

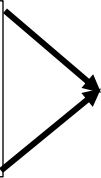


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>November</i></p>	<p><b>1</b>  <u>10:00</u> - Zoom Yoga  <u>11:00</u> - Tai Chi for Arthritis <b>in 4A</b>  <u>1:00</u> - Zoom Klezmer Music Concert    Nurse Janet is <b>in 4A</b></p>	<p><b>2</b>  <u>10:00</u> -Zoom People, Food &amp; Culture  <u>11:00</u> - Tai Chi for Arthritis <b>in 4A</b>  <u>11:00</u> - Zoom Russian Music Concert  <u>12:00</u> - Support Group <b>in 4A</b>  <u>2:00</u> - NYC Participatory Budgeting Meeting <b>in 4A</b></p>	<p><b>3</b>  <u>10:00</u> - Zoom Sing Along  <u>2:00</u> - Russian Group <b>in 4A</b>  <u>2:00</u> - Health Lecture - Russian -- <b>in 4A</b>    Nurse is <b>in 4A</b></p>	<p><b>4</b>  <u>10:15</u> - Zoom Aerobics  <u>2:00</u> -Telephone/Zoom Concert    <u>1:00 - 4:00</u> - Game Time <b>In the Rec Room 4A</b></p>
<p><b>7</b>  <u>10:00</u> - Zoom Stretching &amp; Toning  <u>11:00</u> - Chair Pilates <b>in 4A</b>  <u>12:00</u> - Reminiscence <b>in 4A</b>  <u>1:00</u> - Zoom CIM Concert    Nurse Janet is <b>in 4A</b></p>	<p><b>8</b>  <u>Election Day</u>  No Activities in Rec Room    <u>1:00</u> - Zoom Klezmer Music Concert    Nurse Janet is <b>in 4A</b></p>	<p><b>9</b>  <u>10:00</u> -Zoom People, Food &amp; Culture  <u>11:00</u> - Brain Fitness <b>in 4A</b>  <u>11:00</u> - Zoom Russian Music Concert  <u>2:00</u> - Nutrition Lecture <b>in 4A:</b>  “Fiber”</p>	<p><b>10</b>  <u>10:00</u> - Zoom Sing Along  <u>11:00</u> - Art Class <b>in 4A</b>  <u>2:00</u> - Telephone Russian Group    Nurse is <b>in 4A</b></p>	<p><b>11</b>  <u>10:15</u> - Zoom Aerobics  <u>2:00</u> -Telephone/Zoom Concert  <u>2:00</u> - Coloring group <b>in 4A</b>    <u>1:00 - 4:00</u> -Game Time <b>in 4A</b></p>
<p><b>14</b>  <u>10:00</u> - Zoom Stretching &amp; Toning  <u>11:00</u> - Chair Pilates <b>in 4A</b>  <u>12:00</u> - Reminiscence <b>in 4A</b>  <u>1:00</u> - Zoom CIM Concert    Nurse Janet is <b>in 4A</b></p>	<p><b>15</b>  <u>10:00</u> - Zoom Yoga  <u>1:00</u> - Zoom Klezmer Music Concert    <u>2:00</u> - Bingo <b>in 4A</b>    Nurse Janet is <b>in 4A</b></p>	<p><b>16</b>  <u>10:00</u> -Zoom People, Food &amp; Culture  <u>11:00</u> - Zoom Russian Music Concert  <u>11:00</u> - Support Group <b>in 4A</b>  <u>2:00</u> - OHEL Presentation</p>	<p><b>17</b>  <u>10:00</u> - Zoom Sing Along  <u>11:00</u> - Art Class <b>in 4A</b>  <u>2:00</u> - Russian Group <b>in 4A</b>    <u>Gateway Mall Trip</u>  Nurse Janet is in by remote</p>	<p><b>18</b>  <u>10:15</u> - Zoom Aerobics  <u>2:00</u> -Telephone/Zoom Concert    1:00 - 4:00 - Game Time <b>In the Rec Room 4A</b></p>
<p><b>21</b>  <u>11:00</u> - Chair Pilates <b>in 4A</b>  <u>1:00</u> - Zoom CIM Concert  <u>2:00</u> - Heath Lecture:  “<u>Irritable Bowel Syndrome</u>” <b>in 4A</b>    Nurse Janet is <b>in 4A</b></p>	<p><b>22</b>  <u>10:00</u> - Zoom Yoga  <u>1:00</u>-Zoom Klezmer Music Concert  <u>2:00</u> - Movie <b>in 4A</b>    Nurse Janet is <b>in 4A</b></p>	<p><b>23</b>  <u>10:00</u> -Zoom People, Food &amp; Culture  <u>11:00</u> - Brain Fitness <b>in 4A</b>  <u>11:00</u> - Zoom Russian Music Concert</p>	<p><b>24</b>  <b>JASA CLOSED</b>  </p>	<p><b>25</b>  <u>10:15</u> - Zoom Aerobics  <u>2:00</u> -Telephone/Zoom Concert    1:00 - 4:00 - Game Time <b>In the Rec Room 4A</b></p>
<p><b>28</b>  <u>10:00</u> - Zoom Stretching &amp; Toning  <u>11:00</u> - Chair Pilates <b>in 4A</b>  <u>12:00</u> - Reminiscence <b>in 4A</b>  <u>1:00</u> - Zoom CIM Concert    Nurse Janet is <b>in 4A</b></p>	<p><b>29</b>  <u>10:00</u> - Zoom Yoga  <u>1:00</u>-Zoom Klezmer Music Concert  <u>2:00</u> - Writing Class  with Phyllis Turk</p>	<p><b>30</b>  <u>10:00</u> -Zoom People, Food &amp; Culture  <u>11:00</u> - Zoom Russian Music Concert  <u>2:00</u> - Nutrition Lecture <b>in 4A:</b>  “<u>Healthy Holiday Habits</u>”</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**

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 Telephone/Video Concerts in Motion (**Fridays**) – 1 - 301 – 715 – 8592; Meeting ID: 426 474 125  
 Zoom meeting: <https://zoom.us/j/426474125>  
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Telephone/Video Concerts in Motion Russian Music (**Wednesdays**)  
<https://us02web.zoom.us/j/86991640881>

1-646-558-8656 (New York); +1-312-626-6799 US Meeting ID: 869 9164 0881



**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=ZHNMOwtiYUk3MWI4NIhJUFiWbGZ5dz09>  
 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**

Zoom: <https://us06web.zoom.us/j/81953156185?pwd=TEFFb2ZCZ3I0U2dua0ZGVGsvdFpPQT09>  
 Meeting ID: 819 5315 6185 Passcode: 478915  
 Or in-person in 4A



**People, Food and Culture – Wednesdays**

**Sing-along - Thursdays**

**with Meryl Mittleberg**

Zoom: <https://zoom.us/j/9367994040?pwd=Z3lrZStsS3dwRTh2NIZkS0hPWmFuQT092NIZkS0hPWmFuQT09>

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