



JASa

Warbasse Cares

June 2019

Monday

9:15	Yoga	5C
11:15	Computer for beginners	5B
2:15	Portrait Painting	5C

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	5B
2:30	Yoga	5C

WEDNESDAY

10:30	Easy Chair Exercises	5C
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	5B

FRIDAY

10:00	Head to Toe Tone Up	5C
11:00	Easy Chair Exercises	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 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.





June 2019

Special Events

Monday	06/03	Musical Memories w/ Chaplain Intern Eryka	11:30	5C
Monday	06/03	Russian Club with Lilia Sorokin	1:00	5B
Wednesday	06/05	Bereavement Group	3:30	5C
Thursday	06/06	Shopping Trip to Borough Park		
Friday	06/07	Oneg Shabbat	11:30	5B
Friday	06/07	Opera Hour with Jonathan Green	1:00	5C
Monday	06/10	“Think Positive” with Irina (in Russian)	1:00	5B
Tuesday	06/11	Nutrition Chat on “Herbal Healing” with Melissa and Tyaun	11:30	5B
Wednesday	06/12	All classes cancelled		
Wednesday	06/12	Trip to Whitney Museum of American Art		
Thursday	06/13	Video Operetta “The Merry Widows”(part II)	1:15	5B
Friday	06/14	Concert in Motions	1:00	5C
Monday	06/17	Emergency Preparedness from Red Cross	1:00	5C
Wednesday	06/19	Storytelling Group	1:30	5B
Wednesday	06/19	Bereavement Group	3:30	5C
Thursday	06/20	Trip to Staten Island Shopping Mall		
Friday	06/21	Afternoon movie “The Wife”	1:00	5B
Sunday	06/23	Cultural Dance Festival at Dewey HS (see Hella)		
Monday	06/24	Musical Memories w/ Chaplain Intern Eryka	11:30	5C
Wednesday	06/26	Trip to Nassau County Art Museum		
Thursday	06/27	Senior Prom and Art Exhibit (by invitation only)		
Friday	06/28	Refreshing Summer Food Choices with Lee Handerson, JASA Nutritionist.	1:00	5B