

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The U.S. Presidency</p>	<p>Sunday, November 17th Thanksgiving Party in 4A Rec Room at 1:00 pm</p>		<p>November</p>	<p>1 10:00 – Walking Group with Judith 10:15 – Zoom Aerobics 1:00 - 4:00 – Game Time <u>in 4A</u> 2:00 – Modern Movement <u>in 4A</u> 2:00 –Telephone/Zoom Concert “Celebration Friday”</p>
<p>4 10:00 - Zoom Stretching & Toning 12:00 – Chair Pilates <u>in 4A</u> 1:00 – Zoom CIM Concert Nurse Vera is <u>in 4A</u></p>	<p>5 Election Day No Activities in 4A Rec Room 10:00 – Zoom Yoga 1:00 – Zoom Klezmer Music Concert</p>	<p>6 10:00 – Zoom People, Food & Culture 11:00 – Brain Fitness & Snack <u>in 4A</u> 12:30 – Aerobics <u>in 4A</u> 2:00 – Health Lecture “Vitamin D - Sunshine” <u>in 4A</u> Nurse Vera is <u>in 4A</u></p>	<p>7 10:00 – Zoom Sing Along 10:00 – Chair Pilates <u>in 4A</u> 11:00 – Art Class <u>in 4A</u> 1:00 -Chess <u>in 4A</u> 2:00 – Movie <u>in 4A</u> Nurse Vera is <u>in 4A</u></p>	<p>8 10:00 – Walking Group with Judith 10:15 – Zoom Aerobics 1:00 - 4:00 – Game Time <u>in 4A</u> 2:00 – Modern Movement <u>in 4A</u> 2:00 –Telephone/Zoom Concert “Celebration Friday”</p>
<p>11 JASA CLOSED</p> <p>Veterans Day- November 11</p>	<p>12 10:00 – Zoom Yoga 11:00 – Modern Movement <u>in 4A</u> 12:00 – Caregiver Group <u>in 4A</u> 1:00 – Zoom Klezmer Music Concert 2:00 – Russian Club <u>in 4A</u></p>	<p>13 10:00 – Zoom People, Food & Culture 12:30 – Aerobics <u>in 4A</u> 2:00 - Support Group <u>in 4A</u> Nurse Vera is <u>in 4A</u></p>	<p>14 10:00 – Zoom Sing Along 11:00 – Art Class <u>in 4A</u> 1:00 -Chess <u>in 4A</u> 2:00 – Elder Law Presentation <u>in English in 4A</u> Nurse Vera is <u>in 4A</u></p>	<p>15 10:00 – Walking Group with Judith 10:15 – Zoom Aerobics 1:00 - 4:00 – Game Time <u>in 4A</u> 2:00 – Modern Movement <u>in 4A</u> 2:00 –Telephone/Zoom Concert “Celebration Friday”</p>
<p>18 10:00 - Zoom Stretching & Toning 12:00 – Chair Pilates <u>in 4A</u> 1:00 – Zoom CIM Concert 2:00 – Health Lecture in 4A Russian Nurse Vera is <u>in 4A</u></p>	<p>19 10:00 – Zoom Yoga 11:00 – Modern Movement <u>in 4A</u> 1:00–Zoom Klezmer Music Concert 2:00 – Russian Language for Beginners <u>in 4A</u> Trip to Li Greci’s Theater – 10:30 am</p>	<p>20 10:00 – Zoom People, Food & Culture 11:00 - Virtual Venice Tour <u>in 4A</u> 12:30 – Aerobics <u>in 4A</u> 2:00 – Brain Fitness & Snack <u>in 4A</u> Nurse Vera is <u>in 4A</u></p>	<p>21 10:00 – Zoom Sing Along 11:00 – Art Class <u>in 4A</u> 1:00 - Chess <u>in 4A</u> 2:00 - Nutrition Presentation with Tamar Elkin <u>in 4A or Zoom</u> 3:00 – Current Events <u>in 4A</u> Nurse Vera is <u>in 4A</u></p>	<p>22 10:00 – Walking Group with Judith 10:15 – Zoom Aerobics 1:00 - 4:00 – Game Time <u>in 4A</u> 2:00 – Modern Movement <u>in 4A</u> 2:00 –Telephone/Zoom Concert “Celebration Friday”</p>
<p>25 10:00 - Zoom Stretching & Toning 10:30 – Support Group <u>in 4A</u> 12:00 – Chair Pilates <u>in 4A</u> 1:00 – Zoom CIM Concert Nurse Vera is <u>in 4A</u></p>	<p>26 10:00 – Zoom Yoga 11:00 – Modern Movement <u>in 4A</u> 12:00 – Caregiver Group <u>in 4A</u> 1:00 – Zoom Klezmer Music Concert 2:00 – Bingo <u>in 4A</u></p>	<p>27 10:00 – Zoom People, Food & Culture 12:30 – Aerobics <u>in 4A</u> Trip to Kohl’s Store – 10:00 am Nurse Vera is <u>in 4A</u></p>	<p>28 JASA CLOSED</p> <p>Happy Thanksgiving</p>	<p>29 JASA CLOSED</p> <p>HAPPY Thanksgiving</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

 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



Zoom Stretching and Toning w/Sofia Ioffe –
<https://zoom.us/j/93570593451?pwd=ZHNMOwtlYUk3MWI4NlhJUFiWbGZ5dz09>
 Meeting ID: 935 7059 3451 Passcode: 187559

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



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

People, Food and Culture – **Wednesdays**

with Meryl Mittleberg

Sing-along - **Thursdays**

Zoom: <https://zoom.us/j/9367994040?pwd=Z3lrZStsS3dwRTh2NlZkS0hPWmFuQT09>

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.

