






















August 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  5:30 – English Conversation (4A) 9:00 – 4:00 Nurse (4A)</p>	<p>1 11:00 –Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>2 12:30 – Senior Aerobic (4A)  11:00 – Coping & Support Group(4A) 1:30 – Social Dancing (7A) </p>
<p>5 11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>6 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>7 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A) 5:30 – English Conversation 4(A) 9:00 – 4:00 Nurse (4A)</p>	<p>8 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>9 12:30 – Senior Aerobic (4A)  1:30 – Social Dancing (7A) </p>
<p>12 11:00 – Yoga w/Joanne (7A) 11:00–Brain Fitness w/Linda(4A) 12:15 – Tai Chi (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>13 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>14 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  5:30 – English Conversation (4A) 9:00 – 4:00 Nurse (4A)</p>	<p>15 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>16 12:30 – Senior Aerobic (4A)  11:00 – Coping & Support Group(4A)</p>
<p>19 11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>20 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>21 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  5:30 – English Conversation (4A) 9:00 – 4:00 Nurse (4A)</p>	<p>22 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>23 12:30 – Senior Aerobic (4A) </p>
<p>26 11:00 – Yoga w/Joanne (7A) 11:00–Brain Fitness w/Linda(4A) 12:15 – Tai Chi (4A) 9:00 – 4:00 Nurse (7A)..</p> 	<p>27 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) 9:00 – 4:00 Nurse (7A)</p> 	<p>28 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  5:30 – English Conversation (4A) 9:00 – 4:00 Nurse (4A)</p>	<p>29 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>30 12:30 – Senior Aerobic (4A)  11:00 – Coping & Support Group(4A)</p>



Trumps United

2942 West 5th St, and 458 Neptune Ave.

Brooklyn, NY 11224

718-946-7973, and 718-372-8815

www.jasa.org

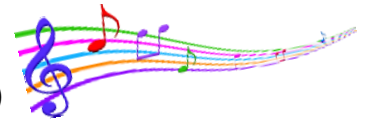
9:00am - 5:00pm

August 5 – Lecture on “Balance and Fall Prevention” – 2:00 pm(7A)

August 7 – Movie: “GI Jews” – 2:00 pm(7A)

August 7 – Russian Club with Sofya – 2:00 pm (4A)

August 9 – Singing with Elissa – 1:00 pm(7A)



August 12 – Red Cross Emergency Preparedness Training – 2:00 pm(4A)

August 14 – Health Lecture: “Keeping your mind healthy” (Russian) – 1:00 pm(4A)

August 19 – Health Lecture: “Keeping your mind healthy” – 12:00 pm(7A)

August 19 – Current Events with Linda – 1:30 pm(4A)



August 19 – Chef Lee “Honey Garlic Salmon” – 2:00 pm(4A)



August 20 – Lecture about Access a Ride Benefits – 2:30 pm(7A)



August 21 – Brain Fitness with Elissa – 1:00 pm(7A)

August 21 – Literature class with Elissa – 2:00 pm(7A)



August 22 – Reminiscence with Nina – 2:30 pm(7A)



August 26 – Pizza Bingo – 1:00 pm(7A)

August 27 – Allegro Singers Concert – 2:00 pm(4A)



Trips

August 14 – China New Star Restaurant – 10:45 am

August 23 – Brooklyn Museum – 10:30 am

August 28 – Fairway Red Hook – 10:15 am

