

# Virtual November 2021 Program

## Casa Boricua Older Adult Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.</p> <p>10am – Stretching Exercises 10:30am – Nutrition Education w/ Sheila 1pm – Bingo</p>	<p>2.</p> <p>10am – Stretching Exercises 10am – Spanish Crochet Class 10:30am – Nutrition Education w/ Sheila 11am – Canvas Class 'Air Balloon' 11:30am – Chair Exercises 1:30pm – Drama Class</p>	<p>3.</p> <p>10am – Stretching Exercises 10am – Blood Pressure Screening w/ CUNY Nurses 10am – Painting Made Easy 'CORNUCOPIA' 10:30am – Nutrition Education w/ Sheila 11am – Creative Arts w/ Darlene 'Wooden Turkey Painting' 12pm – "Diabetes Prevention" w/ Sheila 1pm – Bingo</p>	<p>4.</p> <p>10am – Stretching Exercises 10:30am – Nutrition Education w/ Sheila 11am – Presentation on "Caption Call Service" 11:30am – Chair Exercises 12:30pm – "The Chatterbox" w/ Sheila 1:30pm – Drama Class</p>	<p>5.</p> <p>10am – Stretching Exercises 10:30am – An Aesthetic Realism Topic: What Makes Our Anger Right Or Wrong Part 2 (Virtual) 10:30am – Nutrition Education w/ Sheila 11:30am – Brain Gym w/ Sheila 1pm – Bingo 1:30pm – MOVIE DAY: Mother</p>
<p>8.</p> <p>10am – Stretching Exercises 1pm – Bingo</p>	<p>9.</p> <p>10am – Stretching Exercises</p>	<p>10.</p> <p>9:30am – 2pm FOOD PANTRY 10am – Stretching Exercises 10am – Blood Pressure Screening w/ CUNY Nurses 10am – Painting Made Easy 'SUNFLOWER' 10:30am – Nutrition Education w/ Sheila 11am – Creative Arts w/ Darlene 'Wooden Leaf Painting' 12pm – "Stroke Prevention" w/ Sheila 1pm – Bingo</p>	<p>11.</p> <p>10am – Stretching Exercises 10am – Soap Making Class 10:30am – Nutrition Education w/ Sheila 11am – Canvas Class 11:30am – Chair Exercises 12:30pm – "The Chatterbox" w/ Sheila 1:30pm – Drama Class</p>	<p>12.</p> <p>10am – Stretching Exercises 11am – Chair Yoga w/ Harold 12pm – "Diet for Eye Health" w/ Sheila 12:45pm – Relaxation w/ Averill 1pm – BINGO PARTY 1:30pm – MOVIE DAY: Meet the Parents</p>



<p>15.</p> <p>10am – Stretching Exercises 1pm – Bingo</p>	<p>16.</p> <p>10am – Stretching Exercises</p>	<p>17.</p> <p>10am – Stretching Exercises 10am – Blood Pressure Screening w/ CUNY Nurses 10am – Elder Lawyer - Senior Planning 10:30am – Nutrition Education w/ Sheila 12pm – “Holiday Stress Management” w/ Sheila 1pm – Painting Made Easy ‘Cityscape’ 1pm – Bingo</p>	<p>18.</p> <p>10am – Stretching Exercises 10am – Soap Making Class 10:30am – Nutrition Education w/ Sheila 11am – Canvas Class 11:30am – Chair Exercises 12:30pm – “The Chatterbox” w/ Sheila 1:30pm – Drama Class</p>	<p>19.</p> <p>10am – Stretching Exercises 11:30am – Brain Gym w/ Sheila 12pm – “Holiday Nutrition” w/ Sheila 1pm – Bingo 1pm – MOVIE DAY: Meet the Fockers</p>
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<p>22.</p> <p>10am – Stretching Exercises <b>10:30am – Thanksgiving Concert</b> 10:30am – Nutrition Education w/ Sheila <b>12pm – Thanksgiving Dinner</b> 1pm – Bingo</p>
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<p>23.</p> <p>10am – Stretching Exercises 10:30am – Nutrition Education w/ Sheila 11:30am – Chair Exercises</p>
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<p>24.</p> <p>10am – Stretching Exercises 10:30am – Bingo 10:30am – Nutrition Education w/ Sheila 10:30am – Painting Made Easy ‘Waterfall’ 12pm – “Bone and Joint Health” w/ Sheila</p>
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<p>25.</p> <p><b>CENTER CLOSED</b></p> 
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<p>26.</p>  <p><b>THANKSGIVING DAY AFTER</b></p>
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<p>29.</p> <p>10am – Stretching Exercises 10am – Spanish Crochet Class 10:30am – Nutrition Ed w/Sheila 11am – Canvas Class 1pm – Bingo</p>
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<p>30.</p> <p>10am – Stretching Exercises 10:30am – Nutrition Ed w/Sheila 10:30am – Jewelry Making Class w/Katherine 11:30am – Chair Exercises</p>
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*To participate, click on any scheduled time of activities for a direct link to join on ZOOM – or –go to <https://zoom.us/join> and sign in using Meeting IDs & Passwords below.*

**The highlighted times of activities will be conducted in both virtual and in person.**

**FUNDING PARTNERS**

- NYC Department for the Aging
- NYC Department of Youth and Community Development
- New York State Office of Victim Services
- New York State Office for the Aging
- New York City Council Local Initiatives
- Private Foundation Grants and Other Opportunities

For Further Information, Call Us @ 718 –542–0222

**Darlene’s Activity Room**  
Meeting ID: 716 987 5357  
Password: 910172

**Sheila’s Activity Room / Chair Exercises / Chair Yoga / Soap Making Class**  
Meeting ID: 686 338 4309  
Password: 10460