



March 2025 Program






Leon Older Adult Center
735 East 152nd Street



Bronx, NY 10455
(718)708-6897



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3. 8:30 am – Music Melodies 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Nutrition Class (Tech World) 1:00 pm – Technology Class</p>	<p>4. 8:30 am – Music Melodies 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Chair Exercise (Tech World)</p> <p style="text-align: center;">Mardi Gras</p>	<p>5. 8:30 am- Leisure Dominos/Billard 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Musica Del Ayer</p> <p style="text-align: center;">Ash Wednesday</p>	<p>6. 8:30 am – Music Melodies 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Technology Class 1:00 pm: Karaoke Signing</p> <p style="text-align: center;">Oreo Cookie Day</p>	<p>7. 8:30 am – Music Melodies 9:00 am- Morning Stretch 10:00 am-Canvas Arts 11:00 am –Chair Exercise (Tech World) 1:00 pm – Technology Class</p> <p style="text-align: center;">National Cereal Day</p>
<p>10. 8:30 am – Music Melodies 9:00 am – Morning Stretch 10:00 am – MEDICARE PRESENTATION 11:00 am – Trip Around the World</p>	<p>11. 8:30 am – Leisure Dominos/ Billard 9:00 am – Morning Stretch 10:00 am – Paint by Number 11:00 am – Chair Exercise (Tech World)</p>	<p>12 8:30 am- Music Melodies 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Technology Class</p> <p style="text-align: center;">Plant a Flower Day</p>	<p>13. 8:30 am – Music Melodies 9:00 am – Canvas Arts 10:00 am – Staywell Exercise 11:00 am – Health Management</p> <p style="text-align: center;">Senior General Meeting@11am</p>	<p>14. 8:30 am – Leisure Dominos/Billiard 9:00 am- Morning Stretch 10:00 am-Canvas Arts 11:00 am –Chair Exercise (Tech World)</p> <p style="text-align: center;">1:30 pm- Madri Gras & St. Patty Celebration</p>

<p>17. 8:30 am – Music Melodies 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Health Management 1:00 pm – St. Partick Presentation</p> <p style="text-align: center;">St. Patrick Day</p>	<p>18. 8:30 am – Music Melodies 9:30 am – Morning Stretch 10:00 am – Technology Class 11:00 am – Chair exercise (Tech World) 1:00 pm – Creative Arts</p> <p style="text-align: center;">National Sloppy Joe</p>	<p>19. 8:30 am – Música Del Ayer 9:00 am –Morning Stretch 10:00 am – Health Management 11:00 am – Creative Arts</p> <p style="text-align: center;">BINGO PARTY 1:30PM</p>	<p>20. 8:30 am – Leisure Dominos/ Billiard 9:30 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Health Promotion</p> <p style="text-align: center;">First Day of Spring</p>	<p>21. 8:30 am – Music Melodies 9:00 am- Morning Stretch 10:00 am- Painting By Number 11:00 am – Chair Exercise (Tech World)</p> <p style="text-align: center;">Billard Tournament 9:30am Casa Boricua</p>
<p>24. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – Nutrition class 11:00 am – Technology</p>	<p>25. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Música Del Ayer</p>	<p>26. 8:30 am – Leisure Dominos/Billiard 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Creative Arts</p>	<p>27. 8:30 am – Music Melodies 9:00 am – Diamond Painting 10:00 am – Staywell Exercise 11:00 am- Música Del Ayer</p>	<p>28. 8:30 am – Leisure Dominos/ Billiard 9:00 am – Morning Stretch 10:00 am – Creative Arts 11: 00 am – Chair Exercise (Tech World)</p>
<p>31. 8:30 am – Music Melodies 9:00 am – Morning Stretch 10:00 am – Technology Class 11:00 am – Canvas Arts</p>				
 <p style="text-align: center;">FUNDED BY NYC AGING</p>		<p style="text-align: center;"><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 Room</u> Meeting ID: 455 486 5715 Password: Leon152</p> <p><u>Tech World Nutrition Room</u> Meeting ID: 628 351 4488 Password: 111</p> <p style="text-align: right;">Calendar Subject to Change Calendario Sujeto a Cambio</p>		