



# MAY 2025 PROGRAM

## Leon OAC



SCAN ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>May is Mental Health Awareness Month</p>	 <p><b>OLDER AMERICANS MONTH</b> FLIP THE SCRIPT ON AGING: MAY 2025</p>		<p>1. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 9:30 am – Creative Arts <b>10:00 am – Staywell Exercise</b> 11:00 am – Health Management</p> <p><b>WALK WITH EASE</b></p>	<p>2. <b>8:30 am</b> – Música Del Ayer <b>9:00 am</b> – Morning Stretch <b>9:30 am</b> – Technology Class <b>10:30 am</b> – Coffee Time/w Mercedes <b>11:00 am</b> – Chair Exercise (Tech World)</p> <p><b>WALK WITH EASE</b></p>
<p>5. 8:30 am – Music Melodies 9:00 am – Morning Stretch 9:30 am – Coloring w/Mercedes 10:30 am – Health Management <b>11:00 am – Trip Around the World “Mexico”</b></p> <p><b>5 DE MAYO CELEBRATION</b></p> <p><b>WALK WITH EASE</b></p>	<p>6. 8:30 am – Music Melodies 9:30 am – Morning Stretch 10:30 am – Creative Arts 11:00 am – Chair Exercise (Tech World) 12:00 pm – Mental Health Exercise</p>	<p>7. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 9:30 am – Mental Health Exercise 10:00 am – Health Management 10:30 am – Diamond Painting 11:00 am – <b>GENERAL MEETING</b></p> <p><b>WALK WITH EASE</b></p>	<p>8. 8:30 am – Music Melodies 9:30 am – Creative Arts 10:00 am – <b>Staywell Exercise</b> <b>10:30 am – SHREDDING EVENT</b></p>	<p>9. 8:30 am – Music Melodies 9:00 am – Morning Stretch 9:30 am – Coffee Time /w Mercedes 10:00 am – Canvas Arts 11:00 am – Chair Exercise (Tech World)</p> <p><b>MOTHER’S DAY PARTY</b></p> <p><b>WALK WITH EASE</b></p>
<p>12. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 10:00 am – Technology Class 10:30 am – Canvas Arts 11:00 am – Stretch Exercise</p> <p><b>WALK WITH EASE</b></p>	<p>13. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 9:30 am – Painting by Number 10:30 am – Health Management 11:00 am – Chair Exercise (Tech World) 12:00 pm – Mental Health Exercise</p>	<p>14. 8:30 am – Music Melodies 9:00 am – Morning Stretch 9:30 am – Technology Class 10:30 am- Coloring w/Mercedes <b>11:00 am – BULLETIN BOARD DAY</b></p> <p><b>WALK WITH EASE</b></p>	<p>15. 8:30 am – Musica Del Ayer 9:00 am – Morning Stretch 9:30 am – Creative Arts 10:00am- Health Management 10:30 am – Chair Exercise (Tech World) 11:00 am – Technology Class</p>	<p>16. 8:30 am – Música Del Ayer 9:30 am – Canvas Arts 10:00 am – Stretch Exercise 10:30 am – <b>WWE Graduation</b></p> <p><b>WALK WITH EASE GRADUATION</b></p>

<p>19.</p> <p>8:30 am – Musica Del Ayer  9:00 am – Morning Stretch  10:00 am – Creative Arts  10:30 am – Technology Class  11:00 am – Mental Health Exercise</p> <p><b>ADVISORY MEETING @ 10:30 AM</b></p>	<p>20.</p> <p>8:30 am – Music Melodies  9:00 am – Morning Stretch  9:30 am – Creative Arts  10:30 am – Health Management  <b>11:00 am – Chair Exercise (Tech World)</b>  12:00 pm – Mental Health Exercise</p>	<p>21.</p> <p>8:30 am – Morning Stretch  9:30 am – Painting by Numbers  10:00 am- Musica del Ayer  <b>11:00 am- STRETCH &amp; BALANCE</b></p> <p><b>BINGO PARTY @ 1:30 PM</b></p>	<p>22.</p> <p>8:30 am – Music Melodies  9:00 am – Morning Stretch  9:30 am – Health Management  10:00 am- Creative Arts  10:30 am – Staywell Exercise  <b>11:00 am – ELDER ABUSE - SHOPP</b>  12:00 pm – Mental Health Exercise</p>	<p>23.</p> <p>8:30 am – Morning Stretch  9:30 am – Coffee Time/w Mercedes  10:30 am- Canvas Arts  11:30 am – Chair Exercise (Tech World)  12pm – Karaoke Singing</p>
<p>26. <b>MEMORIAL DAY</b></p>  <p><b>CENTER CLOSED</b></p>	<p>27.</p> <p>8:30 am – Music Melodies  9:30 am – Morning Stretch  10:30 am – Creative Arts  11:00 am – Chair Exercise (Tech World)  12:00 pm – Technology Class</p>	<p>28.</p> <p>8:30 am – Musica Del Ayer  9:30 am – Morning Stretch  10:30 am – <b>SPA DAY</b>  11:00 am – Painting by Numbers  12:00 pm – Health Management</p>	<p>29.</p> <p>8:30 am -Music Melodies  9:30 am – Creative Arts  10:30 am – Staywell Exercise  11:00 am – Karaoke Singing  12:00 pm – Mental Health Exercise</p>	<p>30.</p> <p>8:30 am – Musica Del Ayer  9:30 am – Canvas Arts  10:30 am – Health Management  11:00 am – Chair Exercise (Tech World)</p> <p><b>BIRTHDAY CELEBRATION</b></p>
 <p><b>NEIGHBORHOOD</b> Self Help by Older Persons Project  Helping Older Adults Help Themselves  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>LEON OAC</b>  735 E. 152<sup>ND</sup> STREET  BRONX, NY 10455  (718) 708-6897</p>		<p><b><u>Mercedes Activity Room</u></b>  Meeting ID: 455 486 5715  Password: Leon152</p> <p><b><u>TECH WORLD ACTIVITY ROOM</u></b>  Meeting ID: 628 351 4488  Password: 111</p>	<p><b>CALENDAR SUBJECT TO CHANGE</b>  <b>CALENDARIO SUJETO A CAMBIO</b></p>	<p><b><u>Sponsors:</u></b>  Oak Street  Senior Whole Health  Age Well  Elderplan  All Care  Tech World LLC</p>