NEIGHBORHOOD SHOPP celebrating over 45 years of community support

# NOVEMBER 2026 PROGRAM

## Leon Older Adult Center

SCAN ME

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2.**<br>**9am-** Morning Stretch<br>**10am-** Canvas Arts<br>**10-12pm- Sewing Class**<br><br>**Keep on Track – Blood Pressure** | 3.<br>9am – Wake up & Stretch<br>10am – Creative Arts<br>11am – Zumba Gold (Tech World)<br><br>**9am – 1pm – Nurse** | **4.**<br>**9am** – Wake Up & Stretch<br>**10 am** – Canvas Arts<br>**11 am** – Health Management<br><br>**General Meeting @11:30 am**<br><br>**Keep on Track – Blood Pressure** | 5.<br>**9am**– Crossword Puzzles<br>**10am** – Staywell Exercise<br>**11 am – Technology Class (Tech World)** | **6.**<br>**9am** – Coffee Time/w Mercedes<br>**10am** – Jewelry Class/w Nancy<br>**11am – Dance Exercise (Tech World)** |
| **9.**<br>**9am** – Wake up & Stretch<br>**10am- Elder Abuse Presentation**<br>**11am-** Creative Arts<br><br>**10am – 12:30pm – Sewing Class**<br><br>**Keep on Track – Blood Pressure** | **10.**<br>**9am** – Mental Health Crossword Puzzles<br>**10am** – Canvas Arts<br>**11am – Zumba Gold (Tech World)**<br><br>**9am – 1pm – Nurse** | **11.**<br>**9am** – Morning Stretch<br>**10am** – Health Management<br>**11am – Veterans Day Presentation**<br><br>**Keep on Track – Blood Pressure** | **12.**<br>**9am-** Leisure Dominos<br>**10am** – Staywell Exercise<br>**11am – Technology Class (Tech World)** | **13.**<br>**9am-** Creative Arts<br>**10am** – Jewelry Class/w Nancy<br>**11 am – Dance Exercise (Tech World)**<br><br>**Keep on Track – Blood Pressure** |
| **16.**<br>**9am** – Morning Stretch<br>**10am** – Creative Arts<br>**11am** – Technology Class<br><br>**10am – 12:30pm – Sewing Class**<br><br>**Keep on Track – Blood Pressure** | **17.**<br>**9am** – Wake Up & Stretch<br>**10am** – Creative Arts<br>**11am – Zumba Gold (Tech World)**<br><br>**9am – 1pm – Nurse**<br><br>**WALMART TRIP @ 9AM** | **18.**<br>**9am** – Leisure Dominos<br>**10 am** – Canvas Arts<br>**11am – Arthritis Presentation**<br><br>**Keep on Track – Blood Pressure** | **19.**<br>**9am** – Creative Arts<br>**10am** – Staywell Exercise<br>**11am – Technology Class (Tech World)**<br><br>**World Kindness Day** | **20.**<br>**9am** – Coffee Time/w Mercedes<br>**10am** – Jewelry Class/w Nancy<br>**11am – Dance Exercise (Tech World)**<br><br>**Keep on Track – Blood Pressure** |

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| **23.**<br>**9am** – Morning Stretch<br>**10am – Hand Massage (All Care)**<br>**11am – Nutrition Class** (Tech World)<br><br>**10am – 12:30pm – Sewing Class**<br><br>**Keep on Track – Blood Pressure** | **24.**<br>**9am**- Creative Arts<br>**10am**- Trivia Games<br>**11am – Zumba Gold (Tech World)**<br><br>**9am – 1pm – Nurse**<br><br>**Thanksgiving Dinner @ 12pm** | **25.**<br>**9am –** Wake Up & Stretch<br>**10am-** Canvas Arts<br>**11am** – Health Management<br><br>**EARLY DISMISSAL**<br><br>**Keep on Track – Blood Pressure** | **26.**<br><br>**CENTER CLOSED** | **27.**<br><br>**CENTER CLOSED** |
| **30.**<br>**9am-** Wake Up & Stretch<br>**10am** – Canvas Arts<br>**11am- Cholesterol Presentation**<br><br>**10am – 12:30pm – Sewing Class**<br><br>**Keep on Track – Blood Pressure** | | | | |

**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](https://zoom.us/join) and sign in using Member IDs & Passwords below*

**LOCATION: 735 EAST 152ND ST**
**BRONX, NY 10455**

**PHONE: (718) 708-6897**

**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
Essen Health
Age Well
Oak Street
All Care
Tech World LLC