



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 - Zoom Stretching & Toning 12:00 - Chair Pilates <u>in 4A</u> 1:00 - Zoom CIM Concert 1:00 - Chess <u>in 4A</u></p>	<p>4 10:00 - Zoom Yoga 11:00 - SAIL <u>in 4A</u> 1:00 - Zoom Klezmer Music Concert 2:00 - Movie "Leap Year" with popcorn <u>in 4A</u> Trip to Trader Joe's - 9:30 am</p>	<p>5 11:00 - Brain Fitness & Snack <u>in 4A</u> 12:30 - Aerobics <u>in 4A</u> 2:00 - Nutrition Presentation with Tamar Elkin <u>in 4A or Zoom</u> Nurse Vera is in 4A</p>	<p>6 10:00 - Zoom Sing Along 11:00 - Art Class <u>in 4A</u> 12:30 - Mild Body Conditioning <u>in 4A</u> Nurse Vera is in 4A</p>	<p>7 10:15 - Zoom Aerobics 1:00 - 2:00 - SOFA Games <u>in 4A</u> 2:00 - 4:00 - Game Time <u>in 4A</u> 2:00 - SAIL <u>in 4A</u> 2:00 - Telephone/Zoom Concert</p>
<p>10 10:00 - Zoom Stretching & Toning 12:00 - Chair Pilates <u>in 4A</u> 1:00 - Zoom CIM Concert 1:00 - Chess <u>in 4A</u> 2:00 - Presentation by House Call Medical <u>in 4A</u> Nurse Vera is in 4A</p>	<p>11 10:00 - Zoom Yoga 11:00 - SAIL <u>in 4A</u> 1:00 - Zoom Klezmer Music Concert 1:00 - Russian Club <u>in 4A</u></p>	<p>12 10:00 - Zoom People, Food & Culture 11:00 - Friendship Group <u>in 4A</u> 2:00 - Purim Spring Party <u>in 4A</u> Nurse Vera is in 4A</p>	<p>13 10:00 - Zoom Sing Along 11:00 - Art Class <u>in 4A</u> 12:30 - Mild Body Conditioning <u>in 4A</u> 1:30 - Health Lecture in Russian "Полезьа Витаминов" <u>in 4A</u> Nurse Vera is in 4A</p>	<p>14 10:15 - Zoom Aerobics 1:00 - 2:00 - SOFA Games <u>in 4A</u> 2:00 - 4:00 - Game Time <u>in 4A</u> 2:00 - SAIL <u>in 4A</u> 2:00 - Telephone/Zoom Concert</p>
<p>17 10:00 - Zoom Stretching & Toning 12:00 - Chair Pilates <u>in 4A</u> 1:00 - Zoom CIM Concert 1:00 - Chess <u>in 4A</u> Nurse Vera is in 4A</p>	<p>18 10:00 - Zoom Yoga 11:00 - SAIL <u>in 4A</u> 1:00 - Zoom Klezmer Music Concert 2:00 - Bingo <u>in 4A</u></p>	<p>19 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 "Benefits of Vitamins" <u>in 4A</u> - English 2:30 - Russian Culture & language <u>in 4A</u> Nurse Vera is in 4A</p>	<p>20 10:00 - Zoom Sing Along 11:00 - Art Class <u>in 4A</u> 12:30 - Mild Body Conditioning <u>in 4A</u> American Dream Mall - 9:30 Nurse Vera is in 4A</p>	<p>21 10:15 - Zoom Aerobics 1:00 - 2:00 - SOFA Games <u>in 4A</u> 2:00 - 4:00 - Game Time <u>in 4A</u> 2:00 - SAIL <u>in 4A</u> 2:00 - Telephone/Zoom Concert</p>
<p>24 10:00 - Zoom Stretching & Toning 12:00 - Chair Pilates <u>in 4A</u> 1:00 - Zoom CIM Concert 1:00 - Chess <u>in 4A</u> Nurse Vera is in 4A</p>	<p>25 10:00 - Zoom Yoga 11:00 - SAIL <u>in 4A</u> 1:00 - Zoom Klezmer Music Concert 1:00 - Russian Club <u>in 4A</u></p>	<p>26 10:00 - Zoom People, Food & Culture 11:00 - Friendship Group <u>in 4A</u> 12:30 - Aerobics <u>in 4A</u> 2:00 - Scam & Elder Abuse <u>in 4A</u> Nurse Vera is in 4A</p>	<p>27 10:00 - Zoom Sing Along 11:00 - Art Class <u>in 4A</u> 12:30 - Mild Body Conditioning <u>in 4A</u> 2:00 - Current Events with ice-cream <u>in 4A</u> Vera is in 4A</p>	<p>28 10:15 - Zoom Aerobics 1:00 - 2:00 - SOFA Games <u>in 4A</u> 2:00 - 4:00 - Game Time <u>in 4A</u> 2:00 - SAIL <u>in 4A</u> 2:00 - Telephone/Zoom Concert</p>
<p>31 10:00 - Zoom Stretching & Toning 12:00 - Chair Pilates <u>in 4A</u> 1:00 - Zoom CIM Concert 1:00 - Chess <u>in 4A</u> Nurse Vera is in 4A</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=ZHNMOWt1YUk3MWI4NIhJUFiWbGZ5dz09>
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.

