

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>11:00</u> – Friendship Group with bagels in <u>4A</u> <u>12:30</u> – Aerobics in <u>4A</u> Nurse Vera is <u>in 4A</u>	2 <u>12:00</u> - Health Lecture in Russian “Skin Care” in <u>4A</u> <u>12:30</u> – Mild Body Conditioning in <u>4A</u> Nurse Vera is <u>in 4A</u>	3 JASA CLOSED 
	6 <u>1:00</u> – Chair Pilates in <u>4A</u> <u>1:00</u> – Zoom CIM Concert	7 <u>Membership Drive in 4A</u> <u>10:00 am – 4:00 pm</u> <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>	9 <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> - Russian Movie in 4A <u>Trip to Trader Joe’s – 9:30 am</u>	10 <u>10:00</u> – Walking Group with Judith <u>10:15</u> – Zoom Aerobics <u>1:30</u> – Balance for Life in <u>4A</u> <u>1:00 - 4:00</u> – Game Time in <u>4A</u> <u>2:00</u> – Celebration Zoom Concert
13 <u>1:00</u> – Chair Pilates in <u>4A</u> <u>1:00</u> – Zoom CIM Concert	14 <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>2:00</u> – Qi Gong (TaiChi) in <u>4A</u> <u>3:15</u> – Nutrition Presentation with Tamar Elkin in <u>4A</u> or <u>Zoom</u>	15 <u>10:30</u> – Art Class with Frances in <u>4A</u> <u>12:30</u> – Aerobics in <u>4A</u> <u>Trip to Gateway Mall – 9:30 am</u> CUNY Nurse Student is <u>in 4A</u>	16 <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> – Concerts in Motion in <u>4A</u>	17 <u>10:00</u> – Walking Group with Judith <u>10:15</u> – Zoom Aerobics <u>1:30</u> – Balance for Life in <u>4A</u> <u>1:00 - 4:00</u> – Game Time in <u>4A</u> <u>2:00</u> – Celebration Zoom Concert
20 <u>1:00</u> – Chair Pilates in <u>4A</u> <u>1:00</u> – Zoom CIM Concert Nurse Vera is <u>in 4A</u>	21 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement in <u>4A</u> <u>12:00</u> – Elder Abuse Presentation in <u>4A</u> <u>1:00</u> – Zoom Klezmer Music Concert <u>2:00</u> - Qi Gong (TaiChi) in <u>4A</u>	22 <u>10:30</u> – Art Class with Frances in <u>4A</u> <u>12:30</u> – Aerobics in <u>4A</u> <u>2:00</u> – Brain Fitness & Snack in <u>4A</u> Nurse Vera is <u>in 4A</u>	23 <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> – Current Events in <u>4A</u> Nurse Vera is <u>in 4A</u>	24 <u>10:00</u> – Walking Group with Judith <u>10:15</u> – Zoom Aerobics <u>1:30</u> – Balance for Life in <u>4A</u> <u>1:00 - 4:00</u> – Game Time in <u>4A</u> <u>2:00</u> – Celebration Zoom Concert
27 <u>1:00</u> – Chair Pilates in <u>4A</u> <u>1:00</u> – Zoom CIM Concert Nurse Vera is <u>in 4A</u>	28 <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>	29 <u>10:30</u> – Art Class with Frances Finale Art Presentation in <u>4A</u> <u>12:30</u> – Aerobics in <u>4A</u> <u>2:00</u> – Health Lecture by CUNY Student “All about Stroke” in <u>4A</u> Nurse Vera is <u>in 4A</u>	30 <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> – Bingo in <u>4A</u> Nurse Vera is <u>in 4A</u>	31 <u>10:00</u> – Walking Group with Judith <u>10:15</u> – Zoom Aerobics <u>1:30</u> – Balance for Life in <u>4A</u> <u>1:00 - 4:00</u> – Game Time in <u>4A</u> <u>2:00</u> – Celebration Zoom Concert



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

Telephone/Video Concerts in Motion Celebration Friday (**Fridays**) – 1 - 301 – 715 – 8592;
Zoom meeting: <https://zoom.us/j/426474125> Meeting ID: 426 474 125



Zoom Aerobic Class -
<https://us06web.zoom.us/j/83690337299?pwd=SWJaREw2azdsSEt4d1UwOFFBWmduUT09>
Meeting ID: 836 9033 7299 Passcode: 381896



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

Zoom Yoga (Tuesdays)



Zoom:
<https://us02web.zoom.us/j/86535975909?pwd=YTc1Q1BuOTE4Y0ZadTY1Vkh3TzFYdz09>
Meeting ID: 865 3597 5909 Passcode: JASATV

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

Telephone/Video Concerts in Motion Dedicated to Dementia (Mondays)

Zoom: <https://concertsinmotion-org.zoom.us/j/5270678391> Meeting ID: 527 067 8391
Phone: 1- 646-558-8656 Meeting ID: 527 067 8391
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JASA Trumps United, conducted in partnership with VNSNY Health Services, is funded by NYC Aging, NYSOFA, Trump Village 3 Estates, and a grant secured by local Councilmember Inna Vernikov.

