























June 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 11:00 – Yoga w/Joanne (7A) 11:00–Brain Fitness w/Linda(4A) 12:15 – Tai Chi (4A) 1:30 – Social Dancing (4A)</p> 	<p>4 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)</p> 	<p>5 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A) 1:30-Art Class w/Fran Perrone(7A) 5:30 – English Conversation (4A)</p> 	<p>6 9:00 – 4:00 Nurse (4A) 11:00 –Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p> 	<p>7 12:30 – Senior Aerobic (4A) 2:00 – Knitting & Crocheting (4A)</p>  
<p>10 11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A)</p>	<p>11 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)</p> 	<p>12 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A) 1:30-Art Class w/Fran Perrone(7A) 5:30 – English Conversation 4(A)</p> 	<p>13 9:00 – 4:00 Nurse (4A) 11:00–Therapeutic Stretching(4A)</p> 	<p>14 11:00 – Coping & Support Group(4A) 12:30 – Senior Aerobic (4A) 2:00 – Knitting & Crocheting (4A)</p>  
<p>17 11:00 – Yoga w/Joanne (7A) 11:00–Brain Fitness w/Linda(4A) 12:15 – Tai Chi (4A)</p>	<p>18 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)</p> 	<p>19 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A) 1:30-Art Class w/Fran Perrone(7A) 5:30 – English Conversation (4A)</p> 	<p>20 9:00 – 4:00 Nurse (4A) 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p> 	<p>21 12:30 – Senior Aerobic (4A) 2:00 – Knitting & Crocheting (4A)</p>  
<p>24 11:00 – Yoga w/Joanne (7A) 11:00 – Brain Fitness (4A) 12:15 – Tai Chi (4A)</p>	<p>25 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)</p> 	<p>26 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A) 5:30 – English Conversation (4A)</p> 	<p>27 9:00 – 4:00 Nurse (4A) 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p> 	<p>28 11:00 – Coping & Support Greup(4A) 12:30 – Senior Aerobic (4A) 2:00 – Knitting & Crocheting (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

June 6 – Health Lecture: “All about Dehydration” – 12:00 pm (4A)

June 10 – Brighton Ballet Show “Dancing Together” – 2:30 pm (4A)

June 12 – Current Events with Linda – 3:00 pm (4A)

June 14 – Singing with Elissa – 1:00 pm (7A)



June 17 – Brain Fitness with Elissa – 1:00 pm (7A)

June 17 – literature Class with Elissa – 2:00 pm (7A)

June 18 – Summer Party – 2:00 pm (7A)



June 19 – Art Presentation with Fran - 1:30 pm (7A)

June 19 – Russian Club with Irina – 2:00 pm (4A)

June 20 – Health Lecture: “All about Dehydration” (Russian) – 12:00 pm (4A)

June 20 – Concerts in Motion – 1:30 pm (4A)



June 24 – Pizza Bingo – 1:00 pm (7A)

June 25 – Movie: “Only You” – 2:00 pm (7A)

June 26 – Yiddish Class – 3:00 pm (7A)



Trips

June 21 – Brooklyn Botanical Garden – 10:00 am

June 23 – Walmart – 9:30 am

