Coney Island Active Aging-NORC

(718) 943-7812

2950 West 35th Street, 2nd Floor, Brooklyn, NY 11224. Elevator in the lobby.

October 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00AM- 4:00PM VNS Nurse 1:30PM- 2:30PM Aerobics	2 9:00AM- 4:00PM VNS Nurse 11:30AM-12:30PM Yoga Class 12:30PM-2:00PM Painting Class

Monday	Tuesday	Wednesday	Thursday	Friday
5 **9:00AM- 4:00PM** **VitalCare Nurse** **11:30AM- 12:30PM** **Dance Fitness** **12:00 P.M.** **TRIP- The Painted Pot Park Slope** **Registration Required**	**6** **9:00AM- 4:00PM** **VitalCare Nurse** **1:30PM-2:30PM** **Aerobics** **2:45PM** **J. Solomon Intergenerational Project**	**7** **9:00AM- 4:00PM** **VitalCare Nurse** **11:00AM-4:00PM** **GAME DAY** ***12:00 P.M.*** ***Winter/ Fall Movie @ CIAA-NORC- "He Met the Perfect Woman Online… Then She Showed Up and Turned His Life Upside Down!"- Comedy***	**8** **9:00AM- 4:00PM** **VNS Nurse** **10:00 A.M.** ***Event- "NYCHA in Nature- Bird Watching- Marine Park"* Hosted by NYC Bird Alliance** **Registration Required** **1:30PM- 2:30PM** **Aerobics**	**9** **9:00AM- 4:00PM** **VNS Nurse** **11:30AM-12:30PM** **Yoga Class** **12:30PM-2:00PM** **Painting Class**

Monday	Tuesday	Wednesday	Thursday	Friday
12 9:00AM- 4:00PM VitalCare Nurse 11:00AM-5:00PM GAME DAY 11:30AM- 12:30PM Dance Fitness *Event*- "*Bingo & Pizza*" @ 12:30 P.M. Registration Required	13 9:00AM- 4:00PM VitalCare Nurse 11:00 A.M *New Exercise Class*- *"Qi Gong"* 1:30PM-2:30PM Aerobics 2:45PM J. Solomon Intergenerational Project	14 9:00AM- 4:00PM VitalCare Nurse 11:00AM-4:00PM GAME DAY	15 9:00AM- 4:00PM VNS Nurse 1:30PM- 2:30PM Aerobics	16 9:00AM- 4:00PM VNS Nurse 11:30AM-12:30PM Yoga Class 12:30PM-2:00PM Painting Class

Monday	Tuesday	Wednesday	Thursday	Friday
19 **9:00AM- 4:00PM** **VitalCare Nurse** **11:00AM-5:00PM** **GAME DAY** **11:30AM- 12:30PM** **Dance Fitness** **1:30PM** ***Event- "Discover Live Tour & Pizza- Cusco, Peru*** **Registration Required**	**20** **9:00AM- 4:00PM** **VitalCare Nurse** **11:00 A.M** ***New Exercise Class- "Qi Gong"*** **1:30PM-2:30PM** **Aerobics** **2:45PM** **J. Solomon Intergenerational Project**	**21** **9:00AM- 5:00PM** **VitalCare** **11:00AM-4:00PM** **GAME DAY**	**22** **9:00AM- 4:00PM** **VNS Nurse** **1:30PM- 2:30PM** **Aerobics**	**23** **9:00AM- 4:00PM** **VNS Nurse** **11:30AM-12:30PM** **Yoga Class** **12:30PM-2:00PM** **Painting Class**

26 **9:00AM- 4:00PM** **VitalCare Nurse** **11:00AM-5:00PM** **GAME DAY** **11:30AM- 12:30PM** **Dance Fitness** **1:00 P.M.** **"Breast Cancer Recognition"** **Entertainment: Nadia Chechet.** ***Registration Required.***	**27** **9:00AM- 4:00PM** **VitalCare Nurse** **11:00 A.M** ***New Exercise Class- "Qi Gong"*** **1:30PM-2:30PM** **Aerobics** **2:45PM** **J. Solomon Intergenerational Project**	**28** **9:00AM- 5:00PM** **VitalCare** **11:00AM-4:00PM** **GAME DAY** **12:00 P.M.** ***Event- Monthly Celebration- October's Birthday*** **Entertainment-TBA** **Registration Required.**	**29** **9:00AM- 4:00PM** **VNS Nurse** **1:30PM- 2:30PM** **Aerobics**	**30** **9:00AM- 4:00PM** **VNS Nurse** **11:30AM-12:30PM** **Yoga Class** **12:30PM-2:00PM** **Painting Class**

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www.jasa.org

Special Events:

Breast Cancer Awareness Month Monday, October 26th- *Event*- "Breast Cancer Recognition" @ 1:00 P.M.
Entertainment: Nadia Chechet. *Registration Required.*
Monthly Celebration: Wednesday, October 28th- Event- Monthly Celebration- October's Birthday & Start of Autumn @ 12:00 P.M. Entertainment: DJ M1. Registration Required.

Hours

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

Donna Bailey, Program Director- dbailey@jasa.org

If You Are Interested In Participating In Any Activities, Please call 718-943-7812 for any additional information.

Other Services: Assistance with Benefits/Entitlements, Documentation Translation, Home Visits, Referrals for Meals on Wheels & Home Health Aide services, Shopping Assistance, Supportive Counseling, Tax forms, Transportation, etc.

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