



Trumps United NORC -- 458 Neptune Ave – 718-372-8815

NOVEMBER 2025 EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>11:00</u> – Chess Class <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> Nurse Vera is <u>in 4A</u>	4 <u>10:00</u> – Zoom Yoga <u>Trip to Gateway Mall – 9:30 am</u> Election Day – No Activities <u>in 4A</u>	5 <u>10:00</u> – Zoom People, Food & Culture <u>11:00</u> – Brain Fitness & Snack <u>in 4A</u> <u>12:30</u> – Aerobics <u>in 4A</u> <u>2:00</u> – CUNY Nurse Health Lecture “Hypertension” <u>in 4A</u> - English Nurse Vera is <u>in 4A</u>	6 <u>10:00</u> – Zoom Sing Along <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> <u>Trip to LiGreci’s – 10:30 am</u> Nurse Vera is <u>in 4A</u>	7 <u>10:15</u> – Zoom Aerobics <u>11:00</u> – ESL w/ Larisa <u>in 4A</u> <u>1:00 - 2:00</u> – SOFA Games <u>in 4A</u> <u>2:00 - 4:00</u> – Game Time <u>in 4A</u> <u>2:00</u> – Modern Movement <u>in 4A</u>
10 <u>11:00</u> – Chess Class <u>in 4A</u> <u>12:30</u> – Health Lecture in Russian “Vitamin D and Calcium” <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> Nurse Vera is <u>in 4A</u>	11 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music Concert <u>1:00</u> - Russian Club <u>in 4A</u>	12 <u>10:00</u> – Zoom People, Food & Culture <u>11:00</u> – Friendship Group with bagels <u>in 4A</u> <u>12:30</u> – Aerobics <u>in 4A</u> Nurse Vera is <u>in 4A</u>	13 <u>10:00</u> – Zoom Sing Along <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> <u>2:00</u> – Movie “Wicked” <u>in 4A</u> <u>Vera is in 4A</u>	14 <u>10:15</u> – Zoom Aerobics <u>11:00</u> – ESL w/ Larisa <u>in 4A</u> <u>1:00 - 2:00</u> – SOFA Games <u>in 4A</u> <u>2:00 - 4:00</u> – Game Time <u>in 4A</u>
17 <u>11:00</u> – Chess Class <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> <u>2:00</u> – Cooking Presentation in 4A <u>3:00</u> - Russian Culture & Language <u>in 4A</u> Nurse Vera is <u>in 4A</u>	18 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music <u>2:00</u> – Thanksgiving Day Party <u>in 4A</u>	19 <u>10:00</u> – Zoom People, Food & Culture <u>12:30</u> – Aerobics <u>in 4A</u> <u>Trip to the Broadway Show -</u> <u>– 10:30 am</u> Nurse Vera is <u>in 4A</u>	20 <u>10:00</u> – Zoom Sing Along <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> <u>2:00</u> – Current Events <u>in 4A</u> <u>3:00</u> – Birthdays Celebration <u>in 4A</u> Nurse Vera is <u>in 4A</u>	21 <u>10:15</u> – Zoom Aerobics <u>11:00</u> – ESL w/ Larisa <u>in 4A</u> <u>1:00 - 2:00</u> – SOFA Games <u>in 4A</u> <u>2:00 - 4:00</u> – Game Time <u>in 4A</u> <u>2:00</u> – Modern Movement <u>in 4A</u>
24 <u>11:00</u> – Chess Class <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> Nurse Vera is <u>in 4A</u>	25 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>12:00</u> - Russian Club <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music <u>2:00</u> - Bingo <u>in 4A</u>	26 <u>12:30</u> – Aerobics <u>in 4A</u> Nurse Vera is <u>in 4A</u>	27 JASA CLOSED 	28 <u>10:15</u> – Zoom Aerobics <u>11:00</u> – ESL w/ Larisa <u>in 4A</u> <u>1:00 - 2:00</u> – SOFA Games <u>in 4A</u> <u>2:00 - 4:00</u> – Game Time <u>in 4A</u> <u>2:00</u> – Modern Movement <u>in 4A</u>



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 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.

