

# APRIL 2026 EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b>  <u>11:00</u> - Friendship Group in <u>4A</u>  <u>12:30</u> - Aerobics in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>2</b>                      JASA CLOSED  </p>	<p><b>3</b>  <u>10:15</u> - Zoom Aerobics  <u>11:00</u> - ESL with Larisa in <u>4A</u>  <u>1:00 - 4:00</u> - Game Time in <u>4A</u>  <u>2:00</u> - Balance for Life in <u>4A</u>  <u>2:00</u> - Celebration Zoom Concert</p>
<p><b>6</b>  <u>1:00</u> - Chair Pilates in <u>4A</u>    <u>2:00</u> - Visual Art in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>7</b>  <u>10:00</u> - Zoom Yoga  <u>11:00</u> - Modern Movement in <u>4A</u>  <u>1:00</u> - Zoom Klezmer Music Concert  <u>2:00</u> - Qi Gong (TaiChi) in <u>4A</u></p>	<p><b>8</b>  <u>12:30</u> - Aerobics in <u>4A</u>  <u>2:00</u> - Brain Fitness &amp; Snack in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>9</b>  <u>11:00</u> - Art Class in <u>4A</u>  <u>12:30</u> - Mild Body Conditioning in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>10</b>  <u>10:15</u> - Zoom Aerobics  <u>11:00</u> - ESL with Larisa in <u>4A</u>  <u>1:00 - 4:00</u> - Game Time in <u>4A</u>  <u>2:00</u> - Balance for Life in <u>4A</u>  <u>2:00</u> - Celebration Zoom Concert</p>
<p><b>13</b>  <u>11:00</u> - Chess in <u>4A</u>  <u>12:30</u> - Health Lecture in Russian                      "Benefits of alcohol" in <u>4A</u>  <u>1:00</u> - Chair Pilates in <u>4A</u>  <u>2:00</u> - Visual Art w/Katya Khan in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>14</b>  <u>10:00</u> - Zoom Yoga  <u>11:00</u> - Modern Movement in <u>4A</u>  <u>12:30</u> - Russian Club in <u>4A</u>  <u>1:00</u> - Zoom Klezmer Music  <u>2:00</u> - Qi Gong (TaiChi) in <u>4A</u></p>	<p><b>15</b>  <u>10:00</u> - Zoom People, Food &amp; Culture  <u>11:00</u> - Friendship Group with bagels in <u>4A</u>  <u>12:30</u> - Aerobics in <u>4A</u>  <u>2:00</u> - Mental Health Presentation                      by Paulina Zalman in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>16</b>  <u>10:00</u> - Zoom Sing Along  <u>12:30</u> - Mild Body Conditioning in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>17</b>  <u>10:15</u> - Zoom Aerobics  <u>11:00</u> - ESL with Larisa in <u>4A</u>  <u>1:00 - 4:00</u> - Game Time in <u>4A</u>  <u>2:00</u> - Balance for Life in <u>4A</u>  <u>2:00</u> - Celebration Zoom Concert</p>
<p><b>20</b>  <u>10:30</u> - Visual Art w/Katya Khan in <u>4A</u>    <u>2:00</u> - Happy 100<sup>th</sup> Birthday to                      Woody Wolchuck Party in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>21</b>  <u>10:00</u> - Zoom Yoga  <u>11:00</u> - Modern Movement in <u>4A</u>  <u>1:00</u> - Zoom Klezmer Music Concert  <u>2:00</u> - Qi Gong (TaiChi) in <u>4A</u>    <u>Brooklyn Botanical Garden 10am</u></p>	<p><b>22</b>  <u>10:00</u> - Zoom People, Food &amp; Culture  <u>12:30</u> - Aerobics in <u>4A</u>  <u>2:00</u> - Brain Fitness &amp; Snack in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>23</b>  <u>10:00</u> - Zoom Sing Along  <u>11:00</u> - Art Class in <u>4A</u>  <u>12:30</u> - Mild Body Conditioning in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>24</b>  <u>10:15</u> - Zoom Aerobics  <u>11:00</u> - ESL with Larisa in <u>4A</u>  <u>1:00 - 4:00</u> - Game Time in <u>4A</u>  <u>2:00</u> - Balance for Life in <u>4A</u>  <u>2:00</u> - Celebration Zoom Concert</p>
<p><b>27</b>  <u>11:00</u> - Chess Class in <u>4A</u>  <u>1:00</u> - Chair Pilates in <u>4A</u>  <u>2:00</u> - Visual Art w/Katya Khan in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>28</b>  <u>10:00</u> - Zoom Yoga  <u>11:00</u> - Modern Movement in <u>4A</u>  <u>1:00</u> - Zoom Klezmer Music Concert  <u>2:00</u> - Qi Gong (TaiChi) in <u>4A</u></p>	<p><b>29</b>  <u>10:00</u> - Zoom People, Food &amp; Culture  <u>11:00</u> - Health Lecture on Mental Health                      by CUNY Nursing student in <u>4A</u>  <u>12:30</u> - Aerobics in <u>4A</u>                        Nurse Vera is <u>in 4A</u></p>	<p><b>30</b>  <u>10:00</u> - Zoom Sing Along  <u>11:00</u> - Art Class in <u>4A</u>  <u>12:30</u> - Mild Body Conditioning in <u>4A</u>  <u>2:00</u> - Nutrition Presentation with                      Tamar Elkin in <u>4A</u> or Zoom  <u>2:00</u> - Current Events in <u>4A</u>                      Nurse Vera is <u>in 4A</u></p>	<p><b>Sunday, April 12 –                      Theater Trip</b></p>



# Trumps United NORC

458 Neptune Ave  
Brooklyn, NY 11224  
718-372-8815

Telephone Russian Group  
VNS Telephone Health Promotion Group

929 – 299 – 1045 Pin: 2345

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Telephone/Video Concerts in Motion Celebration Friday (Fridays) – 1 - 301 – 715 – 8592;  
Zoom meeting: <https://zoom.us/j/426474125> Meeting ID: 426 474 125  
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**Zoom Aerobic Class -**  
<https://us06web.zoom.us/j/83690337299?pwd=SWJaREw2azdsSEt4d1UwOFFBWmduUT09>  
Meeting ID: 836 9033 7299 Passcode: 381896  
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Telephone/Video Concerts in Motion Klezmer Music (Tuesdays)

  
Zoom: <https://concertsinmotion-org.zoom.us/j/89147660204>  
Meeting ID: 891 4766 0204 Phone: 1 646- 558- 8656  
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**Zoom Yoga (Tuesdays)**

Zoom:  
<https://us02web.zoom.us/j/86535975909?pwd=YTc1Q1BuOTE4Y0ZadTY1Vkh3TzFYdz09>  
Meeting ID: 865 3597 5909 Passcode: JASATV  
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**People, Food and Culture – Wednesdays**

**with Meryl Mittleberg**

**Sing-along - Thursdays**

Zoom: <https://zoom.us/j/9367994040?pwd=Z3lrZStsS3dwRTh2NlZkS0hPWmFuQT09>  
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**Registered Dietitian Nutritionist Tamar Elkin, MS, RDN, CDN**

Zoom: <https://us06web.zoom.us/j/83219399945?pwd=tKRnZR8WSBxufnJpYNfw7FAvr8wcab.1>  
Meeting ID: 832 1939 9945 Passcode: 946518  
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