



AUGUST 2024 PROGRAM

Leon Older Adult Center

SCAN ME

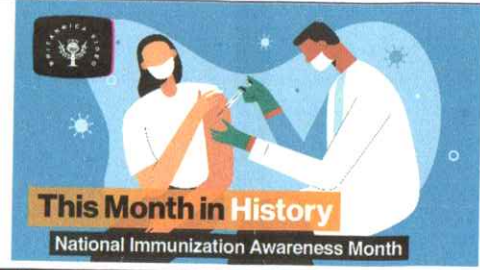


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Location: 735 E. 152nd Street Bronx, NY 10455 (718) 708-6897</p>	<p>Shopp Leon OAC Wonderland</p>  <p>Community Fair 8-16-24</p>	<p>HOLIDAY HILL TRIP</p>  <p>8-29-24 @ 7:30 AM</p>	<p>1. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Staywell Exercise 11:30 am – Coloring/w Mercedes 12:30 pm – Stretch Exercise</p> <p>Raspberry Cream Pie Day</p>	<p>2. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am -Coffee Time/w Mercedes 11:00 am- ZUMBA (Tech World)</p> <p>Ice Cream Sandwich Day</p>
<p>5. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Canvas Arts 10:30 am – Technology Class 11:00 am – Nutrition Class (Tech World) ZOOM 12:30 pm – Stretch Exercise</p>	<p>6. 8:30 am – Mental Exercise (crossword) 9:00 am – Música Del Ayer 10:00 am – Karaoke Singing 11:00 am – Chair Exercise (Tech World) 12:30 pm – Stretch Exercise</p> <p>BACALAITO SALE</p>	<p>7. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Creative Arts 11:00 am – Technology Class (Tech World) 12:30pm – Stretch Exercise</p> <p>GENERAL MEETING @11AM</p> <p>National Purple Heart Day</p>	<p>8. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Staywell Exercise 11:30 am – Health Promotion 12:30 Pm – Stretch Exercise</p>	<p>9. 8:30 am – Mental Exercise (crossword) 9:30 am- Música Del Ayer 10:30 am- Coffee Time/w Mercedes 11:00 am- ZUMBA (Tech World)</p> <p>CASA B. COMMUNITY FAIR @10 AM</p>
<p>12. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Creative Arts 11:00 am – Health Management 12:30 pm – Stretch Exercise</p> <p>National Middle Child Day</p>	<p>13. 8:30 am – Mental Exercise (crossword) 9:00 am – Coloring /w Mercedes 9:30 am – Musica Del Ayer 11:00 am- Chair Exercise (Tech World) 12:30 pm – Stretch Exercise</p> <p>Left Handers Day</p>	<p>14. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Paint by Numbers 11:00 am – Technology Class (Tech World) 12:30pm – Stretch Exercise</p>	<p>15. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Staywell Exercise 11:00 am – Village Care Max Presentation 12:30 pm – Stretch Exercise</p> <p>National Relaxation Day</p>	<p>16. 8:30 am – Mental Exercise (crossword) 9:30 am- Música Del Ayer 10:00 am- Canvas Arts 11:00 am – ZUMBA (Tech World)</p> <p>COMMUNITY FAIR@10AM</p>

<p>19. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Paint by Numbers 11:00 am – Health Management 12:30 pm – Stretch Exercise</p> <p>World Humanitarian Day</p>	<p>20. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Diamond Painting 11:00 am – Chair Exercise (Tech World) 12:30 am – Stretch Exercise</p> <p>National Lemonade Day</p>	<p>21. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Coloring/w Mercedes 11:00 am – Karaoke Signing 12:30pm – Stretch Exercise</p> <p>NORC COMMUNITY FAIR@10AM</p>	<p>22. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Staywell Exercise 11:00 am – Creative Arts 12:30 pm – Stretch Exercise</p>	<p>23. 8:30 am – Mental Exercise (crossword) 9:30 am- Musica Del Ayer 10:00 am- Canvas Class 11:00 am – ZUMBA CLASS (Tech World) 12:30 pm – Stretch Exercise</p> <p>GUESS COMMUNITY FAIR @10 AM</p>
<p>26. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am –Health Management 11:00 am – Creative Arts 12:30 pm – Stretch Exercise</p> <p>SENIOR ADVISORY MEETING</p> <p>National Women’s Equality Day</p>	<p>27. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Creative arts 11:00 am – Chair Exercise (Tech World) 12:00 am – Stretch Exercise</p>	<p>28. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Technology 11:00 am – Nutrition Class 12:30pm – Stretch Exercise</p>	<p>29. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Staywell Exercise 11:30 am- Creative Arts 12:30 pm – Stretch Exercise</p> <p>HOLIDAY HILLS TRIP@7:30AM</p>	<p>30. 8:30 am – Mental Health (crosswords) 9:30 am – Musica Del Ayer 10:00 am – Canvas arts 11:00 am ZUMBA CLASS (Tech World)</p> <p>National Beach Day</p>



NEIGHBORHOOD Self Help by Older Persons Project
Helping Older Adults Help Themselves
Funded By the NYC AGING



To participate, click on any scheduled time of activities for a direct link to join **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
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