



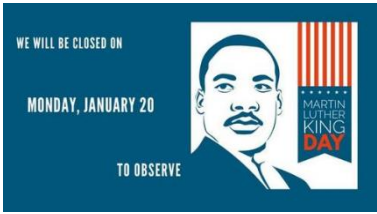



January 2025 Program

Leon Older Adult Center
735 E. 152ND STREET

Bronx, NY 10455



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>6. 8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Technology 11:00 am – Trip Around the World</p> <p>SENIOR ADVISORY MEETING@10:30AM</p> <p>Three King Celebration@1:30pm</p> <p>CUDDLE UP DAY</p>	<p>7. 8:30 am – Morning Stretch 9:00 am – Music Melodies 10:00 am- Creative Arts 11:00 am – Chair Exercise (Tech World)</p> <p>NATIONAL BOBBLEHEAD DAY</p>	<p>8. 8:30 am – Morning Stretch 9:00 am – Mental Health 10:00 am – Chair Volleyball 11:00 am – Canvas Arts</p> <p>BUBBLE BATH DAY</p>	<p>9. 8:30 am – Morning Stretch 9:00 am- Musical Del Ayer 10:00 am- Creative Arts 11:00 am- Zumba Class (Tech World)</p> <p>NATIONAL APRICOT DAY</p>	<p>10-. 8:30 am – Morning Stretch 9:00 am – Canvas Class 10:00 am – Música Del Ayer 11:00 am – Zumba Class (Tech World)</p> <p>HOUSEPLANT APPRECIATION DAY</p>
<p>13. 8:30 am – Morning Stretch 9:00 am- Technology Class 10:00 am – Creative Arts 11:00 am – Nutrition Class (Tech World)</p> <p>NATIONAL RUBBER DUCKIE DAY</p>	<p>14. 8:30 am- Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Technology Class 11:00 am- Chair Exercise (Tech World)</p> <p>DRESS UP YOUR PET DAY</p>	<p>15. 8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Health Management 11:00 am – Painting/w Katherine (S.W.H)</p> <p>BINGO PARTY@1:30PM</p> <p>BAGEL DAY</p>	<p>16. 8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:30 am – Staywell Exercise 11:00 am – Technology Class</p> <p>Bill of Rights Day</p>	<p>17. 8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Chair Exercise/w Jackson 11:00 am – Hand Massage (All Care)</p>

<p>20.</p>  <p>CENTER CLOSED</p>	<p>21.</p> <p>8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Technology Class 11:00 am – Chair Exercise (Tech World)</p> <p>HUGGING DAY</p>	<p>22.</p> <p>8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Creative Arts 11:00 am – Health Management PJ'S & HOT COCO DAY</p> <p>NATIONAL HOT SAUCE DAY</p>	<p>23.</p> <p>8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:30am – Staywell Exercise 11:00 am – Health Promotion</p> <p>PIE DAY</p>	<p>24.</p> <p>8:30 am- Morning Stretch 9:00 am – Música Del Ayer 10:00 am- Creative Arts 11:00 am – Chair Exercise /w Jackson</p> <p>PEANUT BUTTER DAY</p>
<p>27.</p> <p>8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Creative arts 11:00 am – Technology Class</p> <p>CHOCOLATE CAKE DAY</p>	<p>28.</p> <p>8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Painting by Number 11:00 am –Chair Exercise (Tech World)</p> <p>National Fruitcake Day</p>	<p>29.</p> <p>8:30 am – Morning Stretch 9:00 am – Música Del Ayer 10:00 am – Health Promotion 11:00 am – SMOOTHIE CLASS (SUNRAY HOMECARE)</p> <p>CHINESE NEW YEARS PUZZLE DAY</p>	<p>30.</p> <p>8:30 am – Morning Stretch 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Musica Del Ayer</p> <p>CROISSANT DAY</p>	<p>31.</p> <p>8:30 am- Morning Stretch 9:00 am – Creative Arts 10:00 am – Musica Del Ayer 11:00am –Chair Exercise (Tech World)</p> <p>WINTER WONDERLAND CELEBRATION@1:30PM</p> <p>HOT CHOCOLATE DAY</p>
 <p>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><u>Mercedes Activity Room</u></p> <p>Meeting ID: 455 486 5715 Password: Leon152</p> <p><u>TECH WORLD ACTIVITY ROOM</u> (NUTRITION CLASS) 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></p> <p>Tech World Senior Whole Health All Care Oak Street Health Essen Health SunRay Homecare</p>