Trumps United NORC -- 458 Neptune Ave – 718-372-8815

SEPTEMBER 2026 EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music 2:00 - Qi Gong (TaiChi) in 4A	2 11:00 – Friendship Group with bagels in 4A 12:30 – Aerobics in 4A Nurse Vera is in 4A	3 11:00 – Art Class in 4A 12:30 – Mild Body Conditioning in 4A Nurse Vera is in 4A	4 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 –Celebration Zoom Concert
7 JASA CLOSED Happy LABOR DAY	8 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music 2:00 - Qi Gong (TaiChi) in 4A	9 2:00 – Rosh Hashanah Party and Summer Birthdays Celebration in 4A Nurse Vera is in 4A	10 11:00 – Art Class in 4A 12:30 – Mild Body Conditioning in 4A 2:00 – Russian Movie "Как Витька Чеснок вез Леху Штыря" in 4A Nurse Vera is in 4A	11 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 –Celebration Zoom Concert
14 12:30 – Health Lecture in Russian "Preparing for Virus Season" in 4A 1:00 – Chair Pilates in 4A 2:30 - FDNY Fire Safety Presentation in 4A Nurse Vera is in 4A	15 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music 2:00 - Qi Gong (TaiChi) in 4A Trip to Trader Joe's – 9:30 am	16 12:30 – Aerobics in 4A 1:30 – Health Lecture in English "Preparing for Respiratory Virus Season" in 4A 2:00 – Brain Fitness in 4A Nurse Vera is in 4A	17 11:00 – Art Class in 4A 12:30 – Mild Body Conditioning in 4A 2:00 - Nutrition Presentation with Tamar Elkin in 4A or Zoom Nurse Vera is in 4A	18 10:00– 12:00 – Flu Shots in 4A 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 –Celebration Zoom Concert
21 JASA CLOSED 	22 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 (TaiChi) in 4A	23 11:00 – Friendship Group with bagels in 4A 12:30 – Aerobics in 4A Nurse Vera is in 4A	24 11:00 – Art Class in 4A 12:30 – Mild Body Conditioning in 4A 2:00 – Current Events in 4A Vera is in 4A	25 1:00 - 4:00 – Game Time in 4A 1:30 – Balance for Life in 4A 2:00 –Celebration Zoom Concert
28 1:00 – Chair Pilates in 4A 2:30 – Cooking Presentation with Tiana in 4A Nurse Vera is in 4A	29 10:00 – Zoom Yoga 11:00 – Modern Movement in 4A 1:00 – Zoom Klezmer Music 2:00 - Bingo in 4A	30 12:30 – Aerobics in 4A 2:00 – Brain Fitness in 4A Nurse Vera is in 4A		

Trumps United NORC

458 Neptune Ave
Brooklyn, NY 11224
718-372-8815

Telephone Russian Group

VNS Telephone Health Promotion Group

929 – 299 – 1045 Pin: 2345

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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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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 8391

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

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People, Food and Culture – Wednesdays

Sing-along - Thursdays

with Meryl Mittleberg

Zoom: https://zoom.us/j/9367994040?pwd=Z3lrZStsS3dwRTh2NlZkS0hPWmFuQT09

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NYC Department for the Aging

PROUD PARTNER UJA Federation NEW YORK