



# NORC TRUMPS UNITED CALENDAR

Phone Number (718) 372-8815

458 Neptune Ave, Brooklyn, NY 11224

## JULY 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <u>10:00</u> - Zoom Stretching & Toning <u>12:00</u> – Chair Pilates <u>in 4A</u> <u>1:00</u> – Zoom CIM Concert	<b>2</b> <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement in 4A <u>1:00</u> – Zoom Klezmer Music Concert <u>2:00</u> – Russian Club in 4A	<b>3</b> <u>11:00</u> – Support Group <u>in 4A</u> <u>12:30</u> – Aerobics <u>in 4A</u>	<b>4</b> JASA CLOSED	<b>5</b> <u>10:00</u> - Walking group w/Judith <u>10:15</u> – Zoom Aerobics <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>2:00</u> – Modern Movement in <u>4A</u> <u>2:00</u> –Telephone/Zoom Concert “Celebration Friday”
<b>8</b> <u>10:00</u> - Zoom Stretching & Toning <u>12:00</u> – Chair Pilates <u>in 4A</u> <u>1:00</u> – Zoom CIM Concert <u>2:00</u> – Caregiver Group <u>in 4A</u>	<b>9</b> <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>2:00</u> – Movie “Julie & Julia” <u>in 4A</u>	<b>10</b> <u>10:30</u> – Virtual Prague Tour <u>in 4A or Zoom</u> <u>12:30</u> – Aerobics <u>in 4A</u>	<b>11</b> <u>11:00</u> – Art Class <u>in 4A</u> <b>Membership Drive in 4A</b> <u>1:00 pm – 4:00 pm</u>	<b>12</b> <u>10:00</u> - Walking group w/Judith <u>10:15</u> – Zoom Aerobics <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>2:00</u> – Modern Movement in <u>4A</u> <u>2:00</u> –Telephone/Zoom Concert “Celebration Friday”
<b>15</b> <u>10:00</u> - Zoom Stretching & Toning <u>12:00</u> – Chair Pilates <u>in 4A</u> <u>1:00</u> – Zoom CIM Concert	<b>16</b> <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>Trip to NY Botanical Garden - 9:30</u>  Nurse Vera is <u>in 4A</u>	<b>17</b> <u>11:00</u> – Brain Fitness <u>in 4A</u> <u>12:30</u> – Aerobics <u>in 4A</u> <u>2:00</u> – Russian Language for Beginners <u>in 4A</u> <u>3:00</u> – Health Lecture <u>in 4A</u>  Nurse Vera is <u>in 4A</u>	<b>18</b> <u>11:00</u> – Art Class <u>in 4A</u> <u>2:00</u> – Summer Party <u>in 4A</u>  Nurse Vera is <u>in 4A</u>	<b>19</b> <u>10:00</u> - Walking group w/Judith <u>10:15</u> – Zoom Aerobics <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>2:00</u> – Modern Movement in <u>4A</u> <u>2:00</u> –Telephone/Zoom Concert “Celebration Friday”

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>22</b>  <u>10:00</u> - Zoom Stretching &amp; Toning  <u>12:00</u> – Chair Pilates <u>in 4A</u>  <u>1:00</u> – Zoom CIM Concert</p>	<p><b>23</b>  <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 Health Lecture <u>in 4A</u>  <u>1:00</u> – Russian Club <u>in 4A</u>  Nurse Vera is <u>in 4A</u></p>	<p><b>24</b>  <u>11:00</u> – Support Group <u>in 4A</u>  <u>12:30</u> – Aerobics <u>in 4A</u>  Nurse Vera is <u>in 4A</u></p>	<p><b>25</b>  <u>11:00</u> – Art Class <u>in 4A</u>  <u>2:00</u> – Current Events &amp; Ice Cream <u>in 4A</u>  Nurse Vera is <u>in 4A</u></p>	<p><b>26</b>  <u>10:00</u> - Walking group w/Judith  <u>10:15</u> – Zoom Aerobics  <u>1:00 - 4:00</u> – Game Time <u>in 4A</u>  <u>2:00</u> – Modern Movement <u>in 4A</u>  <u>2:00</u> –Telephone/Zoom Concert  “Celebration Friday”</p>
<p><b>29</b>  <u>10:00</u> - Zoom Stretching &amp; Toning  <u>12:00</u> – Chair Pilates <u>in 4A</u>  <u>1:00</u> – Zoom CIM Concert  <u>2:00</u> - Caregiver Group <u>in 4A</u></p>	<p><b>30</b>  <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>2:00</u> – Bingo <u>in 4A</u>  Nurse Vera is <u>in 4A</u></p>	<p><b>31</b>  <u>11:00</u> – Brain Fitness <u>in 4A</u>  <u>12:30</u> – Aerobics <u>in 4A</u>  <u>2:00</u> - Nutrition Presentation with Tamar Elkin <u>in 4A</u> or Zoom  Nurse Vera is <u>in 4A</u></p>		

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(718) 372-8815 • Email

[www.jasa.org](http://www.jasa.org)

## Hours

Mondays - Fridays 9:00am - 5:00pm

\*Closed for Federal and Jewish Holidays\*

## NORC Trumps United Staff

Evelyn Gottlieb, Program Director [egottlieb@jasa.org](mailto:egottlieb@jasa.org)

## JULY 2024 Activities/Programming

July 5, 12, 19 and 26 - Walking group w/Judith

July 9 - Movie "Julie & Julia" in 4A

July 10 - Virtual Prague Tour in 4A or Zoom

July 11 - Membership Drive in 4A

July 16 - Trip to NY Botanical Garden

July 18 - Summer Party in 4A

July 23 - Russian Health Lecture in 4A

July 23 - Russian Club in 4A

July 25 - Current Events & Ice Cream in 4A

July 25 - Trip to Stetan Island Mall

July 30 - Bingo in 4A

July 31 - Nutrition Presentation with Tamar Elkin in 4A or Zoom

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