



SEPTEMBER 2026

Leon Older Adult Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER MONTH CELEBRATION	1. 9:00 am – Canvas Class 10:00 am – Musica Del Ayer 11:00 am – Zumba Gold (Tech World) World Coconut Day	2. 9:00 am – Creative Arts 10:00 am – Trip Around the World 11:00 am – Health Management Self-Monitoring Blood-Pressure GENERAL MEETING @ 11:30AM	3. 9:00 am – Canvas Arts 10:00 am – Trivia Game Day 11:00 am – Technology Class (Tech World)	4. 9:00 am – Crosswords Puzzles 10:00 am – Jewelry Making/w Nancy 11:00 am – Dance Exercise (Tech World) Self-Monitoring Blood-Pressure EARLY DISMISAL
7. 2026	8. 9:00 am – Morning Stretch 10:00 am – Creative Arts 11:00 am – Zumba Gold (Tech World)	9. 9:00 am – Wake Up & Stretch 10:00 am – Canvas Arts 11:00 am – Health Management Self-Monitoring Blood-Pressure Teddy Bear Day	10. 9:00 am – Creative Arts 10:00 am – Staywell Exercise 11:00 am – Technology Class (Tech World)	11. 9:00 am- Coffee Time/w Mercedes 10:00 am – Jewelry Making/w Nancy 11:00 am –Dance Exercise (Tech World) Self-Monitoring Blood-Pressure
14. 9:00 am – Grandparent's Breakfast 10:00 am – Creative Arts 11:00 am – Karaoke Signing Self-Monitoring Blood-Pressure Cream Donut Day	15. 9:00 am – Morning Stretch 10:00 am – Canvas Arts 11:00 am – Zumba Gold (Tech World) HISPANIC HERITAGE BEGINS Grilled Cheese Day	16. 9:00 am – Creative Arts 10:00 am – Balloon Tennis 11:00 am – Health Management Self-Monitoring Blood-Pressure	17. 9:00 am – Morning Stretch 10:00 am – Technology Class (Tech World) 11:00 am – Painting/w Katerine	18. 9:00 am- Crossword Puzzles 10:00 am- Jewelry Making/w Nancy 11:00 am – Dance Exercise (Tech World) Self-Monitoring Blood-Pressure National Cheeseburger Day

21. 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Creative Arts Self-Monitoring Blood-Pressure	22. 9:00 am – Wake Up & Stretch 10:00 am – Canvas Arts 11:00 am – Zumba Gold (Tech World) BINGO PARTY@ 1:30PM First Day of Autumn	23. 9:00 am – Morning Stretch 10:00 am – Health Management 11:00 am – Painting/w Katherine (Elite Care Services) Self-Monitoring Blood-Pressure	24. 9:00 am – Canvas Bags Painting 10:00 am – Staywell Exercise 11:00 am – Technology Class (Tech World)	25. 9:00 am- Coffee Time/w Mercedes 10:00 am- Jewelry Making/w Nancy 11:00 am – Dance Exercise (Tech World) Self-Monitoring Blood-Pressure BIRTHDAY CELEBRATION@1PM
28. 9:00 am – Wake Up & Stretch 10:00 am – Creative Arts 11:00 am – Nutrition Class (Tech World) SENIOR ADVISORY MEETING@10:30AM	29. 9:00 am – Crossword Puzzles 10:00 am – Color Party Event 11:00 am – Zumba Gold (Tech World) National Coffee Day	30. 9:00 am – Morning Stretch 10:00 am – Name the Artist 11:00 am – Health Management Self-Monitoring Blood-Pressure Chewing Gum Day		
 NEIGHBORHOOD Self Help by Older Persons Project Helping Older Adults Help Themselves Project 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				
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 LOCATION: 735 E. 152ND STREET BX, NY 10455 PHONE: (718) 708-6897	Sponsors: Senior Whole Health Essen Health Age Well Oak Street All Care Tech World LLC Parent care	