



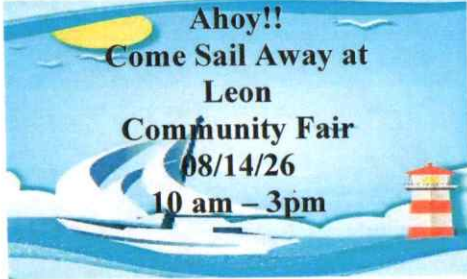
AUGUST 2026 PROGRAM



Leon Older Adult Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 9:00 am – Wake Up & Stretch 10:00 am – Creative Arts 11:00 am – Nutrition Class (Tech World) Self-Monitoring Blood Pressure	4. 9:00 am – Creative Arts 10:00 am – Health Management 11:00 am – Zumba Gold (Tech World)	5. 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Trip Around the World GENERAL MEETING 11:45am Self-Monitoring Blood Pressure	6. 9:00 am – Canvas Arts 10:00 am – Staywell Exercise 11:00 am – Technology Class (Tech World)	7. 9:00 am – Creative Arts 10:00 am – Coffee Time /w Mercedes 11:00 am- Exercise Class (Tech World)
10. 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Health Management Self-Monitoring Blood Pressure National Chocolate Chip Cookie Day	11. 9:00 am – Creative Arts 10:00 am – Trivia Games 11:00 am – Zumba Gold (Tech World)	12. 9:00 am – Creative Arts 10:00 am – Chair Exercise 11:00 am – Health Management Self-Monitoring Blood Pressure	13. 9:00 am – Diamond Paining 10:00 am – Staywell Exercise 11:00 am – Technology Class (Tech World) National Beach Party Day	14. 9:00 am- Creative Arts 10:00 am - Coffee Time/w Mercedes 11:00 am- Zumba Gold (Tech World) Self-Monitoring Blood Pressure Leon Community Fair 10am
17. 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Health Management Self-Monitoring Blood Pressure National Play on the Sand Day	18. 9:00 am – Creative Arts 10:00 am – Kareoke Signing 11:00 am- Zumba Gold (Tech World)	19. 9:00 am – Wake Up & Stretch 10:00 am – Creative Arts 11:00 am – Trip Around the World Self-Monitoring Blood Pressure BEAR MOUNTAIN TRIP@8:00 AM National Left-Handed Day	20. 9:00 am – Canvas Arts 10:00 am – Staywell Exercise 11:00 am – Technology Class (Tech World)	21. 9:00 am- Canvas Arts 10:00 am – Jewelry/w Nancy 11:00 am –Exercise Class (Tech World) CITY ISLAND TRIP

24. 9:00 am – Wake Up & Stretch 10:00 am – Health Management 11:00 am – Trip Around the World Self-Monitoring Blood Pressure WALMART TRIP@10:00am	25. 9:00 am – Creative Arts 10:00 am – Health Management 11:00 am - Zumba Gold (Tech World) National Photography Day	26.. 9:00 am – Coloring /w Mercedes 10:00 am – Balloon Exercise 11:00 am – Karaoke Signing Self-Monitoring Blood Pressure BINGO PARTY 1:30 PM	27. 9:00 am – Coloring/w Mercedes 10:00 am – Staywell Exercise 11:00 am – Technology Class (Tech World) National Burger Day	28. 9:00 am- Canvas Arts 10:00 am – Jewelry /w Nancy 11:00 am – Exercise Class (Tech World) Self-Monitoring Blood Pressure Senior B-day @ 11:30 am National Bow Tie Day
31. 9:00 am- Canvas Arts 10:00 am –Health Management 11:00 am – Trip Around the World Self-Monitoring Blood Pressure SENIOR ADVISORY MEETING	 Ahoy!! Come Sail Away at Leon Community Fair 08/14/26 10 am – 3pm			
 NEIGHBORHOOD Self Help by Older Persons Project Helping Older Adults Help Themselves Funded by the NYC AGING		To participate, click on any scheduled time of activities for a direct link to join ZOOM. – or –go to https://zoom.us/join and sign in using Member IDs & Passwords below		
 This Month in History National Immunization Awareness Month		Mercedes Activity Room Meeting ID: 455 486 5715 Password: Leon152 TECH WORLD NUTRITION CLASS ACTIVITY ROOM Meeting ID: 628 351 4488 Password: 111	CALENDAR SUBJECT TO CHANGE CALENDARIO SUJETO A CAMBIO	Sponsors: Senior Whole Health Age Well Oak Street All Care Tech World LLC Caring Professionals Essen Health