape Juice Orange</p>	<p>20. Turkey w/ Gravy Yellow Rice & Pigeon Peas Stuffing Italian Blend Vegetables Sliced Peaches Pumpkin Pie Jellied Cranberry Sauce</p>	<p>21. Cream of Spinach Soup Oven Fried Chicken Wings Rice w/Corn Apple Blended Juice</p>	<p>22. </p>	<p>23. </p>	<p>27.</p>
<p>26. Chicken Rice Soup Baked Tilapia w/Vegetables Red Bliss Potatoes Fruit Cocktail Orange Juice</p>	<p>27. Arroz con Pollo Rice with Chicken Yellow Plantains Lettuce & Tomato Salad Avocado Slice Canned Pineapple Bread Pudding Italian Dressing</p>	<p>28. Pernil [Roasted Pork Shoulder] Beet Salad Yucca w/Onions Applesauce Blended Juice</p>	<p>29. Cranberry Chicken Mashed Potatoes w/Brown Gravy Sautéed String Beans Apple Juice Grapes</p>	<p>30. Vegetable Soup Beef Stew White Rice Steamed Carrots Canned Mandarins Chocolate Pudding</p>	
<p>BREAKFAST WILL BE SERVED ON TUESDAYS FROM 9:30AM – 10:30AM</p>					
<p>6. Apple Pancakes Turkey Bacon Multigrain Cheerios Blended Juice Pear</p>	<p>13. Baked Egg Omelet Turkey Sausage Patty Canned Apricots Orange Juice Almonds</p>	<p>20. Egg White Omelet w/Peppers & Onions English Muffin Honey Nut Cheerios Apple Juice Orange</p>	<p>27. Pancakes Turkey Sausage Link Maypo Grape Juice Orange Almonds</p>	<p>Every Breakfast comes with Milk, Low Fat 1%</p>	

Casa Boricua ISC

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November 2018 Program

President/CEO: Katherine Martinez
 Deputy Director: Diana Delgado
 Program Director: Sandra Arroyo
 Social Worker: Nemesy Frias
 Wellness Coordinator: Sheila Upjohn
 Case Worker: Vanessa Almanzar
 Activities Coordinator: Darlene Serrano
 Wellness Specialist: Ulises Arroyo
 Cook: Luz Valentin
 Assistant Cook: Felix Moret
 Assistant Cook: Shanel Gilbert
 Administrative Assistant: Avalaine Viruet
 Custodian:

Funded by the NYC Dept. for the Aging

ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain GYM	-	-	-	-	10:30am-11:00am
Creative Arts	9:15am-11:30am 12:30pm - 3pm	9:15am-11:30am 12:30pm - 3pm	9:15am-11:30am 12:30pm - 3pm	9:15am-11:30am 12:30pm - 3pm	9:15am-11:30am 12:30pm - 3pm
Computer Class Tutoring	9:30am –11am	9:30am –11am	9:30am –11am	9:30am –11am	9:30am –11am
Cultural Group	-	-	-	11am-12pm	-
Dancercise	-	10:30am-11:00am	-	-	-
Drama Class	1:30pm-3pm	1:30pm-3pm	-	1:30pm-3pm	-
Macramé	9:30am-10:30am 10:30am-11:30am				
Meditation Class	-	-	-	10:30am-11:30am	-
Musica Del Ayer	12pm – 1pm	12pm – 1pm	12pm – 1pm	12pm – 1pm	12pm – 1pm
Hablando Entre Amigos	11am – 12pm	-	11am – 12pm	-	11am – 12pm
Recreational Games	9:15am-11am 12:30pm - 3pm	9:15am-11am 12:30pm - 3pm	9:15am-11am 12:30pm - 3pm	9:15am-11am 12:30pm - 3pm	9:15am-11am 12:30pm - 3pm
S.A.I.L. Program	10:30am-11:30am	-	10:30am-11:30am	-	-
Senior Fitness and	10am-11:30am	10am-11:30am	10am-11:30am	10am-11:30am	10am-11:30am
Stretching Exercise	11:30am-12pm	11:30am-12pm	11:30am-12pm	11:30am-12pm	11:30am-12pm
Sewing Class	-	-	10am – 12pm 1pm – 3pm	-	-
Social Friday	-	-	-	-	1:30pm-3:45pm
Walk with Ease	12:30pm – 1pm	-	12:30pm – 1pm	-	12:30pm – 1pm
Nutrition Class	Nutrition Class Topic for November 9 th Nutrition For Mind Health ----- Nutrition Class Topic for November 16 th Winter Nutrition				11:30am–12pm

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Thank You For Choosing Neighborhood SHOPP Casa Boricua ISC Your Home Away From Home</p>			<p>1. 10am Diabetes Self-Management 11:30 Relation Techniques Coping with Stress</p>	<p>2.</p>	<p>3.</p>
<p>5. 11:30 Theatre Group Performance at LEON</p>	<p>6. 11am - HP Treatment for Flu Season</p>	<p>7. 9:30 Wellness Group 11am NYPD Safety Presentation</p>	<p>8. 10am Diabetes Self-Management 11:30 Relation Techniques Coping with Stress</p>	<p>9. 9:15am – 3pm  Bake Sale 10:45 Educational Presentation 11:30am NUTRITION CLASS</p>	<p>10.</p>
<p>12.</p>	<p>13. 11am - HP Preventing Lung Disease</p>	<p>14. 9:30am – 3pm  FOOD PANTRY 9:30 Wellness Group</p>	<p>15. 9:30  mobile pantry 10:30am Weill Cornell Arthritis & Technology 11:30 Relation Techniques Coping with Stress</p>	<p>16. 10:30 INTEGRA JEWELRY MAKING 11:30am NUTRITION CLASS</p>	<p>17. 9:30am Continental Breakfast 10am BINGO 1:30 Birthday Party </p>
<p>19.</p>	<p>20. 11am - HP Pneumonia Prevention 1:30pm Thanksgiving Day Celebration</p>	<p>21. 9:30 Wellness Group 10:30am Senior Advisory Board Council Meeting</p>	<p>22.  WE'RE CLOSED!  HAPPY THANKSGIVING!</p>	<p>23.  WE'RE CLOSED! Thanksgiving Day After</p>	<p>24.</p>
<p>26.</p>	<p>27. 11am - HP Cold Weather Skin Care 1:30 Estrago de Puerto Rico Play</p>	<p>28. 9:30 Wellness Group 1:30  PAJAMA PARTY</p>	<p>29. 11:30 Relation Techniques Coping with Stress</p>	<p>30.</p>	