

Trumps United Calendar – January 2019



















4A Office: 458 Neptune Ave (718) 372-8815



7A Office: 2942 West 5th St. (718) 946-7973

Weekly Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
Bldg 7A	 ALL DAY Nurse is in office	 11:30 – 12:30 Stretching & Toning	 10:30 Low-Impact Exercise	 Chair Ballet 11:30 – 12:30	Chair Yoga 1:45pm
	 11:00 -12:00 Yoga with Joanne	 Percussion Instruments Class 1:00pm <u>Last Class(7A):1/15/19</u>		 Art Class with Marquis Studio 1:30 <u>First Class(in 7A): 1/24/2019</u>	
	Monday	Tuesday	Wednesday	Thursday	Friday
Bldg 4A	12:15 – 1:15 Tai-Chi 	 12:00 – 1:00 Senior Fitness	10:30-11:30 Yoga 	11:00 – 12:00 Therapeutic Stretching 	 12:30 – 1:30 Senior Aerobics
		 Percussion Instruments Class 1:00pm <u>First Class(in 4A): 1/22/2019</u>	5:30pm – 7:30pm English Conversation 	 ALL DAY Nurse is in office	 Knitting + Crocheting 2:00 Resumes

JASA Trumps United, conducted in partnership with VNSNY Health Services, is funded by DFTA, SOFA, Trump Village Estates, Trump Village West and a grant secured by Councilman Chaim Deutsch




January Special Events

7A

Jan	2	Wednesday	Current Events with Ellen	2:00 pm
Jan	14	Monday	Health lecture:"Diabetes" – Meet nurse Vera	12:30 pm
Jan	14	Monday	Literature Group with Ellen	2:30 pm
Jan	22	Tuesday	Afternoon Movie: "Destination Wedding"	1:30 pm
Jan	30	Wednesday	Current Events with Ellen	3:30 pm
Jan	31	Thursday	Reminiscence with Nina	2:45 pm

Social Events

Jan	9	Wednesday	Bereavement Support Group – 435 Neptune Ave – 3:00pm
Jan	23	Wednesday	Bereavement Support Group – 435 Neptune Ave – 3:00pm
Jan	28	Monday	Pizza Bingo  7A 1:00

4A

Jan	3	Thursday	Caregiver Support Group	4:30 pm
Jan	4	Friday	Knitting & Crocheting	2:00 pm
Jan	7	Monday	Brain Fitness with Linda	11:00 am
Jan	9	Wednesday	Russian Club with Sofya	2:00 pm
Jan	11	Friday	Coping & Support Group	11:00 am
Jan	16	Wednesday	Afternoon Movie: "Destination Wedding"	1:30 pm
Jan	17	Thursday	Health lecture:"Diabetes" (in Russian)- Meet nurse Vera	10:00 am
Jan	17	Thursday	Health lecture:"Diabetes"(English) – Meet nurse Vera	12:30 pm
Jan	17	Thursday	Caregiver Support Group	4:30 pm
Jan	23	Wednesday	Russian Club with Sofya	2:00 pm
Jan	24	Thursday	Current Events with Ellen	3:00 pm
Jan	25	Friday	Coping & Support Group	11:00 am
Jan	28	Monday	Brain Fitness with Linda	11:00 am
Jan	30	Wednesday	Yiddish Class	1:30 pm
Jan	31	Thursday	Caregiver Support Group	4:30 pm

Trips

Jan	9	Wednesday	Perry's Diner	11:00am
Jan	18	Friday	Staten Island Mall	9:30 am
Jan	23	Wednesday	Ikea in Brooklyn	10:00 am

JASA Offices closed on:
Tuesday, January 1, 2019



Monday, January 21, 2019 – Martin Luther King Jr. Day