



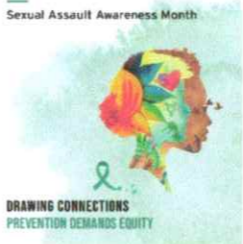

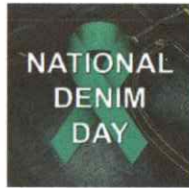
# APRIL 2024 PROGRAM

Leon Older Adult Center  
735 E. 152<sup>nd</sup> St  
BX, NY 10455  
(718) 708-6897



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1.</b> 8:30 am – Leisure Dominos 9:00 am – Music Melodies 10:00 am- Creative Arts 11:00 am – Nutrition Class (Tech World) 12:00 pm – Stretch Exercise</p>	<p><b>2.</b> 8:30 am – Music Melodies 9:00 am – Canvas Arts 10:00 am- Air NYC-Diabetes 11:00 am – Chair Exercise (Tech World) 12:00 pm -Technology</p> <p style="text-align: center;"><b>World Autism Day</b></p>	<p><b>3.</b> 8:30 am – Leisure Dominos 9:00 am – Creative Arts 10:00 am – Technology Class 11:00 am – Music Melodies 12:00 pm- Stretch Exercise <b>GENERAL MEETING @ 11:30</b></p>	<p><b>4.</b> 8:30 am – Music Melodies 9:00 am – Canvas Class <b>10:00 am – Walk with Ease Orientation</b> 10:30 am – Staywell Exercise 11:00 am – Mental Health Exercise</p> <p style="text-align: center;"><b>Flea Market &amp; Bake Sale</b></p>	<p><b>5.</b> 8:30 am – Music Melodies 9:00 am – Canvas Class 10:00 am – Coffee Time/w Mercedes 11:00 am – Technology Class 12:00 pm – Stretch Exercise</p>
<p><b>8.</b> 8:30 am – Leisure Dominos 9:00 am – Trip Around the World 10:00 am- Creative Arts 11:00 am – Painting/Katherine (SWH) 12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p><b>9.</b> 8:30 am – Music Melodies 9:00 am – Mental Health Exercise 10:00 am – Chair Exercise (Tech World) <b>11:00 am – Caring Professional (painting)</b> 12:00 pm – Canvas Class</p>	<p><b>10.</b> 8:30 am – Leisure Dominos 9:00 am – Musica Del Ayer <b>10:00 am – Essen Health Presentation</b> 11:00 am – Creative Arts 12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p><b>11.</b> 8:30 am – Leisure Dominos 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Music Melodies 12:00 pm Karaoke Signing</p>	<p><b>12.</b> 8:30 am – Music Melodies 9:00 am – Paint by Numbers 10:00 am – Teatime Discussion 11:00 am Mental Health Exercises 12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>
<p><b>15.</b> 8:30 am – Leisure Dominos 9:00 am – Nutrition Class 10:00 am – Creative Arts 11:00 am – Music Melodies 12:00 – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p><b>16.</b> 8:30 am – Musica Del Ayer 9:00 am – Technology Class 10:00 am – Mental Health Exercise 11:00 am – Chair Exercise (Tech World) 12:00 pm – Canvas Class</p>	<p><b>17.</b> 8:30 am – Leisure Dominos 9:00 am – Mental Health Exercise <b>10:00 am – MOBILE PANTRY</b> 11:00 am – Creative Arts 12:00 pm – Stretch Exercise <b>1:00 pm – BINGO PARTY (oak street)</b></p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p><b>18.</b> 8:30 am – Music Del Ayer 9:00 am – Paint by Numbers 10:00 am – Staywell Exercise 11:00 am Mental Health Exercise 12:00 pm – Teatime Discussion</p>	<p><b>19.</b> 8:30 am – Music Melodies 9:00 am – Canvas Class 10:00am – Mental Health Exercise 11:00 am – Coffee Time/ w Mercedes 12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>



<p>22. 8:30 am -Leisure Dominos 9:00 am – Technology Class 10:00 am – Creative Arts 11:00 am – Music Del Ayer 12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p>23. 8:30 am – Music Melodies 9:00 am – Health Management 10:00 am – Coloring/ w Mercedes 11:00 am – Chair Exercise (Tech World) 12:00 pm – Technology Class</p>	<p>24. 8:30 am – Leisure Dominos 9:00 am – Technology Class 10:00 am – Creative Arts 11:00 am – Music Del Ayer 12:00 pm -Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p>25. 8:30 am – Musica del Ayer 9:00 am – Mental Health Exercise 10:00 am – Staywell Exercise 11:00 am – Health Management 12:00 pm – Canvas Class</p>	<p>26. 8:30 am – Music Melodies 9:00 am – Creative Arts 10:00 am -Coffee Time/w Mercedes 11:00 am – Mental Health Exercise 12:00 pm – Stretch Exercise</p> <p style="text-align: center;"><b>Walk with Ease</b></p>
<p>29. 8:30 am – Leisure Dominos 9:00 am – Diamond Painting 10:00 am – Music Del Ayer 11:00 am – Nutrition Class 12:00 pm Stretch Exercise</p> <p style="text-align: center;"><b>ADVISORY MEETING@10:30AM</b></p> <p style="text-align: center;"><b>Walk with Ease</b></p>	<p>30. 8:30 am – Music Melodies 9:00 am – Creative Arts 10:00 am – Mental Health Exercise 11:00 am – Chair Exercise (Tech World) 12:00 pm – Technology Class</p>			

*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*



**Mercedes Activity Room**

**Meeting ID: 455 486 5715**  
**Password: Leon152**

**TECH WORLD ACTIVITY ROOM**

**Meeting ID: 628 351 4488**  
**Password: 111**



**ALL CLASSES ARE CONDUCTED IN SPANISH**

**TODAS LAS CLASES SON EN ESPAÑOL**

**CALENDAR SUBJECT TO CHANGE  
CALENDARIO SUJETO A CAMBIO**



**Sponsors:**

- Senior Whole Health
- Age Well
- Village CareMax
- Essen Health
- Tech World LLC
- AirNYC
- Oak Street
- Elder Plan
- Rebekah Care
- All Care

