



**NEIGHBORHOOD** Health  
 Help by  
 Hooping Older Adults Help: Therapeutic Program

# OCTOBER 2024 PROGRAM

## Leon Older Adult Center



SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>October is Breast Cancer &amp; Domestic Violence Awareness Month</b></p> <p>7. 8:30 am – Mental Exercise (crossword)            9:30 am – Musica Del Ayer            10:00 am – Bingocize Orientation            10:30 am – Technology Class            11:00 am – <b>Health Management</b>            12:30 pm – Stretch Exercise</p> <p><b>B I N G O @12:30pm</b></p> <p><b>WORLD CEREBRAL PALSY DAY</b></p>	<p>1. 8:30 am – Leisure Games            9:00 am – Canvas Class            10:00 am – Musica Del Ayer            11:00 am – <b>Chair Exercise (Tech World)</b>            12:00 pm – Stretch Exercise</p>	<p>2. 8:30 am – Mental Exercise            9:00 am – Musica Del Ayer            10:00 am – <b>MEDICARE PRESENTATION</b>            11:00 am - <b>ESSEN HEALTH MOBILE PANTRY</b>            12:00 PM – Stretch Exercise</p> <p><b>GENERAL MEETING @11:30 AM</b></p>	<p>3. 8:30 am – Mental Exercise (crossword)            9:30 am – Música Del Ayer            10:00 am – <b>DIABETES CLASS (1)</b>            11:00 am – Staywell Exercise            12:30 pm – Stretch Exercise</p>	<p>4. 8:30 am – Mental Exercise (crossword)            9:30 am – Música Del Ayer            10:00 am -Coffee Time/w Mercedes            11:00 am – <b>Latin Dance Class (Tech World)</b>            12:00 pm- Stretch Exercise</p>
<p>8. 8:30 am – Mental Exercise (crossword)            9:00 am – Música Del Ayer            10:00 am – Karaoke Singing            11:00 am – <b>Chair Exercise (Tech World)</b>            12:30 pm – Stretch Exercise</p>	<p>9. 8:30 am – Mental Exercise (crossword)            9:30 am – Música Del Ayer            10:00 am – <b>Canvas Arts</b>            11:00 am – <b>Technology Class</b>            12:30pm – Stretch Exercise</p>	<p>10. 8:30 am – Mental Exercise (crossword)            9:00 am – Música Del Ayer            10:00 am – <b>DIABETES CLASS (2)</b>            11:00 am – Staywell Exercise            12:30 Pm – Stretch Exercise</p> <p><b>HISPANIC HERITAGE CELEBRATION@1:30PM</b></p>	<p>11. 8:30 am – Mental Exercise (crossword)            9:00 am- Música Del Ayer            10:00 am- <b>B I N G O @12:30pm</b>            11:00 am – <b>Latin Dance Class (Tech World)</b>            12:00 pm – Stretch Exercise</p>	<p>12. 8:30 am – Mental Exercise (crossword)            9:00 am- Música Del Ayer            10:00 am- <b>B I N G O @12:30pm</b>            11:00 am – <b>Latin Dance Class (Tech World)</b>            12:00 pm – Stretch Exercise</p> <p><b>BREAST CANCER AWARENESS DAY</b></p>
<p>14. <b>HAPPY COLUMBUS DAY</b>            WE WILL BE CLOSED MONDAY, OCTOBER 14.</p>	<p>15. 8:30 am – Leisure Games            9:00 am – Coloring /w Mercedes            10:00 am – <b>B I N G O @12:30pm</b>            11:00 am – <b>Chair Exercise (Tech World)</b>            12:30 pm – Stretch Exercise</p>	<p>16. 8:30 am – Mental Exercise (crossword)            9:30 am – Música Del Ayer            10:00 am – <b>Canvas Arts</b>            11:00 am – <b>COMPRANDO RICO Y SANO</b>            12:30pm – Stretch Exercise</p> <p><b>BINGO PARTY@1:30PM</b></p>	<p>17. 8:30 am – Leisure Games            9:30 am – Música Del Ayer            10:00 am – <b>DIABETES CLASS (3)</b>            11:00 am – Creative Arts            12:30 pm – Stretch Exercise</p>	<p>18. 8:30 am – Mental Exercise (crossword)            9:00 am- Música Del Ayer            10:00 am- <b>B I N G O @12:30pm</b>            11:00 am – <b>Latin Dance Class (Tech World)</b>            12:00 pm – Stretch Exercise</p> <p><b>BREAST CANCER AWARENESS DAY</b></p>



<p>21. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Paint by Numbers 11:00 am – Nutrition Class (Tech World) <b>ZOOM</b> 12:30 pm – Stretch Exercise</p>	<p>22. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am <b>BINGO @BZZ@</b> 11:00 am – Chair Exercise (Tech World) 12:30 am – Stretch Exercise</p>	<p>23. 8:30 am – Mental Exercise (crossword) 9:30 am – Musica Del Ayer 10:00 am – Health Management 11:00 am – <b>Painting/w Katherine (SWH)</b> 12:30pm – Stretch Exercise</p>	<p>24. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – <b>DIABETES CLASS (4)</b> 11:00 am – Staywell Exercise 12:30 pm – Creative Arts</p>	<p>25. 8:30 am – Mental Exercise (crossword) 9:30 am- Musica Del Ayer 10:00 am- <b>BINGO @BZZ@</b> 11:00 AM – <b>Latin Dance Class (Tech World)</b> 12:30 pm – Stretch Exercise</p>
<p>28. 8:30 am – Mental Exercise (crossword) 9:30 am – Música Del Ayer 10:00 am – <b>Domestic Violence Presentation</b> 11:00 am – Creative Arts 12:30 pm – Stretch Exercise</p>	<p>29. 8:30 am – Leisure Games 9:00am- Creative Arts 10:00 am – <b>BINGO @BZZ@</b> 11:00 am – <b>Chair Exercise (Tech World)</b> 12:30 pm – Karaoke Signing</p>	<p>30. 8:30 am – Mental Health Exercise (crosswords) 9:00 am – Canvas Arts 10:00 am – Technology Class 11:00 am – Musica Del Ayer 12:00pm – Stretch Exercise <b>HALLOWEEN PARTY @1:30 PM</b></p>	<p>31. 8:30 am – Musica Del Ayer 9:00 am – Coffee Time/w Mercedes 10:00 am – Staywell Exercise 11:00 am – Diamond Painting 12:00 pm – Stretch Exercise</p>	<p><b>LOCATION:</b> 735 E. 152<sup>ND</sup> STREET BX, NY 10455 <b>PHONE: (718) 708-6897</b></p>
<p><i>To participate, click on any scheduled time of activities for a direct link to join ZOOM. – or – go to <a href="https://zoom.us/join">https://zoom.us/join</a> and sign in using Member IDs &amp; Passwords below</i></p>				
<p><b>Mercedes Activity Room</b> Meeting ID: 455 486 5715 Password: Leon152</p>				
<p><b>TECH WORLD ACTIVITY ROOM</b> Meeting ID: 628 351 4488 Password: 111</p>				
<p>CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIO</p> 				
<p><b>Sponsors:</b> Senior Whole Health Essen Health Age Well Oak Street All Care Tech World LLC Caring Professionals</p>				



**NEIGHBORHOOD** Skills Center by  
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