



JULY 2026 PROGRAM

Leon Older Adult Center



SCAN ME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. 9:00 am – Morning Stretch 10:00 am – Canvas Class 11:00 am – Mental Health Crosswords Keep On Track (Self-Monitoring BP) National Postal Worker Day	2. 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Mental Health (Crosswords)	 Cooling Center – 10am – 6pm
6. 9:00 am – Wake Up & Stretch 10:00 am – Creative Arts 11:00 am – Trip Around the World Keep On Track (Self-Monitoring BP)	7. 9:00 AM – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Stress Management Presentation (SWH)	8. 9:00 am – Morning Stretch 10:00 am – Karaoke Signing 11:00 am – Creative Arts Keep On Track (Self-Monitoring BP)	9. 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Mental Health Crosswords	10. 9:00 am- Creative Arts. 10:00 am- Coffee Time/w Mercedes 11:00 am- Karaoke (SWH) Keep On Track (Self-Monitoring BP)
13. 9:00 am – Wake Up & Stretch 10:00 am – Technology Class 11:00 am – Trip Around the World Keep On Track (Self-Monitoring BP)	14. 9:00 am – Wake Up & Stretch 10:00 am – Paint by Numbers 11:00 am – Health Management	15. 9:00 am – Wake up & Stretch 10:00 am – Canvas Arts 11:00 am – Mental Health Crosswords 7 LAKES TRIP@6:30 AM Keep On Track (Self-Monitoring BP)	16. 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Diamond Painting	17. 9:00 am- Canvas Arts 10:00 am- Stretch Exercise 11:00 am – Coffee Time/w Mercedes JULY 4TH BBQ Keep On Track (Self-Monitoring BP)

20. 9:00 am – Morning Stretch 10:00am – Trip Around the World 11:00 am – Technology Class BINGO PARTY Keep On Track (Self-Monitoring BP)	21. 9:00 am – Morning Stretch 10:00 am – Nutrition Class 11:00 am- Creative Arts	22. 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Canvas Arts WALMART TRIP Keep On Track (Self-Monitoring BP)	23. 9:00 am – Morning Stretch 10:00 am – Staywell Exercise 11:00 am – Tie-dye canvas Bags CITY ISLAND TRIP	24. 9:00 am – Morning Stretch 10:00 am – Coffee Time/w Mercedes 11:00 am – Sip & Paint Class Keep On Track (Self-Monitoring BP)
27. 9:00 am – Wake up & Stretch 10:00 am – Creative Arts 11:00 am – Technology Class ADVISORY COMMITTEE MEETING 10:30AM Keep On Track (Self-Monitoring BP)	28. 9:00 am – Wake Up & Stretch 10:00 am – Trivia Games 11:00 am – Paint by Numbers	29. 9:00 am – Wake Up & Stretch 10:00 am – Creative Arts 11:00 am – Health Management Keep On Track (Self-Monitoring BP)	30. 9:00 am – Wake Up & Stretch 10:00 am – Staywell Exercise 11:00 am – Canvas Arts	31. 9:00 am – Wake Up & Stretch 10:00 am – Coffee Time/ w Mercedes 11:00 am – Creative Arts Seniors' Birthday Keep On Track (Self-Monitoring BP)
 NEIGHBORHOOD Self-Help by Older Persons Project Helping Older Adults Help Themselves Funded By NYC AGING		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: 455 486 5715 Password: Leon152 TECH WORLD ACTIVITY ROOM Meeting ID: 628 351 4488 Password: 111	CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIO 	Sponsors: Senior Whole Health Age Well Elderplan All Care Tech World LLC