NORC TRUMPS UNITED CALENDAR

Phone Number (718) 372-8815 458 Neptune Ave, Brooklyn, NY 11224

OCTOBER 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 - Zoom Sing Along 11:00 – Art Class in 4A 12:30 – Mild Body Conditioning in 4A Nurse Vera is in 4A	2 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 - Celebration Zoom Concert
5 11:00 - Chess Class in 4A 1:00 - Chair Pilates in 4A 2:00 -4:00 - Flu Shots in 4A Nurse Vera is in 4A	6 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music	7 12:30 – Aerobics in 4A Nurse Vera is in 4A	8 11:00 – Art Class in 4A 12:30 – Mild Body Conditioning in 4A Trip to Hindu Temple - 10:00 am Nurse Vera is in 4A	9 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 - Celebration Zoom Concert
12 11:00 - Chess Class in 4A 12:30 - Russian Health Lecture "Vision and Vitamins" in 4A 1:00 - Chair Pilates in 4A 1:00 – Zoom CIM Concert Nurse Vera is in 4A	13 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 12:30 - Russian Club in 4A 1:00 – Zoom Klezmer Music 2:00 - Qi Gong (Tai Chi) in 4A	14 Wellness Health Fair 1:00 - 3:00 pm in 4A Nurse Vera is in 4A	15 10:00 - Zoom Sing Along 11:00 -Art Class in 4A 12:30 - Mild Body Conditioning in 4A 2:00 - Russian Movie in 4A Nurse Vera is in 4A	16 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 - Celebration Zoom Concert

Partially funded by:

NYC Department for the Aging

PROUD PARTNER UJA Federation NEW YORK

Monday	Tuesday	Wednesday	Thursday	Friday
19 11:00 - Chess Class in 4A 1:00 - Chair Pilates in 4A 2:30 - Memorial Commemoration of Sofya's Life in 4A Nurse Vera is in 4A	20 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music 2:00 - Qi Gong (Tai Chi) in 4A Trip to Gateway Mall - 9:30 am	21 11:00 - Friendship Group with bagels in 4A 12:30 - English Health Lecture "Vision and Vitamins" in 4A 12:30 – Aerobics in 4A Nurse Vera is in 4A	22 10:00 - Zoom People, Food & Culture 11:00 -Art Class in 4A 12:30 – Mild Body Conditioning in 4A 2:00 - Nutrition Presentation with Tamar Elkin in 4A or Zoom 3:00 - Current Events in 4A Nurse Vera is in 4A	23 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 - Celebration Zoom Concert
26 1:00 - Chair Pilates in 4A 1:00 – Zoom CIM Concert Nurse Vera is in 4A	27 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music 2:00 - Bingo in 4A	28 12:30 – Aerobics in 4A 2:00 -Brain Fitness in 4A Trip to Lubavitcher Rebbe gravesite - 9:30 am Nurse Vera is in 4A	29 10:00 – Zoom Sing Along 11:00 -Art Class in 4A 12:30–Mild Body Conditioning in 4A Nurse Vera is in 4A	30 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 - Celebration Zoom Concert

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458 Neptune Ave, Brooklyn, NY 11224
(718) 372-8815 • Email
www.jasa.org

Hours

Mondays - Fridays 9:00am - 5:00pm
Closed for Federal and Jewish Holidays

NORC Trumps United Staff

Evelyn Gottlieb, Program Director egottlieb@jasa.org

OCTOBER Activities/Programming

October 15 - Russian Movie
October 5 - Flue Shots
October 28 - Brain Fitness
October 13 - Russian Club
October 8 - Trip to Hindu Temple
October 14 - Wellness Health Fair
October 19 - Memorial Commemoration of Sofya's Life
October 22 - Nutrition Presentation
October 20 - Trip to Gateway Mall
October 22 - Current Events and Ice Cream
October 1, 8, 15, 22 and 29 - Art Class with Madeline
October 28 - Trip to Lubavitcher Rebbe gravesite

Partially funded by:

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Telephone/Video Concerts in Motion Celebration Friday (Fridays) – 1 - 301 – 715 – 8592;
Zoom meeting: https://zoom.us/j/426474125 Meeting ID: 426 474 125

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Zoom Aerobic Class - https://us06web.zoom.us/j/83690337299?pwd=SWJaREw2azdsSEt4d1UwOFFBWmduUT09
Meeting ID: 836 9033 7299 Passcode: 381896

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Telephone/Video Concerts in Motion Dedicated to Dementia (Mondays)
Zoom: https://concertsinmotion-org.zoom.us/j/5270678391 Meeting ID: 527 067 8391
Phone: 1- 646-558-8656 Meeting ID: 527 067 839

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Telephone/Video Concerts in Motion Klezmer Music (Tuesdays)
Zoom: https://concertsinmotion-org.zoom.us/j/89147660204
Meeting ID: 891 4766 0204 Phone: 1 646- 558- 8656

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Zoom Yoga (Tuesdays)
Zoom:
https://us02web.zoom.us/j/86535975909?pwd=YTc1Q1BuOTE4Y0ZadTY1Vkh3TzFYdz09
Meeting ID: 865 3597 5909 Passcode: JASATV

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Registered Dietitian Nutritionist Tamar Elkin, MS, RDN, CDN
Zoom: https://us06web.zoom.us/j/83219399945?pwd=tKRnZR8WSBxufnJpYNfw7FAvr8wcab.1
Meeting ID: 832 1939 9945 Passcode: 946518