



















February 2019 ACTIVITIES



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | | | 1 |
| <p>4 9:00 – 4:00 Nurse (7A)  11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A) 2:30–Literature Class w/Ellen(7A)</p> | <p>5 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)  1:00–Percussion Instruments(4A)</p> | <p>6 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  5:30 – English Conversation (4A)</p> | <p>7 9:00 – 4:00 Nurse (4A)  11:00 –Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A) 1:30 – Art w/Marquis Studio(7A)</p> | <p>8 11:00 – Coping & Support Group(4A) 12:30 – Senior Aerobic (4A)  1:45 – Chair Yoga (7A)</p> |
| <p>11 9:00 – 4:00 Nurse (7A)  11:00 – Yoga w/Joanne (7A) 11:00–Brain Fitness w/Linda(4A) 12:15 – Tai Chi (4A)</p> | <p>12 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)  1:00–Percussion Instruments(4A)</p> | <p>13 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  5:30 – English Conversation 4(A)</p> | <p>14 9:00 – 4:00 Nurse (4A)  11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A) 1:30 – Art w/Marquis Studio(7A)</p> | <p>15 12:30 – Senior Aerobic (4A) 1:45 – Chair Yoga (7A) </p> |
| <p>18 9:00 – 4:00 Nurse (7A)  11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A)</p> | <p>19 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)  1:00- Percussion Instruments(4A)</p> | <p>20 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  2:45 – Yiddish Class 5:30 – English Conversation (4A)</p> | <p>21 9:00 – 4:00 Nurse (4A)  11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A) 1:30 – Art w/Marquis Studio(7A)</p> | <p>22 11:00 – Coping & Support Group(4A) 12:30 – Senior Aerobic (4A) 1:45 – Chair Yoga (7A) </p> |
| <p>25 9:00 – 4:00 Nurse (7A)  11:00 – Yoga w/Joanne (7A) 11:00 – Brain Fitness (4A) 12:15 – Tai Chi (4A)</p> | <p>26 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A)  1:00-Percussion Instruments(4A)</p> | <p>27 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  3:00-Current Events w/Ellen(7A) 5:30 – English Conversation (4A)</p> | <p>28 9:00 – 4:00 Nurse (4A) 11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A) 1:30 – Art w/Marquis Studio(7A)</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

February 6 - Afternoon Movie - 1:30pm(4A)

February 11- Valentine Party with Jerry Castaldo - 2:00pm (7A)

February 12 - Walmart Trip - 10:00am

February 13 - Concert in Motion - 1:30pm(4A)

February 14 & 28 - Caregiver Support Group - 4:30pm(4A)

February 15 - Chef Lee - French Cuisine - 11:00am(4A)

February 20 - Lecture from office of Emergency Management - 1:30(4A)

February 25 - Pizza Bingo - 1:00pm(7A)

February 26 - Le Greci Trip - 10:00am

February 27 - Chef Lee - French Cuisine - 1:00pm(7A)

February 28 - Reminiscence with Nina - 3:00pm(7A)

