<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>JASA CLOSED</td>
<td>5 10:00 – Zoom Yoga 11:00 - Modern Movement with Anatoly in 4A 1:00 – Zoom Klezmer Music Concert 2:00 – Hybrid Russian Group in 4A Nurse Janet is in 4A</td>
<td>6 11:00 – Brain Fitness in 4A 2:00 – Nutrition Presentation and Health Bucks Coupons Giveaway Russian and English Nurse Vera is in 4A</td>
<td>7 11:00- Hybrid Welcome Fall &amp; Rosh Hashanah Celebration Party in 4A or Zoom 12:00 – Zoom Coffee House Music Nurse Vera is in 4A</td>
</tr>
<tr>
<td>11</td>
<td>10:00 - Zoom Stretching &amp; Toning 12:00 - Chair Pilates in 4A 12:00 – Zoom CIM Concert Meditative 1:00 – Zoom CIM Concert 2:00 – Health Lecture “Coronary Heart Disease” in 4A Nurse Janet is in 4A</td>
<td>12 10:00 – Zoom Yoga 11:00 - Modern Movement in 4A 12:00: – Walk with Ease 1:00 – Zoom Klezmer Music Concert 2:00 Russian Language for Beginners in 4A Nurse Janet is in 4A</td>
<td>13 11:00 – Support Group in 4A 2:00 – Elder Law Attorney in 4A 3:00 – Zoom Slavic Music Concert Nurse Vera is in 4A</td>
<td>14 11:00 – Art Class in 4A 12:00 – Zoom Coffee House Music Gateway Mall Trip – 9:30am Nurse Vera is in 4A</td>
</tr>
<tr>
<td>18</td>
<td>10:00 - Zoom Stretching &amp; Toning 12:00 - Chair Pilates in 4A 12:00 – Zoom CIM Concert Meditative 1:00 – Zoom CIM Concert 2:00 – Caregivers Support Group in 4A Nurse Janet is in 4A</td>
<td>19 10:00 – Zoom Yoga 12:00 – Walk with Ease 1:00 – Zoom Klezmer Music Concert 2:00 – Movie “My week w/Marilyn” in 4A Nurse Janet is in 4A</td>
<td>20 11:00 – Brain Fitness in 4A Nurse Vera is in 4A</td>
<td>21 11:00 – Art Class in 4A 12:00 – Zoom Coffee House Music 2:00 – Circle of Friends with s/w Nina Nurse Vera is in 4A</td>
</tr>
<tr>
<td>25</td>
<td>JASA CLOSED</td>
<td>26 10:00 – Zoom Yoga 11:00 - Modern Movement in 4A 12:00 – Walk with Ease 1:00 – Zoom Klezmer Music Concert 1:30 – BINGO in 4A Nurse Janet is in 4A</td>
<td>27 11:00 – Support Group in 4A 3:00 – Zoom Slavic Music Concert Shopping Trip – 10:00 am Nurse Vera is in 4A</td>
<td>28 11:00 – Art Class in 4A 12:00 – Zoom Coffee House Music 2:00 – Current Events in 4A Nurse Vera is in 4A</td>
</tr>
</tbody>
</table>

**September 2023 EVENTS**

**Event Details**
- **Zoom CIM Concert**
- **Telephone/Zoom Concert**
- **Art Class in 4A**
- **Modern Movement with Anatoly in 4A**
- **Hybrid Welcome Fall & Rosh Hashanah Celebration Party in 4A or Zoom**

**Contact Information**
- **Nurse Janet**
- **Nurse Vera**
Telephone/Video Concerts in Motion (Fridays) – 1 - 301 – 715 – 8592; Meeting ID: 426 474 125
Zoom meeting: https://zoom.us/j/426474125

Telephone/Video Concerts in Motion Slavic Music (Wednesdays)
https://us02web.zoom.us/j/86991640881
1-646-558-8656 (New York); +1-312-626-6799 US Meeting ID: 869 9164 0881

Telephone/Video Concerts in Motion Dedicated to Dementia (Mondays)
Zoom: https://concertsinmotion.org.zoom.us/j/5270678391  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

Telephone/Video Concerts in Motion Meditative (Mondays)
Zoom: https://us02web.zoom.us/j/86991640881  Meeting ID: 835 6035 3700

Welcome Fall & Rosh Hashanah Celebration Party
Zoom: https://us06web.zoom.us/j/8412202793?pwd=ZUdtYXFkaURhRXZTWFINZUp6eHFYZz09  Meeting ID: 841 2202 7993  Passcode: 417780

---

**JASA Trumps United, conducted in partnership with VNSNY Health Services, is funded by DFTA, NYSOFA, Trump Village 3 Estates, and a grant secured by local Councilmember Inna Vernikov.**