


SEPTEMBER 2024 PROGRAM

Leon Older Adult Center

SCAN ME

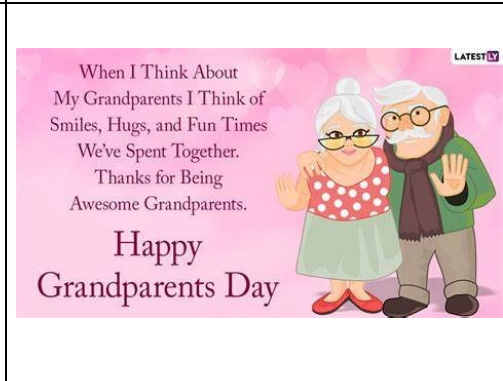


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p>  <p>Center Closed</p>	<p>3.</p> <p>8:30 am – Leisure Games 9:00 am – Canvas Class 10:00 am – Musica Del Ayer 11:00 am – Chair Exercise (Tech World) 12:00 pm – Stretch Exercise</p>	<p>4.</p> <p>8:30 am – Mental Exercise 9:00 am – Musica Del Ayer 10:00 am – Creative Arts 11:00 am - ESSEN HEALTH MOBILE PANTRY 12:00 PM – Stretch Exercise</p>	<p>5.</p> <p>8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:30 am – Staywell Exercise 11:30 am – Coloring/w Mercedes 12:30 pm – Stretch Exercise</p>	<p>6.</p> <p>8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am -Coffee Time/w Mercedes 11:00 am – Latin Dance Class (Tech World) 12:00 pm- Stretch Exercise</p>
<p>9.</p> <p>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>10.</p> <p>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>GRANDPARENTS CELEBRATION @ 10 AM</p>	<p>11.</p> <p>8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Medicare 101 Presentation 11:00 am – Essen House Call presentation 12:30pm – Stretch Exercise</p>	<p>12.</p> <p>8:30 am – Mental Exercise (crossword) 9:00 am – Música Del Ayer 10:00 am – Staywell Exercise 11:00 am – Self-Defense Class (Tech World) 12:30 Pm – Stretch Exercise</p>	<p>13.</p> <p>8:30 am – Mental Exercise (crossword) 9:00 am- Música Del Ayer 10:00 am- Coffee Time/w Mercedes 11:00 am – Latin Dance Class (Tech World) 12:00 pm – Stretch Exercise</p>
<p>16.</p> <p>8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Creative Arts 11:00 am – Guess the Famous Person? 12:30 pm – Stretch Exercise</p>	<p>17.</p> <p>8:30 am – Leisure Games 9:00 am – Coloring /w Mercedes 10:00 am – Musica Del Ayer 11:00 am- Chair Exercise (Tech World) 12:30 pm – Stretch Exercise</p>	<p>18.</p> <p>8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Medicare Saving Program Presentation 11:00 am –Sunray Home Care Presentation 12:30pm – Stretch Exercise</p> <p>BINGO PARTY @ 1:30 PM</p>	<p>19.</p> <p>8:30 am – Leisure Games 9:30 am – Musica Del Ayer 10:00 am – Staywell Exercise 11:00 am – Creative Arts 12:30 pm – Stretch Exercise</p> <p>MOVIE DAY @1:30 PM</p>	<p>20.</p> <p>8:30 am – Mental Exercise (crossword) 9:00 am- Música Del Ayer 10:00 am- Canvas Arts 11:00 am – Latin Dance Class (Tech World) 12:00 pm – Stretch Exercise</p>

<p>23. 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>SENIOR GAME DAY @ 11 AM</p>	<p>24. 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>25. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Senior CPR CLASS PT 1 (Tech World) 11:00 am – Painting/w Katherine (SWH) 12:30pm – Stretch Exercise</p>	<p>26. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – Staywell Exercise 11:00 am – Senior CPR Class PT 2 (Tech World) 12:30 pm – Stretch Exercise</p>	<p>27. 8:30 am – Mental Exercise (crossword) 9:30 am- Musica Del Ayer 10:00 am- Canvas Class 11: 00 AM – Latin Dance Class (Tech World) 12:30 pm – Stretch Exercise</p> <p>GLOW IN THE DARK PARTY @ 1:30PM</p>
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30.
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

BALLOON VOLLYBALL @ 11AM



LOCATION:
**735 E. 152ND STREET
BX, NY 10455**

PHONE: (718) 708-6897



*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
Essen Health
Age Well
Oak Street
All Care
Tech World LLC
Caring Professionals