



# JASO Warbasse Cares

## January 2022

### MONDAY

- 9:30 Blood Pressure screening 5B  
11:00 Yoga on ZOOM /us02web.zoom.us/j/83665083706  
1:00 Health Discussion Chat with Abby (Conference call) 5B

### TUESDAY

- 8:45 Meditation with Jennifer on ZOOM  
9:30 Head to Toe with Lisa on ZOOM  
11:00 Tai-Chi on ZOOM /zoom.us/j/93511076394  
12:30 Blood Pressure screening with Annette 5B  
1:00 Concerts in Motion  
3:00 Friendship Circle with Hella on the phone

### WEDNESDAY

- 9:30 Yoga on ZOOM /us02web.zoom.us/j/84741409909  
12:00 Concerts in Motion on Broadway Tunes on ZOOM  
2:30 Russian Club with Hella on the phone  
3:00 Bereavement Group (1/12,1/26)

### THURSDAY

- 8:45 Meditation with Jennifer on Zoom  
1:00 Concerts in Motion on Klezmer Music on ZOOM

### FRIDAY

- 9:30 Head to Toe with Lisa on ZOOM  
11:00 Intergenerational Cultural Arts Project on ZOOM

**Most classes are conference call**  
**Call us at (718)-996-5200 for more information or to**  
**volunteer.**

*Warbasse Cares is conducted in partnership with VNSNY Health Services and the senior residents of the community. It is funded by NYC DFTA, NYSOFA (This project is supported by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.), UJA-Federation of NY and grants secured by Councilman, Mark Treyger.*

