




APRIL 2025 PROGRAM

Leon Older Adult Center
735 E. 152nd St
BX, NY 10455
(718) 708-6897



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sexual Assault Awareness Month</p> <p>DRAWING CONNECTIONS PREVENTION DEMANDS EQUITY</p>	<p>1. 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Chair Exercise 1:00 pm – Karaoke Signing</p> <p>April Fool Day</p>	<p>2. 9:00 am – Morning Stretch 10:00am – Essen Health 11:00 am – Canvas Arts 1:00pm – Technology Class</p> <p>National Walking Day</p>	<p>3. 9:00 am – Musica Del Ayer 10:00 am – Staywell Exercise 11:00 am – Health Management 1:00 pm – Canvas Arts</p> <p>National Burrito Day</p>	<p>4. 9:00 am – Morning Stretch 10:00 am – W.W.E Orientation 11:00 am – Chair Exercise 1:00 pm – Karaoke Singing</p> <p>National Vitamin C Day</p>
<p>7. 8:30 am – Morning Stretch 9:00 am – Musica Del Ayer 10:00 am- Creative Arts 11:00 am – Technology Class</p> <p>World Health Day Walk with Ease</p>	<p>8. 8:30 am – Morning Stretch 9:00 am – Mental Health Exercise 10:00 am – Creative Arts 11:00 am –Chair Exercise</p> <p>National Zoo Lover Day</p>	<p>9. 8:30 am – Muscia Del Ayer 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Health Management GENERAL MEETING@11:30AM</p> <p>Walk with Ease</p>	<p>10. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 10:00 am – Staywell Exercise 11:00 am – Able Homecare Presentation</p> <p>National Siblings Day</p>	<p>11. 8:30 am – Music Melodies 9:00 am – Morning Stretch 10:00 am – Chair Exercise 11:00 am – AllCare Presentation</p> <p>National Pet Day Walk with Ease</p>
<p>14. 8:30 am – Musica del Ayer 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Nutrition Class (Tech World)</p> <p>National Gardening Day Walk with Ease</p>	<p>15. 8:30 am – Musica Del Ayer 9:00 am – Technology Class 10:00 am – Health Management 11:00 am – Chair Exercise 1:00 pm – Canvas Class</p> <p>National Laundry Day</p>	<p>16. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Creative Arts VOLUNTEER OUTTING@11AM</p> <p>Walk with Ease</p>	<p>17. 8:30 am – Music Del Ayer 9:00 am – Creative Arts 10:00 am – Essen Health 11:00 am- Mental Health Exercise</p> <p>HOLY THURSDAY CB PLAY 1:30PM</p>	<p>18. 8:30 am – Music Melodies 9:00 am – Canvas Class 10:00am – Technology Class 11:00 am – Chair Exercise</p> <p>GOOD FRIDAY Walk with Ease</p>

<p>21. 8:30 am -Musica Del Ayer 9:00 am – Technology Class 10:00 am – EASTER ACTIVITIES 11:00 am – OAK STREET PRESENTATION</p> <p style="text-align: center;">Walk with Ease</p>	<p>22. 8:30 am – Music Melodies 9:00 am – Health Management 10:00 am – Planting Seeds 11:00 am – Chair Exercise (Tech World)</p> <p style="text-align: center;">EARTH DAY</p>	<p>23. 8:30 am – Musica del Ayer 9:00 am – Technology Class 10:00 am – Creative Arts 11:00 am – Health Management 1:30 pm – BINGO PARTY</p> <p style="text-align: center;">Walk with Ease</p>	<p>24. 8:30 am – Musica del Ayer 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Health Management</p> <p style="text-align: center;">DEMIN DAY VOLUNTEER EVENT CB@2PM</p>	<p>25. 8:30 am – Music Melodies 9:00 am – Creative Arts 10:00 am -Coffee Time/w Mercedes 11:00 am – Chair Exercise 1:30PM – SPRING CELEBRATION & BIRTHDAY CELEBRATION</p> <p style="text-align: center;">Walk with Ease</p>
<p>28. 8:30 am – Morning Stretch 9:00 am – Diamond Painting 10:00 am – Music Del Ayer 11:00 am – Technology Class</p> <p style="text-align: center;">ADVISORY MEETING@10:30AM</p> <p style="text-align: center;">Walk with Ease</p>	<p>29. 8:30 am – Musica Del Ayer 9:00 am – Creative Arts 10:00 am – Health Management 11:00 am – Chair Exercise</p> <p style="text-align: center;">National Zipper Day</p>	<p>30. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 10:00 am – Technology Class 11:00 am – Creative Arts</p> <p style="text-align: center;">National Sarcoidosis Day</p> <p style="text-align: center;">Walk with Ease</p>		
 <p style="text-align: center;">NEIGHBORHOOD Self Help by Older Persons Project Helping Older Adults Help Themselves Funded By the 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 style="text-align: center;"><u>Mercedes Activity Room</u> Meeting ID: 455 486 5715 Password: Leon152</p> <p style="text-align: center;"><u>TECH WORLD ACTIVITY ROOM</u> Meeting ID: 628 351 4488 Password: 111</p>	<p style="text-align: center;">ALL CLASSES ARE CONDUCTED IN SPANISH</p> <p style="text-align: center;">TODAS LAS CLASES SON EN ESPAÑOL</p> <p style="text-align: center;">CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIO</p>	<p style="text-align: center;"><u>Sponsors:</u> Senior Whole Health Essen Health Tech World LLC Oak Street All Care</p>