








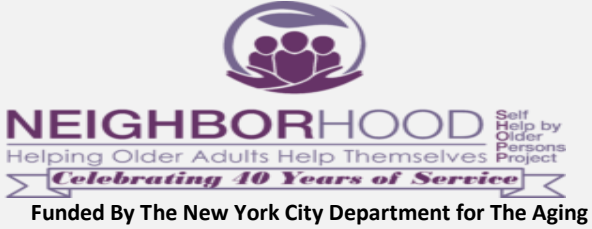
November 2022 Program

Leon Older Adult Center
607 Concord Ave
Bronx, NY 10455



Visit Us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. 9am- Creative Arts 10:00 am – Staywell Exercise 10:30 am – Bingocize (Session 7) 12:00 pm – Stretch Exercise</p>	<p>2. 9:00 am – Muscia Del Ayer 9:30 am – Coloring/ w Mercedes 10:00 am – Health Promotion 11 am – Creative Arts (Tech World) 12:00 pm – Stretch Exercise</p> <p>NATIONAL STRESS AWARENESS DAY</p>	<p>3. 9:30 am – Music Del Ayer 10:00 am – Stay Well Exercise 10:30 am – Bingocize (Session 8) 11:30 am – Health Promotion 12:00pm – Stretch Exercise 1:00 pm – Zumba (Tech World)</p>	<p>4. 9:30am – Canvas Class 10:00 am – Música del Ayer 10:30 am- Coloring/w Mercedes 11:30 am- Stretch Exercise</p>
<p>7. 9:00 am – Música Del Ayer 10:00 am – Creative Arts 11:00 am – Health Promotion 11:30 am- Coloring/w Mercedes 12:00 pm – Stretch Exercise</p> <p>FLEA MARKET</p>	<p>8. 9:00 am – Coloring/w Mercedes 9:30 am – Health Promotion 10:00 am – Staywell Exercise 10:30 am – Bingocize (Session 9) 12:00pm – Stretch Exercise</p>	<p>9. 9:30 am- Coloring/w Mercedes 10:00 am – Musical Del Ayer 10:30 am – Health Promotion 11:00 am – Arts & Crafts (Tech World) 12:00 pm – Stretch Exercise</p>	<p>10. 9:00 am- Musical Del Ayer 9:30 am – Coloring/w Mercedes 10:00 am – Staywell Exercise 10:30 am- Bingocize (Session 10) 12:00- Stretch Exercise 1:00 pm – Zumba (Tech World)</p>	<p>11. 9:30 am – Canvas Class 10:00 am – Música Del Ayer 10:30 am – Coffee Time/w Mercedes 11:00 am – Coloring/ w Mercedes 12:00 pm – Stretch Exercise</p> <p>VETERANS DAY</p>
<p>14. 9:00 am –Música Del Ayer 9:30 am – Health Promotion 10:00 am Creative Arts 11:00 am – Technology (Tech World) 12:00 pm – Stretch Exercise</p> <p>World Diabetes Day</p> <p>COVID-TESTING 9am-3pm</p>	<p>15. 9:00 am – Música Del Ayer 9:30 am – Creative Arts 10:00 am – Staywell Exercise 10:30 am – Bingocize (Session 11) 12:00 pm – Stretch Exercise</p> <p>COVID-TESTING 9am – 3pm</p>	<p>16. 9:30 am – Música Del Ayer 10:00 am – Health Promotion 10:30 am- Coloring/w Mercedes 11:00 am – Arts & Crafts (Tech World) 12:00 pm – Stretch Exercise</p> <p>COVID-TESTING 9am – 3pm</p>	<p>17. 9:00 am – Música Del Ayer 10:00 am – Staywell Exercise 10:30 am – Bingocize (Session 12) 12:00 pm – Stretch Exercise 1:00 pm – Zumba (Tech World)</p> <p>COVID-TESTING 9am – 3pm</p>	<p>18. 9:30 am – Canvas Class 10:30 am – Música Del Ayer 11:00 am – Elite Presentation & Oak Street 12:00 pm – Stretch Exercise</p> <p>COVID-TESTING 9am – 3pm</p>

<p>21. 9:30am- Música Del Ayer 10:00 am –Bingocize (Session 13) 11:00 am – Bingocize (Session14) 12:00 pm – Stretch Exercise 1:00 pm – Coloring/ w Mercedes 1:30 pm – Arts & Crafts</p>	<p>22. 9:00 am – Música Del Ayer 9:30 am – Coloring/w Mercedes 10:00 am – Staywell Exercise 11:00 am- SWH- Arts/w Katherine 12:00 pm – Stretch Exercise</p>	<p>23. 9:30 am – Música Del Ayer 10:00 am – Health Promotion 11:00 am –Coloring/w Mercedes 12:00 pm – Stretch Exercise 1:30 PM- Thanksgiving Party</p>	<p>24.</p>  <p>CENTER CLOSED</p>	<p>25.</p> 
<p>28. 9:00 am – Música Del Ayer 10:00 am – Creative Arts 11:00 am – Technology (Tech World) 12:00 pm – Stretch Exercise.</p>	<p>29. 9:00 am – Música Del Ayer 9:30 am – Arts & Crafts 10:00 am – Staywell Exercise 10:30 am – Bingocize (Session 15) 12:00 pm – Stretch Exercise</p>	<p>30. 9:00 am – Música Del Ayer 9:30 am – Arts & Crafts 10:00 am – Health Promotion 11:00 am – Coloring / w Mercedes 12:00 pm – Stretch Exercise</p>		
		<p><i>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 Member IDs & Passwords below</i></p>		
		<p><u>Mercedes Activity Room</u></p> <p>Meeting ID: 455 486 5715 Password: Leon152</p>	<p>ALL CLASSES ARE CONDUCTED IN SPANISH</p> <p>TODAS LAS CLASES SON EN ESPAÑOL</p>	<p><u>Sponsors</u> Tech World Senior Whole Health Elite Services Renaissance All Care Elder plan Oak Street Health</p>