<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 3            | 10:00 - Zoom Stretching & Toning  
12:00 – Chair Pilates in 4A | 5  
11:00 - Brain Fitness in 4A  
2:00 – Russian Telephone Group  
2:00 – Russian Telephone Health Lecture  
Nurse Janet is in 4A | 6  
11:00 - Art Class in 4A or Zoom  
Nurse Vera is in 4A                | 7  
10:15 - Zoom Aerobics  
1:00 - 4:00 – Game Time in 4A  
2:00 - Modern Movement with Anatoly in 4A |
| 10           | 10:00 - Zoom Stretching & Toning  
11:00 – Elder Abuse Presentation in 4A  
12:00 – Chair Pilates in 4A  
1:00 – Zoom CIM Concert  
Nurse Janet is in 4A | 11  
10:00 – Zoom Yoga  
11:00 - Modern Movement with Anatoly in 4A  
1:00 – Zoom Klezmer Music Concert  
2:00 – Hybrid Russian Group in 4A  
Nurse Janet is in 4A | 12  
11:00 – Zoom Russian Music Concert  
1:00 – 4:00 – Membership Drive in 4A  
Nurse Vera is in 4A                | 13  
11:00 - Art Class in 4A or Zoom  
2:00 – Movie “The First Wives Club”  
Nurse Vera is in 4A                | 14  
10:15 - Zoom Aerobics  
2:00 –Telephone/Zoom Concert  
1:00 - 4:00 – Game Time in 4A  
2:00 - Modern Movement with Anatoly in 4A |
| 17           | 10:00 - Zoom Stretching & Toning  
12:00 – Chair Pilates in 4A  
1:00 – Zoom CIM Concert  
2:00 – Health Lecture with Vincenzo, student from CUNY School of Medicine: “Hypertension” in 4A  
3:00- Caregivers Support Group in 4A  
Nurse Janet is in 4A | 18  
10:00 – Zoom Yoga  
11:00 - Modern Movement with Anatoly in 4A  
1:00 – Zoom Klezmer Music Concert  
2:00 – Bingo in 4A  
Nurse Janet is in 4A | 19  
11:00 – Zoom Russian Music Concert  
1:00 – Brain Fitness in 4A  
Nurse Janet is in 4A                | 20  
11:00 - Art Class in 4A or Zoom  
2:00 – Circle of Friends Conversation with s/w Nina  
Green-Wood Cemetery – 10:00am  
Nurse Vera is in 4A                | 21  
10:15 - Zoom Aerobics  
2:00 –Telephone/Zoom Concert  
1:00 - 4:00 – Game Time in 4A  
2:00 - Modern Movement with Anatoly in 4A |
| 24           | 10:00 - Zoom Stretching & Toning  
12:00 – Chair Pilates in 4A  
1:00 – Zoom CIM Concert  
Staten Island Mall Trip – 10:00am  
Nurse Janet is in 4A | 25  
10:00 – Zoom Yoga  
11:00 - Modern Movement with Anatoly in 4A  
1:00–Zoom Klezmer Music Concert  
2:00 – Hybrid Russian Group in 4A  
Nurse Janet is in 4A | 26  
11:00 – Zoom Russian Music Concert  
11:00 - Support Group in 4A  
2:00 – Russian Language for Beginners in 4A  
Nurse Janet is in 4A                | 27  
11:00 – Art Class in 4A or Zoom  
2:00 – Current Events in 4A  
Nurse Vera is in 4A                | 28  
10:15 - Zoom Aerobics  
2:00 –Telephone/Zoom Concert  
1:00 - 4:00 – Game Time in 4A  
2:00 - Modern Movement with Anatoly in 4A |
Telephone/Video Concerts in Motion (Fridays) – 1 - 301 – 715 – 8592; Meeting ID: 426 474 125
Zoom meeting: https://zoom.us/j/426474125

Telephone/Video Concerts in Motion Russian Music (Wednesdays)
https://us02web.zoom.us/j/86991640881
1-646-558-8656 (New York); +1-312-626-6799 US
Meeting ID: 869 9164 0881

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

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

Zoom Aerobic Class -
https://us06web.zoom.us/j/83690337299?pwd=SWJaREW2azdeSEI4d1UwOFFBWmduUT09
Meeting ID: 836 9033 7299
Passcode: 381896

Zoom Stretching and Toning w/Sofia Ioffe –
https://zoom.us/j/93570593451?pwd=ZHNMOWltYk3MW14NhJUFiWbGZ5dz09
Meeting ID: 935 7059 3451
Passcode: 187559

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

HYBRID Art Class in 4A or Zoom
Zoom: https://us06web.zoom.us/j/89181343699?pwd=d1NNIM5NHhsOSTXVjdmWFYzVERUT09
Meeting ID: 891 8134 3699
Passcode: 861145

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