

March 2024 Program




Leon Older Adult Center
735 East 152nd Street
Bronx, NY 10455
(718)708-6897



Visit Us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1. 9:30 am- Mental Health (crosswords) 10:00 am-Music Melodies 10:30 am – Canvas Class 12:00 pm- Stretch Exercise 12:30 pm – Teatime Discussion</p> <p style="text-align: center;">Birthday Celebration</p>
<p>4. 9:30 am – Creative Arts 10:00 am – Technology 10:30 am – Música Del Ayer 11:00 am – Mental Health (crosswords) 12:00 pm – Stretch Exercise</p> <p style="text-align: center;">World Obesity Day</p>	<p>5. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – Village CARE Max (Diabetes Presentation) 11:00 am – Chair Exercise (Tech World) 12:00 am – Technology Class</p>	<p>6. 8:30 am Leisure Dominos/Billard 9:30 am – Music Melodies 10:00 am – Nurses (blood Pressure Screening) 11:00 am – Rebekah Care (Nutrition Class) 12:00pm – Stretch Exercise</p> <p style="text-align: center;">Senior General Meeting National Oreo Cookie Day</p>	<p>7. 9:30 am – Creative Arts 10:00 am – Staywell Exercise 10:30 am – Create a Purse 11:00 am – Technology Class 11:30 am – Music Melodies</p>	<p>8. 9:30 am- Creative Arts 10:00 am-Music Melodies 10:30 am – Mental Health (Crossword) 11:00 am –Coffee Time/w Mercedes 12:00 pm- Stretch Exercise</p> <p style="text-align: center;">ALBANY TRIP WOMEN DAY</p>
<p>11. 9:30 am – Creative Arts 10:00 am – Teatime discussion 10:30 am – Música Del Ayer 11:00 am – Nutrition Class (Tech World) 12:00 pm – Stretch Exercise</p>	<p>12. 8:30 am – Leisure Dominos/ Billard 9:30 am - Music Melodies 10:00 am – Paint by Number 11:00 am – Chair Exercise (Tech World) 12:00 am – Mental Health (crossword Puzzles)</p> <p style="text-align: center;">Billiard Elimination Round National Plant a Flower Day</p>	<p>13 9:30 am – Música Del Ayer 10:00 am –Nurses (blood pressure screening) 10:00 am – Canvas Arts 11:00 am – Technology Class 12:00pm – Stretch Exercise</p> <p style="text-align: center;">Billiard Elimination Round</p>	<p>14. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Health Management 12:00 pm – Mental Health (crossword puzzles)</p> <p style="text-align: center;">1:30 pm – ST PATRICK CELEBRATION National Kidney Day</p>	<p>15. 8:30 am – Leisure Dominos/Billard 9:30 am- Creative Arts 10:00 am-Music Melodies 11:00 am –Coffee Time/w Mercedes 12:00 pm- Stretch Exercise</p> <p style="text-align: center;">Billiard Elimination Round World Sleep Day</p>

<p>18. 8:30 am – Music Melodies 9:00 am – Technology Class 10:00 am – Trip Around the World 11:00 am – Air NYC – Presentation 12:00 pm – Stretch Exercise</p>	<p>19. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – Technology Class 11:00 am – Chair exercise (Tech World) 12:00 pm – Mental Health (Crossword Puzzles)</p>	<p>20. 8:30 am – Música Del Ayer 9:00 am – Mental Health (crossword Puzzle) 10:00 am –Nurses (Blood pressure Screening) 11:00 am – Creative Arts 12:00pm – Stretch Exercise</p> <p style="text-align: center;">1:30 PM 1st Round Billiard CASA B vs. LEON</p>	<p>21. 8:30 am – Leisure Dominos/ Billiard 9:30 am – Creative Arts 10:00 am – Staywell Exercise 10:30 am – Health Promotion 11:00 am- Música Del Ayer</p> <p style="text-align: center;">1:30 pm – Spring Fling Celebration World Down Syndrome Day</p>	<p>22. 8:30 am – Music Melodies 9:30 am- Creative Arts 10:00 am-Mental Health (crossword Puzzle) 11:00 am – Coffee Time/w Mercedes 12:00 pm- Stretch Exercise</p> <p style="text-align: center;">10 am – Final Round Billiard (CASA B.) World Water Day</p>
<p>25. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – Nutrition class 11:00 am – Technology 12:00 pm – Stretch Exercise</p> <p style="text-align: center;">Senior Advisory Meeting</p>	<p>26. 9:30 am – Creative Arts 10:00 am – Staywell Exercise 10:30 am – Coloring/w Mercedes 11:00 am – Música Del Ayer 12:00 pm – Teatime Discussion</p> <p style="text-align: center;">Purple Day</p>	<p>27. 8:30 am – Leisure Dominos/Billiard 9:30 am – Creative Arts 10:00 am – Nurses (Blood Pressure Screening) 11:00 am – Music Melodies 12:00pm – Stretch Exercise</p>	<p>28. 9:30 am – Creative Arts 10:00 am – Staywell Exercise 10:30 am – Health Promotion 11:00 am- Música Del Ayer 12:00 pm – Karaoke Singing</p> <p style="text-align: center;">Holy Thursday</p>	<p>29. 8:30 am – Leisure Dominos/ Billiard 9:30 am – Música Del Ayer 10:00 am – Creative Arts 11: 00 am – Coffee Time/ w Mercedes 12:00 pm – Stretch Exercise</p> <p style="text-align: center;">Good Friday</p>
<div style="text-align: center;">  <p>NEIGHBORHOOD Self Help by Older Persons Project Helping Older Adults Help Themselves</p> <p>Funded By NYC Aging</p> </div>		<p style="text-align: center;"><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 style="text-align: center;"><u>Mercedes Activity Room</u></p> <p style="text-align: center;">Meeting ID: 455 486 5715 Password: Leon152</p> <p style="text-align: center;"><u>Tech World Nutrition Room</u></p> <p style="text-align: center;">Meeting ID: 628 351 4488 Password: 111</p>		<p style="text-align: center;">ALL CLASSES ARE CONDUCTED IN SPANISH</p> <p style="text-align: center;">TODAS LAS CLASES SON EN ESPAÑOL</p> <p style="text-align: center;">CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIOS</p>	<p style="text-align: center;"><u>Sponsors</u></p> <p style="text-align: center;">Senior Whole Health AgeWell Village CareMax Essen Health Tech World AirNYC Oak Street Elder Plan Rebekah Care All Care</p>	