



MAY 2024 PROGRAM

Leon OAC



SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May is Mental Health Awareness Month</p> 	<p>OLDER AMERICANS MONTH</p>  <p>POWERED BY CONNECTION: MAY 2024</p>	<p>1. 8:30 am – Musica Del Ayer 9:30 am – Creative Arts 10:00 am – Nurse (Blood Pressure) 11:00 am – Rumba Exercise (Tech world)</p> <p>WALK WITH EASE</p>	<p>2. 8:30 am- Musica Del Ayer 9:30 am – Canvas Art 10:30 am – Staywell Exercise 11:30 am – Health Management 12:00 pm – Mental Health Exercise</p>	<p>3. 8:30 am – Música Del Ayer 9:30 am – Technology Class 10:30 am – Coffee Time/w Mercedes 11:30 am – Canvas Arts 12:00 pm – Mental Health Exercise 1:30 PM – PARTY</p> <p>5 DE MAYO CELEBRATION WALK WITH EASE</p>
<p>6. 8:30 am – Music Melodies 9:30 am – Painting by Number 10:30 am – Health Management 11:00 am – Elder Abuse Presentation 12:00 am – Stretch Exercise</p> <p>NATIONAL NURSE DAY</p> <p>WALK WITH EASE</p>	<p>7. 8:30 am – Music Melodies 9:30 am – Painting by Numbers 10:30 am – Nutrition Class 11:00 am – Chair Exercise (Tech World) 12:00 pm – Mental Health Exercise</p> <p>TEACHER DAY</p>	<p>8. 8:30 am – Music Melodies 9:30 am – Diamond Painting 10:00 am – Nurses (Blood Pressure) 11:00 am – Rumba Exercise (Tech World) 12:00 pm – Technology Class</p> <p>FLEA MARKET & BAKE SALE NATIONAL RED CROSS DAY WALK WITH EASE</p>	<p>9. 8:30 am – Music Melodies 9:30 am – Canvas Class 10:00 am – Diabetes Presentation 11:00 am – Karaoke Signing 12:00 pm – Stretch Exercise 1:30 pm – MOTHER DAY CELEBRATION</p>	<p>10. 8:30 am – Music Melodies 9:30 am – Coffee Time /w Mercedes 10:30 am – Canvas Arts 11:30 am – Karaoke Singing 12:00 pm – Stretch Exercise</p> <p>WALK WITH EASE</p>
<p>13. 8:30 am – Leisure Dominos 9:30 am – Musica Del Ayer 10:30 am – Canvas Arts 11:00 am – Nutrition Class (Tech World) 12:00 pm – Stretch Exercise</p> <p>NATIONAL APPLE PIE DAY WALK WITH EASE</p>	<p>14. 8:30 am – Musica Del Ayer 9:30 am – Painting by Number 10:30 am – Health Management 11:00 am – Chair Exercise (Tech World) 12:00 pm – Mental Health Exercise</p> <p>BACALAITIO SALE</p>	<p>15. 8:30 am – Leisure Dominos 9:30 am – Technology Class 10:30 am- Canvas Arts 11:00 am – Rumba Exercise (Tech World) 12:00 pm – Mental Health Exercise</p> <p>WALK WITH EASE</p>	<p>16. 8:30 am – Musica Del Ayer 9:30 am – Creative Arts 10:00am- Diabetes Class (2hrs) 10:30 am – Staywell Exercise 11:00 am – Technology Class</p> <p>SENIOR ADVOCACY DAY @10 AM</p>	<p>17. 8:30 am – Música Del Ayer 9:30 am – Canvas Arts 10:30 am – WWE Graduation 11:00 am –Coffee Time/w Mercedes 12:00 pm- Stretch Exercise NATIONAL PIZZA PARTY DAY WALK WITH EASE GRADUATION @ 10:30pm</p>

<p>20.</p>  <p>CENTER CLOSED</p>	<p>21.</p> <p>8:30 am – Music Melodies 9:30 am – Creative Arts 10:30 am – Health Management 11:00 am – Chair Exercise (Tech World) 12:00 pm – Mental Health Exercise</p> <p>INTERNATIONAL TEA DAY</p>	<p>22.</p> <p>8:30 am – Leisure Dominos 9:30 am – Painting by Numbers 10:00 am- Rumba Exercise (Tech World) 11:00 am- Painting/ w Katherine 12:00 pm – Nutrition Class</p>	<p>23.</p> <p>8:30 am – Music Melodies 9:30 am – Health Management 10:00 am- Diabetes Class (2hrs) 10:30 am – Staywell Exercise 11:00 am – Creative Arts 12:00 pm – Mental Health Exercise</p> <p>VOLUNTEER LUNCHEON @11AM</p>	<p>24.</p> <p>8:30 am – Leisure Dominos 9:30 am – Coffee Time/w Mercedes 10:30 am- Canvas Arts 11:30 am – Music Melodies 12pm – Stretch Exercise</p> <p>WORLD SCHIZOPHRENIA DAY</p>
<p>a27.</p> <p>MEMORIAL DAY</p>  <p>CENTER CLOSED</p>	<p>28.</p> <p>8:30 am – Leisure Dominos 9:30 am – Musica Del Ayer 10:30 am – Creative Arts 11:00 am – Chair Exercise (Tech World) 12:00 pm – Technology Class</p> <p>WORLD BLOOD CANCER DAY</p>	<p>29.</p> <p>8:30 am – Musica Del Ayer 9:30 am – Mental Health Exercise 10:30 am – Creative Arts 11:00 am – Rumba Exercise (Tech World) 12:00 pm – Health Management</p> <p>NATIONAL CREATIVITY DAY</p>	<p>30.</p> <p>8:30 am -Leisure Dominos 9:30 am – Creative Arts 10:00 am- Diabetes Class (2hrs) 10:30 am – Staywell Exercise 11:00 am – Musica Del Ayer 12:00 pm – Mental Health Exercise</p> <p>WORLD MULTIPLE SCLEROSIS DAY BIRTHDAY CELEBRATION</p>	<p>31.</p> <p>8:30 am – Musica Del Ayer 9:30 am – Canvas Arts 10:30 am – Karaoke Signing 11:30 am – Coffee Time/w Mercedes 12:00 pm- Stretch Exercise</p> <p>FIELD DAY TRIP @ 10AM</p> <p>NATIONAL NO TOBACCO DAY</p>
 <p>NEIGHBORHOOD Self Help by Older Persons Project Helping Older Adults Help Themselves Project Funded By NYC AGING</p>		<p><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>LEON OAC 735 E.152ND STREET BRONX, NY 10455 (718) 708-6897</p>		<p><u>Mercedes Activity Room</u> Meeting ID: 455 486 5715 Password: Leon152</p> <p><u>TECH WORLD ACTIVITY ROOM</u> 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><u>Sponsors:</u> Oak Street Senior Whole Health Age Well Elderplan All Care Tech World LLC</p>