






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

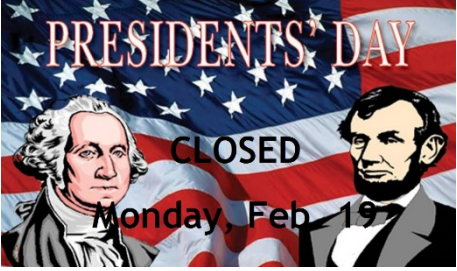

# February 2024 Program

Leon Older Adult Center

735 E. 152<sup>nd</sup> Street  
 Bronx, NY 10455



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1.</b>            8:30 am – Leisure Dominoes Game            9:00 am – Creative Arts            9:30 am – Music Del Ayer  <b>10:30 am</b> – Stay Well Exercise            11:30 am – Mental Health (Crosswords)</p> <p style="text-align: center;"><b>Dark Chocolate Day</b></p>	<p><b>2.</b>            9:00 am – Technology Class            9:30am – Canvas Class            10:00 am – Música del Ayer            10:30 am- Coffee Time/w Mercedes            11:00 am – Dance Fitness (<b>Tech World</b>)</p> <p style="text-align: center;"><b>Ground Hog Day</b></p>
<p><b>5.</b>            8:30 am – Leisure Billard Game            9:00 am – Música Del Ayer            10:00 am – Technology            11:00 am – ALZHEIMER Presentation            12:00 pm – Stretch Exercise</p>	<p><b>6.</b>            9:00 am – Coloring/w Mercedes            9:30 am – Health Promotion            10:30 am – Music Del Ayer            11:00am – Chair Exercise (Tech World)</p> <p style="text-align: center;"><b>Frozen Yogurt Day</b></p>	<p><b>7.</b>            9:00 am – Música Del Ayer            9:30 am- Coloring/w Mercedes            10:00 am – Health Promotion            11:00 am – Mental Health (crosswords)            12:00 pm – Stretch Exercise  <b>1:00 pm</b> – BINGO PARTY (OAK STREET)</p> <p style="text-align: center;"><b>Boy Scout Day</b></p>	<p><b>8.</b>            9:00 am- Music Melodies            9:30 am – Mental Health (crosswords)  <b>10:30 am</b>- Staywell Exercise            11:00 am- Creative Arts            11:30 am – Technology Class</p>	<p><b>9.</b>            9:30 am – Canvas Class            10:00 am – Música Del Ayer            10:30 am – Coffee Time/w Mercedes            11:00 am – Camila Rodriguez (AirNYC)  <b>(HYPERTENSION PRESENTATION)</b></p>
<p><b>12.</b>            8:30 am – Music Melodies            9:30 am – Creative Arts            10:00 am – Mental Health (crossword)            11:00 am – Nutrition Class (Tech World)  <b>ZOOM</b>            12:00 am – Stretch Exercise</p>	<p><b>13.</b>            8:30 am – Music Melodies            9:00 am – Mental Health (Crosswords)            9:30 am – Creative Arts            10:30 am – Health Promotion            11:00 am – Chair Exercise (Tech World)</p> <p style="text-align: center;"><b>Madi Gras Day</b></p>	<p><b>14.</b>            8:30 am – Música Del Ayer            9:30 am – Canvas Class            10:00 am – Nurses (Blood Pressure Screening)            11:00 am – Mental Health (crosswords)            12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Happy Valentine Day            ASH WEDNESDAY</b></p>	<p><b>15.</b>            8:30 am – Leisure Billard Game            9:30 am – Music Melodies  <b>10:30 am</b> – Staywell Exercise            11 am – Creative Arts  <b>1:30 pm – VALENTINE DAY PARTY</b></p>	<p><b>16.</b>            8:30 am – Musical Melodies            9:30 am – Canvas Class            10:30 am – Coffee Time/w Mercedes            11:00 am – Karaoke Singing            12:30 pm – Health Promotion</p> <p style="text-align: center;"><b>Bacalaitos Sale</b></p>

<p>19.</p>  <p><b>CENTER CLOSED</b></p>	<p>20.</p> <p>8:30 am – Leisure Billard Game  9:30 am – Coloring/w Mercedes  10:30 am - Karaoke Singing  11:00 am – Chair Exercise (Tech World)  12:00 pm – Health Promotion</p>	<p>21.</p> <p>8:30 am – Music Melodies  9:30am – Coloring/w Mercedes  10:00 am – Nurses (Blood Pressure Screening)  11:00 am –Technology Class  12:00 pm – Stretch Exercise</p>	<p>22.</p> <p>8:30 am – Music Melodies  10:30am- Staywell Exercise  11:00 am- Creative Arts  11:30 am – Health Promotion  12:00 pm – Stretch Exercise</p>	<p>23.</p> <p>8:30 am – Music Melodies  10:00 am- Canvas Class  11:00 am – Coffee Time/w Mercedes  12:00 pm – Stretch Exercise</p>
<p>26.</p> <p>8:30 am – Leisure Billard Games  9:30 am – Music Melodies  10:00 am – Coloring/ w Mercedes  11:00 am – Technology  12:00 pm – Stretch Exercise</p> <p><b>Senior Advisory Meeting</b></p>	<p>27.</p> <p>8:30 am – Music Melodies  9:30 am – Creative Arts  11:00 am – Chair Exercise (Tech World)  12:00 pm – Stretch Exercise</p>	<p>28.</p> <p>9:00 am – Música Del Ayer  9:30 am – Coloring/w Mercedes  10:00 am – Mental Health (crossword)  11:00 am – Painting /w Katherine (S.W.H)  12:00 pm – Stretch Exercise  12:30 pm – Health Promotion</p> <p><b>Flea Market  BAKE SALE</b></p>	<p>29.</p> <p>8:30 am – Leisure Billard Game  9:30 am – Music Melodies  10:30 am – Staywell Exercise  11:00 am – Creative Arts  12:30 pm – Karaoke Singing</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>Funded By NYC Aging</p>		<p><b><u>Mercedes Activity Room</u></b></p> <p><b>Meeting ID:</b> 455 486 5715  <b>Password:</b> Leon152</p> <p><b><u>Tech World</u></b></p> <p><b>Meeting ID:</b> 628 351 4488  <b>Password:</b> 111</p>	<p><b>ALL CLASSES ARE CONDUCTED IN SPANISH</b></p> <p><b>TODAS LAS CLASES SON EN ESPAÑOL</b></p> <p><b>CALENDAR SUBJECT TO CHANGE</b>  <b>Calendario sujeto a cambios</b></p>	<p><b><u>Sponsors</u></b></p> <p>Tech World  Senior Whole Health  Elite Services  All Care  Elder plan  Rebekah Care  Oak Street Health</p>