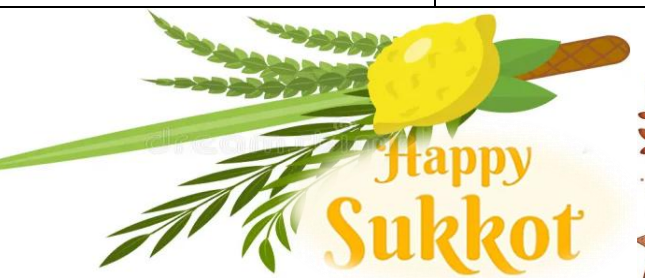


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  			1 <u>10:00</u> – Zoom Sing Along <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> Nurse Vera is <u>in 4A</u>	2 <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>1:30</u> – Balance for Life <u>in 4A</u> <u>2:00</u> – Celebration Zoom Concert
5 <u>11:00</u> – Chess Class <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> <u>2:00 – 4:00</u> – Flu Shots <u>in 4A</u> Nurse Vera is <u>in 4A</u>	6 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music	7 <u>12:30</u> – Aerobics <u>in 4A</u> Nurse Vera is <u>in 4A</u>	8 <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> <u>Trip to Hindu Temple – 10:00 am</u> Nurse Vera is <u>in 4A</u>	9 <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>1:30</u> – Balance for Life <u>in 4A</u> <u>2:00</u> – Celebration Zoom Concert
12 <u>11:00</u> – Chess Class <u>in 4A</u> <u>12:30</u> – Russian Health Lecture “Vision and Vitamins” <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> Nurse Vera is <u>in 4A</u>	13 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>12:30</u> – Russian Club <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music <u>2:00</u> – Qi Gong (TaiChi) <u>in 4A</u>	14 Wellness Health Fair 1:00 – 3:00 pm in 4A Nurse Vera is <u>in 4A</u>	15 <u>10:00</u> – Zoom Sing Along <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> <u>2:00</u> – Russian Movie “Как Витька Чеснок вез Леху Штыря” <u>in 4A</u> Nurse Vera is <u>in 4A</u>	16 <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>1:30</u> – Balance for Life <u>in 4A</u> <u>2:00</u> – Celebration Zoom Concert
19 <u>11:00</u> – Chess Class <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> <u>2:30</u> – Memorial Commemoration of Sofya’s Life <u>in 4A</u> Nurse Vera is <u>in 4A</u>	20 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music <u>2:00</u> – Qi Gong (TaiChi) <u>in 4A</u> <u>Trip to Gateway Mall – 9:30 am</u>	21 <u>11:00</u> – Friendship Group with bagels <u>in 4A</u> <u>12:00</u> – Health Lecture in English “Vision and Vitamins” <u>in 4A</u> <u>12:30</u> – Aerobics <u>in 4A</u> Nurse Vera is <u>in 4A</u>	22 <u>10:00</u> – Zoom People, Food & Culture <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> <u>2:00</u> – Nutrition Presentation with Tamar Elkin <u>in 4A or Zoom</u> <u>3:00</u> – Current Events <u>in 4A</u> Nurse Vera is <u>in 4A</u>	23 <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>1:30</u> – Balance for Life <u>in 4A</u> <u>2:00</u> – Celebration Zoom Concert
26 <u>11:00</u> – Chess Class <u>in 4A</u> <u>1:00</u> – Chair Pilates <u>in 4A</u> Nurse Vera is <u>in 4A</u>	27 <u>10:00</u> – Zoom Yoga <u>11:00</u> – Modern Movement <u>in 4A</u> <u>1:00</u> – Zoom Klezmer Music <u>2:00</u> – Qi Gong (TaiChi) <u>in 4A</u>	28 <u>12:30</u> – Aerobics <u>in 4A</u> <u>2:00</u> – Brain Fitness <u>in 4A</u> <u>Trip to Lubavitcher Rebbe gravesite – 9:30 am</u> Nurse Vera is <u>in 4A</u>	29 <u>10:00</u> – Zoom Sing Along <u>11:00</u> – Art Class <u>in 4A</u> <u>12:30</u> – Mild Body Conditioning <u>in 4A</u> Nurse Vera is <u>in 4A</u>	30 <u>1:00 - 4:00</u> – Game Time <u>in 4A</u> <u>1:30</u> – Balance for Life <u>in 4A</u> <u>2:00</u> – Celebration Zoom Concert



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

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 and Sing-along with Meryl Mittleberg- Thursdays

Zoom: <https://zoom.us/j/9367994040?pwd=Z3lrZStsS3dwRTh2NlZkS0hPWmFuQT09>

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