



NEIGHBORHOOD
Self Help by Older Adults
Helping Older Adults Help Themselves Prosper

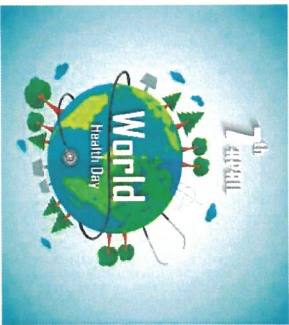


APRIL 2025 PROGRAM

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
Sexual Assault Awareness Month	1. 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Chair Exercise 1:00 pm – Karaoke Signing	2. 9:00 am – Morning Stretch 10:00am – Essen Health 11:00 am – Canvas Arts 1:00pm – Technology Class	3. 9:00 am – Musica Del Ayer 10:00 am – Staywell Exercise 11:00 am – Health Management 1:00 pm – Canvas Arts	4. 9:00 10: 11: 1:0
7. 8:30 am – Morning Stretch 9:00 am – Musica Del Ayer 10:00 am- Creative Arts 11:00 am – Technology Class	8. 8:30 am – Morning Stretch 9:00 am – Mental Health Exercise 10:00 am – Creative Arts 11:00 am –Chair Exercise	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	10. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 10:00 am – Staywell Exercise 11:00 am – Able Homecare Presentation	11. 8:3 9:0 10: 11:
World Health Day Walk with Ease	National Zoo Lover Day	Walk with Ease	National Siblings Day	
14. 8:30 am – Musica del Ayer 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Nutrition Class (Tech World)	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	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	17. 8:30 am – Music Del Ayer 9:00 am – Creative Arts 10:00 am – Essen Health 11:00 am- Mental Health Exercise	18. 8:3 9:0 10: 11:
National Gardening Day Walk with Ease	National Laundry Day	Walk with Ease	HOLY THURSDAY CB PLAY 1:30PM	

21. 8:30 am -Musica Del Ayer 9:00 am – Technology Class 10:00 am – EASTER ACTIVITIES 11:00 am – OAK STREET PRESENTATION	22. 8:30 am – Music Melodies 9:00 am – Health Management 10:00 am – Planting Seeds 11:00 am – Chair Exercise (Tech World)	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	24. 8:30 am – Musica del Ayer 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Health Management DEMIN DAY VOLUNTEER EVENT CB@2PM	25. 8:30 9:0 10: 11: 1:
28. 8:30 am – Morning Stretch 9:00 am – Diamond Painting 10:00 am – Music Del Ayer 11:00 am – Technology Class ADVISORY MEETING@10:30AM Walk with Ease	29. 8:30 am – Musica Del Ayer 9:00 am – Creative Arts 10:00 am – Health Management 11:00 am – Chair Exercise National Zipper Day	30. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 10:00 am – Technology Class 11:00 am – Creative Arts National Sarcoidosis Day Walk with Ease		
<i>To participate, click on any scheduled time of activities for a direct – or –go to https://zoom.us/join and sign in using Member IDs</i>				
NEIGHBORHOOD Sail by Helping Older Adults Help Themselves Project Funded By the NYC AGING 	Mercedes Activity Room Meeting ID: 455 486 5715 Password: Leon152 TECH WORLD ACTIVITY ROOM Meeting ID: 628 351 4488 Password: 111			
POINTS OF LIGHT NATIONAL VOLUNTEER WEEK APRIL 21-27 		ALL CLASSES ARE CONDUCTED IN SPANISH TODAS LAS CLASES SON EN ESPAÑOL CALENDAR SUBJECT TO CHANGE CALENDARIO SUETO A CAMBIO		