








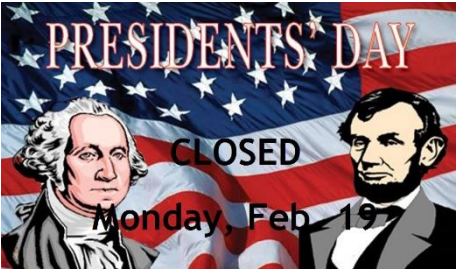


# February 2024 Program

Leon Older Adult Center

735 E. 152<sup>nd</sup> Street  
Bronx, NY 10455



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3. 9:00 am – Música Del Ayer 9:30 am – Morning Stretch <b>10:00 am – ESSEN HEALTH</b> 11:00 am – Nutrition Class (Tech World)</p> <p style="text-align: center;"><b>Carrot Cake Day</b></p>	<p>4. 9:00 am – Canvas Arts 9:30 am – Morning Stretch 10:00 am – Music Del Ayer 11:00am – Chair Exercise (Tech World)</p> <p style="text-align: center;"><b>Wear Red Today</b></p>	<p>5. 9:00 am – Musica Del Ayer 9:30 am- Morning Stretch 10:00 am – Creative Arts <b>11:00 am – Medicare Presentation</b></p> <p style="text-align: center;"><b>GENERAL MEETING@12 PM</b></p>	<p>6. 9:00 am – Musica Del Ayer 9:30 am – Morning Stretch <b>10:00am – Essen Health</b> 11:00 am -Canvas Arts</p>	<p>7. 9:00 am – Música Del Ayer 9:30 am – Morning Stretch 10:00 am – Canvas Class 11:00 am –Chair Exercise (Tech World)</p>
<p>10. 9:00 am – Creative Arts 9:30 am – Morning Stretch 10:00 am – Mental Health (crossword) <b>11:00 am – Health &amp; Wellness Presentation</b></p> <p style="text-align: center;"><b>Umbrella Day</b></p>	<p>11. 9:00 am – Mental Health (Crosswords) 9:30 am – Morning Stretch 10:00 am – Health Promotion 11:00 am – Chair Exercise (Tech World)</p>	<p>12. 9:00 am – Canvas Class 9:30 am – Morning Stretch 10:00 am – Technology Class 11:00 am – Diabetes Presentation</p>	<p>13. 9:00 am – Leisure Games 9:30 am – Morning Stretch <b>10:30 am</b> – Staywell Exercise 11 am – Creative Arts</p> <p style="text-align: center;"><b>1:30 pm – VALENTINE DAY PARTY</b> <b>Radio Day</b></p>	<p>14. 9:00 am – Canvas Class 9:30 am – Morning Stretch 10:00 am – Karaoke Singing 11:00 am – Chair Exercise (Tech World)</p>

<p>17.</p>  <p><b>CENTER CLOSED</b></p>	<p>18.</p> <p>9:00 am – Musica Del Ayer  9:30 am – Morning Stretch  10:00 am – Canvas Class  11:00 am- Chair Exercise (Tech World)</p>	<p>19.</p> <p>9:00 am – Musica Del Ayer  9:30 am – Morning Stretch  <b>10:00 am – ESSEN HEALTH</b>  11:00 am – Technology Class</p> <p><b>Chocolate Mint Day</b></p>	<p>20.</p> <p>9:00 am – Musica del Ayer  9:30 am – Morning Stretch  10:00 am – Staywell Exercise  11:00 am – Creative Arts  <b>1:00 pm- NORC PERFORMANCE</b></p> 	<p>21.</p> <p>9:00 am – Diamond Painting  9:30 am – Morning Stretch  10:00 am – Karaoke Signing  11:00 am – Chair Exercise (Tech World)</p>
<p>24.</p> <p>9:00 am – Leisure Billard Games  9:30 am – Morning Stretch  <b>10:00 am – ESSEN HEALTH</b>  11:00 am – Technology</p> <p><b>Senior Advisory Meeting@  10:30am</b></p>	<p>25.</p> <p>9:00 am – Music Melodies  9:30 am – Morning Stretch  10:00 am – Diamond Painting  11:00 am – Chair Exercise (Tech World)</p>	<p>26.</p> <p>9:00 am – Musica del Ayer  9:30 am – Morning Stretch  <b>10:30 am- ART DECO STORY (ZOOM)</b>  11:00 am – Health Management</p>	<p>27.</p> <p>9:00 am- Musica Del Ayer  9:30 am – Morning Stretch  10:00 am – Staywell Exercise  11:00 am- Karaoke Signing</p> <p><b>DOMINICAN INDEPENDENCE DAY</b></p>	<p>28.</p> <p>9:00 am – Musica del Ayer  9:30 am – Morning Stretch  10:00 am – Chair Exercise (Tech World)  <b>11:00 am – Exploitation &amp; Scams</b></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 <b>ZOOM</b>.  – 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><u>Mercedes Activity Room</u></b>  <b>Meeting ID:</b> 455 486 5715  <b>Password:</b> Leon152</p> <p><b><u>Tech World</u></b>  <b>Meeting ID:</b> 628 351 4488  <b>Password:</b> 111</p> <p><b><u>Art Deco</u></b>  <b>Meeting ID:</b> 879 311 08998  <b>Password:</b> 854922</p>	<p><b>ALL CLASSES ARE CONDUCTED IN SPANISH</b></p> <p><b>TODAS LAS CLASES SON EN ESPAÑOL</b></p> <p><b>CALENDAR SUBJECT TO CHANGE</b>  <b>Calendario sujeto a cambios</b></p>	<p><b><u>Sponsors</u></b>  Tech World  Senior Whole Health  Elite Services  All Care  Oak Street Health  Essen Health</p>