



JASO™ Warbasse Cares

August 2019

Monday

9:15	Yoga	5C
11:15	Computer for beginners (no class on 8/05)	5B

TUESDAY

9:30	Walk with Ease	
10:00	Blood Pressure Screening	5B
10:30	Head to Toe Tone Up	5C
11:30	Sewing, alterations and more	5B
1:00	Tai Chi	5C
2:00	Crafts class (no class on 8/13, 20, 27)	5B
2:30	Yoga	5C

WEDNESDAY

12:15	Tai Chi & Chair Exercise	5C
1:30	Canasta	5B

THURSDAY

9:15	Yoga	5C
10:30	Blood Pressure Screening	5B
11:00	Painting class (no class on 8/15, 22, 29)	5B

FRIDAY

10:00	Head to Toe Tone Up (no class on 8/16)	5C
11:00	Easy Chair Exercises (no class on 8/16)	5C

Volunteers Needed - Stop by 5B

Membership Registration : Mondays & Wednesdays: 10 - 11 a.m., 5B

Warbasse Medical Transportation is for Warbasse members only!

Visit our library on Friday mornings in 5B for large print books and tapes

For changes and updates cal I(718) 996-5200

Warbasse Cares is grateful for the vision of Rochelle Captan, former Manager of Amalgamated Warbasse Houses, Inc. JASA/Warbasse Cares is conducted in partnership with Visiting Nurse Service of NY, JASA Care and the senior residents of the community. It is funded by NYC DFTA, NYSOFA UJA-Federation of NY and grants secured by the Honorable NYC Councilman , Mark Treyger.





Warbasse Cares

August 2019 *Special Events*

Thursday	8/01	Health Chat “The Importance of Hearing Screening” with PACE University students	12:30 5B
Friday	8/02	Free Hearing Screening (see flyer)	9:00-3:00
Friday	8/02	Oneg Shabbat with Eryka	11:30 5B
Monday	8/05	Women’s Group with Eryka	1:00 5B
Monday	8/05	Think Positive with Irina (in Russian)	2:00 5B
Tuesday	8/06	Trip to the Jewish Museum	9:30
Friday	8/09	“L’hitraot” Farewell to Eryka	11:30 5B
Friday	8/09	Concert in Motion	1:00 5C
Tuesday	8/13	A Health Chat on “Hydration” with Melissa	2:00 5B
Wednesday	8/14	Bereavement Group	3:00 5C
Friday	8/16	Seniors by the Sea (by invitation)	
Friday	8/23	Afternoon movie “Brad’s Status”	1:00 5B
Monday	8/26	Lecture-Presentation with Nellie	1:00 5B
Tuesday	8/27	Shopping Trip to Trader Joe’s Supermarket	
Wednesday	8/28	Stroll safe. Fall Prevention Group (by prior registration)	10:30 5C
Wednesday	8/28	Storytelling Group	1:30 5B
Wednesday	8/28	Bereavement Group	3:00 5C
Thursday	8/29	Trip to The Cloisters	
Friday	8/30	Russian Club	1:00 5B

SUMMER

