



# JASO<sup>TM</sup> Warbasse Cares

## May 2019

### Monday

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

### TUESDAY

10:30	Head to Toe Tone Up	5C
11:30	Sewing, alterations and more	5B
1:00	Tai Chi	5C
2:00	Crafts class	5C
2:30	Yoga	5C

### WEDNESDAY

10:30	Easy Chair Exercises	5C
12:15	Tai Chi & Chair Exercise	5C

### 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
11:30	Intergenerational Art Program	5B

#### 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 call (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.*



# Warbasse Cares



## Special Events

<b>Monday</b>	<b>05/01</b>	Celebrating Mexican Art	1:30	5B
<b>Thursday</b>	<b>05/02</b>	Health Chat "Stroke Prevention" with Sharon	1:00	5B
<b>Friday</b>	<b>05/03</b>	Nutrition Lecture-Demonstration with Lee	1:00	5B
<b>Monday</b>	<b>05/06</b>	"Think Positive" with Irina (in Russian)	1:00	5B
<b>Tuesday</b>	<b>05/07</b>	New Walk with Ease Group	9:15	
<b>Wednesday</b>	<b>05/08</b>	Bereavement Group	3:00	5C
<b>Thursday</b>	<b>05/09</b>	Trip to Edward R. Murrow HS	3:00	
<b>Monday</b>	<b>05/13</b>	National Healthcare Decisions Day from NY State Bar Association	1:00	5C
<b>Thursday</b>	<b>05/16</b>	Special Women Group with Abby & Irina	11:00	5B
<b>Thursday</b>	<b>05/16</b>	Presentation by Nellie Bershtat - Operetta "The Merry Widow"	2:30	5B
<b>Friday</b>	<b>05/17</b>	Concert in Motions	1:00	5C
<b>Monday</b>	<b>05/20</b>	Zumba	10:30	5C
<b>Monday</b>	<b>05/20</b>	A Lecture on "Older Americans Month" with M. Kaufman	1:00	5C
<b>Tuesday</b>	<b>05/21</b>	Walking Tour of Jewish Harlem	8:45	
<b>Wednesday</b>	<b>05/22</b>	Bereavement Group	3:00	5C
<b>Thursday</b>	<b>05/23</b>	Dancercise with Lisa Wisel	1:0	5B
<b>Thursday</b>	<b>05/23</b>	Gentle Seated Exercises with Lisa Wisel	2:00	5B
<b>Friday</b>	<b>05/24</b>	Musical Journey with Mandolin & Domra	1:00	5B
<b>Monday</b>	<b>05/27</b>	<b>JASA closed for Memorial Day</b>		
<b>Tuesday</b>	<b>05/28</b>	Trip to Trader Joe's Supermarket	9:30	
<b>Wednesday</b>	<b>05/29</b>	Storytelling Group	1:30	5B
<b>Thursday</b>	<b>05/30</b>	Dancercise with Lisa Wisel	1:0	5B
<b>Thursday</b>	<b>05/30</b>	Gentle Seated Exercises with Lisa Wisel	2:00	5B