



# NOVEMBER 2023 PROGRAM




## Leon Older Adult Center



SCAN ME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH</p> <p>EMPOWERED HEALING CENTER</p>	 <p>NOVEMBER Lung CANCER AWARENESS</p>	<p><b>1.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Nurse (<b>Blood Pressure</b>) 10:00 am – Chair Yoga (<b>Tech World</b>) 11:00 am –Creative Arts 12:30pm – Stretch Exercise</p>	<p><b>2.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am – Staywell Exercise</b> 12:30 pm – Stretch Exercise</p>	<p><b>3.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am -Coffee Time/w Mercedes 11:00 am- Canvas Art <b>11:00 am -Rebekah Care @Home Presentation</b> 12:30 pm – Stretch Exercise</p>
<p><b>6.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Tech Class 11:00 am – Creative Art 11:00 am – Nutrition (<b>Tech World</b>) <b>ZOOM</b> 12:30 pm – Stretch Exercise <b>Senior Elections</b></p>	<p><b>7.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Canvas 11:30 am – Chair Exercise (<b>Tech World</b>) 12:30 pm – Technology Class</p>	<p><b>8.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Nurse (<b>Blood Pressure</b>) 11:00 am –Coloring/w Mercedes 12:30pm – Stretch Exercise</p> <p style="text-align: center;"><b>Flea Market &amp; Bake Sale</b></p>	<p><b>9.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer <b>10:30 am- Staywell Exercise</b> 11:30 am – Health Promotion <b>12:00pm – 68<sup>th</sup> Anniversary Celebration</b> 12:30 Pm – Stretch Exercise</p>	<p><b>10.</b> 8:30 am – Mental Exercise (crossword) 9:30 am- Música Del Ayer 10:30 am- Canvas Art 11:00 am- Coffee Time/w Mercedes 12:30 pm- Health Promotion</p>
<p><b>13.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Creative Arts <b>11:00 am – Alzheimer Presentation</b> 12:30 pm – Stretch Exercise</p>	<p><b>14.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Canvas 11:00 am- Chair Exercise (<b>Tech World</b>) <b>12:30 pm – Diabetes Presentation</b></p>	<p><b>15.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Nurse (<b>Blood Pressure</b>) <b>11:00 am –SWH Painting/w Katherine</b> 12:30pm – Stretch Exercise</p>	<p><b>16.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer <b>10:30 am – Staywell Exercise</b> 11:30 am – Health Management 12:30 pm – Stretch Exercise</p>	<p><b>17.</b> 8:30 am – Mental Exercise (crossword) 9:30 am- Música Del Ayer 10:00 am- Canvas Arts 11:00 am – Coffee Time/w Mercedes 12:30 pm- Health Promotion</p>

<p><b>20.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Tech Class 11:00 am – Creative Art 12:30 pm – Stretch Exercise</p>	<p><b>21.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Canvas 11:30 am – Chair Exercise (<b>Tech World</b>) 12:30 am – Technology Class</p>	<p><b>22.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Nurse (<b>Blood Pressure</b>) <b>11:00 am – Caring Professional</b> <b>12:00 pm – THANKSGIVING DINNER</b></p>	<p><b>23.</b></p> 	<p><b>24.</b></p> 
<p><b>27..</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Tech Class 11:00 am – Smoothie Class 12:30 pm – Stretch Exercise</p>	<p><b>28.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Canvas 11:00 am – Chair Exercise (<b>Tech World</b>) 12:00 am – Technology Class</p>	<p><b>29.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Nurse (<b>Blood Pressure</b>) 11:00 am –Coloring/w Mercedes 12:30pm – Stretch Exercise</p>	<p><b>30.</b> 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer <b>10:30 am – Staywell Exercise</b> 11:30 am – Health Management 12:30 pm – Stretch Exercise</p>	
 <p><b>NEIGHBORHOOD</b> Self Help by Older Persons Project Helping Older Adults Help Themselves Funded By the NYC AGING</p>		<p>To participate, click on any scheduled time of activities for a direct link to join <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</p>		
		<p><b><u>Mercedes Activity Room</u></b> Meeting ID: 455 486 5715 Password: Leon152</p> <p><b><u>TECH WORLD ACTIVITY ROOM</u></b> Meeting ID: 628 351 4488 Password: 111</p>	<p>ALL CLASSES ARE CONDUCTED IN SPANISH</p> <p>TODAS LAS CLASES SON EN ESPAÑOL</p> <p>CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIO</p>	<p><b><u>Sponsors:</u></b></p> <p>Senior Whole Health Age Well Elderplan All Care Tech World LLC Caring Professionals Rebekah Care at Home</p>



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

## LEON OAC

Please join us for a heartwarming Thanksgiving dinner filled with gratitude, delicious food, and cherished company.

# Thanksgiving

## DINNER

# 22

NOVEMBER AT 12PM

735 E. 152ND ST BX,  
NY 10455  
(718) 708-6897

5 THANKSGIVING BASKET RAFFLE

FUNDING BY NYC AGING



SCAN ME

