



**NEIGHBORHOOD** Self Help by Older Persons Project  
Helping Older Adults Help Themselves

Temporary Site: 607 Concord Ave, Bx NY 10455

# AUGUST 2023 PROGRAM

## Leon Older Adult Center



SCAN ME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Coloring /w Mercedes 10:30 am – Bingocize Session #7 11:30 am – Stretch Exercise</p> <p><b>AIR FORCE DAY</b></p>	<p><b>2.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Chair Yoga <b>(Tech World)</b> 11:00 am –Planting Class <b>(S.W.H)</b> 12:30pm – Stretch Exercise 1:00 pm – Health Management</p> <p><b>COLORING BOOK DAY</b></p>	<p><b>3.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:30 am – Bingocize Session #8 11:30 am – Coloring/w Mercedes 12:30 pm – Stretch Exercise</p> <p><b>WATERMELON DAY</b></p>	<p><b>4.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am -Coffee Time/w Mercedes 11:00 am- Coloring/w Mercedes 12:30 pm – Stretch Exercise 1:30 pm – Special Celebration</p> <p><b>CHOCOLATE CHIP DAY</b></p>
<p><b>7.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Tech Class <b>(Tech World)</b> 10:30 am – Trip Around the World <b>11:00 am – Nutrition Class (Tech World) ZOOM</b> 12:30 pm – Stretch Exercise 1:30 pm – Coloring/ w Mercedes</p> <p><b>BACALAITOS SALE</b></p>	<p><b>8.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am – Bingocize Session # 9</b> 11:30 am – Coloring/w Mercedes 12:30 pm – Stretch Exercise</p> <p><b>NATIONAL BOWLING DAY</b></p>	<p><b>9.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Chair Yoga <b>(Tech World)</b> 11:00 am –Coloring/w Mercedes <b>(Tech World)</b> 12:30pm – Stretch Exercise</p>	<p><b>10.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am – Bingocize Session # 10</b> 11:30 am – Health Promotion 12:30 Pm – Stretch Exercise</p> <p><b>FLEA MARKET &amp; BAKE SALE</b></p> <p><b>NATIONAL LION DAY</b></p>	<p><b>11.</b> 8:30 am – Mental Exercise (crossword) 9:30 am- Música Del Ayer 10:30 am- Coffee Time/w Mercedes 11:00 am- Senior Fitness <b>(Tech World)</b> 12:30 pm- Stretch Exercise</p> <p><b>NATIONAL SON &amp; DAUGHTER DAY</b></p>
<p><b>14.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Tech Class <b>(Tech World)</b> 11:00 am – Health Management 12:30 pm – Stretch Exercise</p> <p><b>ADVISORY COMMITTEE MEETING</b></p>	<p><b>15.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer <b>10:30 am – Bingocize Session # 11</b> 11:00 am- Health Promotion 12:30 pm – Stretch Exercise</p>	<p><b>16.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Chair Yoga <b>(Tech World)</b> 11:00 am –Canvas Art <b>(Tech World)</b> 12:30pm – Stretch Exercise</p>	<p><b>17.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer <b>10:30 am – Bingocize Session # 12</b> 11:30 am – Health Management 12:30 pm – Stretch Exercise</p>	<p><b>18.</b> 8:30 am – Mental Exercise (crossword) 9:30 am- Música Del Ayer 10:00 am- Canvas Arts 11:00 am – Senior Fitness <b>(Tech World)</b> 12:30 pm- Stretch Exercise</p>

<p><b>21.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Tech Class (<b>Tech World</b>) <b>11:00 am</b> – Nutrition Class (<b>Tech World</b>) <b>ZOOM</b> 12:30 pm – Stretch Exercise</p>	<p><b>22.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am – Bingocize Session # 12</b> 11:30 am – Health Promotion 12:30 am – Stretch Exercise</p>	<p><b>23.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Chair Yoga (<b>Tech World</b>) 11:00 am – Canvas Art (<b>Tech World</b>) 12:30pm – Stretch Exercise</p>	<p><b>24.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:00 am – Bingocize Session # 13</b> 11:00 am– Wine Glass Painting (Caring Professional) 12:30 pm – Stretch Exercise</p> <p style="text-align: center;"><b>STRANGE MUSIC DAY</b></p>	<p><b>25.</b> 8:30 am – Mental Exercise (crossword) 9:30 am- Musica Del Ayer 10:00 am- Canvas Class 11:00 am – Senior Fitness (<b>Tech World</b>) 12:30 pm – Stretch Exercise</p> <p style="text-align: center;"><b>BANANA SPLIT DAY</b></p>
<p><b>28.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Tech Class (<b>Tech World</b>) 11:00 am – ZUMBA Class (<b>ALLCARE</b>) 12:30 pm – Stretch Exercise</p> <p style="text-align: center;"><b>BOW TIE DAY</b></p>	<p><b>29.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am – Bingocize Session # 14</b> 11:30 am – Health Management 12:00 am – Stretch Exercise</p>	<p><b>30.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Chair Yoga (<b>Tech World</b>) 11:00 am – Canvas Arts (<b>Tech World</b>) 12:30pm – Stretch Exercise</p> <p style="text-align: center;"><b>NATIONAL BEACH DAY</b></p>	<p><b>31.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am – Bingocize Session # 15</b> 11:30 am- Creative Arts 12:30 pm – Stretch Exercise</p>	
		<p><i>To participate, click on any scheduled time of activities for a direct link to join on <b>ZOOM</b>. – or –go to <a href="https://zoom.us/join">https://zoom.us/join</a> and sign in using Member IDs &amp; Passwords below</i></p>		
		<p style="text-align: center;"><b><u>Mercedes Activity Room</u></b> Meeting ID: 455 486 5715 Password: Leon152</p> <p style="text-align: center;"><b><u>TECH WORLD ACTIVITY ROOM</u></b> Meeting ID: 628 351 4488 Password: 111</p>	<p style="text-align: center;"><b>ALL CLASSES ARE CONDUCTED IN SPANISH</b></p> <p style="text-align: center;"><b>TODAS LAS CLASES SON EN ESPAÑOL</b></p> <p style="text-align: center;"><b>CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIO</b></p>	<p style="text-align: center;"><b><u>Sponsors:</u></b> Senior Whole Health Age Well Elderplan All Care Tech World LLC Caring Professionals</p>