

March 2026 Program



Leon Older Adult Center
735 East 152nd Street
Bronx, NY 10455
(718)708-6897



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 9:00 am – Creative Arts 10:00 am- Morning Stretch 11:00 am – Crossword Puzzles 1:00 pm – Karaoke Signing Fashion Show Rehearsal Self-Monitoring Blood Pressure Old Stuff Day</p>	<p>3. 9:00am – Creative Arts 10:00 am – Health Mangement 11:00 am – Technology Class</p>	<p>4. 9:00 am – Canvas Arts 10:00 am – Health Management 11:00 am – Zumba Gold (Tech World) 1:00 pm – Technology Office Hours Fashion Show Rehearsal Self-Monitoring Blood Pressure Senior Elections@10am General Meeting@11:45am</p>	<p>5. 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am- Technology Class (Tech World) 1:00 pm- Karaoke Signing</p>	<p>6. 9:00 am – Creative Arts 10:00am – Coffee Time/w Mercedes 11:00 am – Chair Exercise (Tech World) Self-Monitoring Blood Pressure Dress Day</p>
<p>9. 9:00 am – Creative Arts 10:00 am – Women Day’s Activities (All Care) 11:00 am – Trip Around the World Fashion Show Rehearsal Self-Monitoring Blood Pressure</p>	<p>10. 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Balloon Volleyball Skirt Day</p>	<p>11. 9:00 am – Leisure Dominos 10:00 am – Zumba Gold (Tech World) 11:00 am –Painting/w Katherine 1:00 pm – Technology Office Hours Fashion Show Rehearsal Self-Monitoring Blood Pressure Napping Day</p>	<p>12. 9:00 am – Creative Arts 10:00 am– Staywell Exercise 11:00 am – Technology Class (Tech World) 1:00 pm: Karaoke Signing Plant a Flower</p>	<p>13. 9:00 am- Canvas Arts 10:00 am- Coffee Time/w Mercedes 11:00 am –Chair Exercise (Tech World) Self-Monitoring Blood Pressure</p>
<p>16. 9:00 am – Creative arts 10:00 am –Technology Workshop # 4 11:00 am – Nutrition Class (Tech world) Fashion Show Rehearsal Self-Monitoring Blood Pressure</p>	<p>17. 9:00 am – Creative arts 10:00 am – Crosswords Puzzles 11:00 am – Balloon Volleyball St. Patrick Party @1:00pm </p>	<p>18 9:00 am – Leisure Dominos 10:00 am – Canvas Arts 11:00 am – Zumba Gold (Tech World) 1:00 pm – Technology Office Hours Fashion Show Rehearsal Self-Monitoring Blood Pressure</p>	<p>19. 9:00 am – Canvas Arts 10:00 am– Staywell Exercise 11:00 am – Technology Class (Tech World) Let’s Laugh Day</p>	<p>20. 9:00 am- Morning Stretch 10:00 am-Canvas Arts 11:00 am –Chair Exercise (Tech World) Spring Fling Celebration @1:00pm Self-Monitoring Blood Pressure First Day of Spring</p>

<p>23. 9:00 am – Leisure Dominos 10:00 am – Canvas Arts 11:00 am – Health Management</p> <p>Fashion Show Rehearsal</p> <p>Self-Monitoring Blood Pressure</p> <p>Puppy Day</p>	<p>24. 9:00 am – Creative Arts 10:00 am – Technology Class (Emails) 11:00 am – Crossword Puzzles 1:00 pm – Karaoke Signing</p>	<p>25. 9:00 am – Canvas Arts 10:00 am – Health Management 11:00 am – Zumba Gold (Tech World) 1:00 pm – Technology Office Hours</p> <p>BINGO PARTY 1:30PM Fashion Show Rehearsal</p> <p>Self-Monitoring Blood Pressure</p>	<p>26 9:00 am – Creative Arts 10:00am – Staywell Exercise 11:00 am – Technology Class (Tech World)</p>	<p>27. 9:00 am- Canvas Arts 10:00 am- Coffee Time/w Mercedes 11:00 am – Chair Exercise (Tech World)</p> <p>Senior Birthday Celebration</p> <p>Self-Monitoring Blood Pressure</p>
<p>30. 9:00 am – Creative arts 10:00 am – Trip around the world 11:00 am- Balloon volleyball Senior Advisory Meeting @10:30am Fashion Show Rehearsal</p> <p>Self-Monitoring Blood Pressure</p>	<p>31. 9:00 am – Creative Arts 10:00 am – True Care Presentation 11:00 am - Alzheimer’s Brain Game</p>			

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



Mercedes Activity Room

Meeting ID: 374 173 7380
Passcode: 10455

Zumba Gold Exercise Room

Meeting ID: 850 0431 0575
Passcode: 10455

Tech World Nutrition Room

Meeting ID: 628 351 4488
Password: 111

CALENDAR SUBJECT TO CHANGE
CALENDARIO SUJETO A CAMBIOS

Sponsors
Essen Health
Tech World
Oak Street
All Care
Helping U Homecare
True Care