




NORC TRUMPS UNITED CALENDAR

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

MAY 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 <u>11:00 - Chess Class in 4A</u> <u>12:30 - Health Lecture in Russian "Air Pollution" in 4A</u> <u>1:00 - Chair Pilates in 4A</u> <u>2:00 - Visual Art in 4A</u> Nurse Vera in <u>4A</u></p>	<p>5 <u>10:00 - Zoom Yoga</u> <u>11:30 - Intergenerational Concert in Motion in 4A</u> <u>1:00 - Zoom Klezmer Music Concert</u> <u>2:00 - Qi Gong (Tai Chi) in 4A</u></p>	<p>6 <u>11:00 - Elder Abuse Presentation in 4A</u> <u>12:30 - Aerobics in 4A</u> <u>2:00 - Brain Fitness in 4A</u> Nurse Vera is in <u>4A</u></p>	<p>7 <u>11:00 - Art Class in 4A</u> <u>12:30 - Mild Body Conditioning in 4A</u> Nurse Vera is in <u>4A</u></p>	<p>1 <u>10:15 - Zoom Aerobics</u> <u>11:00 - ESL with Larisa in 4A</u> <u>2:00 - 4:00 - Game Time in 4A</u> <u>2:00 - Balance for Life in 4A</u> <u>2:00 - Celebration Zoom Concert</u></p>
<p>11 <u>11:00 - Chess Class in 4A</u> <u>1:00 - Chair Pilates in 4A</u> <u>2:00 - Visual Art in 4A</u> Nurse Vera is in <u>4A</u></p>	<p>12 <u>10:00 - Zoom Yoga</u> <u>11:00 - Modern Movement in 4A</u> <u>1:00 - Zoom Klezmer Music Concert</u> <u>2:00 - Qi Gong (Tai Chi) in 4A</u></p>	<p>13 <u>11:00 - Friendship Group Mother's Day Club in 4A</u> <u>12:00 - Health Lecture in English "Air Pollution" in 4A</u> <u>12:30 - Aerobics in 4A</u> <u>2:00 - Russian Movie in 4A</u> Nurse Vera is in <u>4A</u></p>	<p>14 <u>11:00 - Art Class in 4A</u> <u>12:30 - Mild Body Conditioning in 4A</u> <u>2:30 - Birthdays Celebration in 4A</u> <u>Trip to Trader Joe's - 9:30 am</u> Nurse Vera is in <u>4A</u></p>	<p>15 <u>10:15 - Zoom Aerobics</u> <u>11:00 - ESL with Larisa in 4A</u> <u>2:00 - 4:00 - Game Time in 4A</u> <u>2:00 - Balance for Life in 4A</u> <u>2:00 - Celebration Zoom Concert</u></p>

Partially funded by:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p><u>11:00</u> - Chess Class <u>in 4A</u></p> <p><u>1:00</u> – Chair Pilates <u>in 4A</u></p> <p><u>2:00</u> – Visual Art <u>in 4A</u></p> <p>Nurse Vera is <u>in 4A</u></p>	<p>19</p> <p><u>10:00</u> – Zoom Yoga</p> <p><u>11:00</u> – Modern Movement <u>in 4A</u></p> <p><u>12:30</u> - Russian Club <u>in 4A</u></p> <p><u>1:00</u> – Zoom Klezmer Music Concert</p> <p><u>2:00</u> - Qi Gong (Tai Chi) <u>in 4A</u></p>	<p>20</p> <p><u>12:30</u> – Aerobics <u>in 4A</u></p> <p><u>2:00</u> - Brain Fitness <u>in 4A</u></p> <p>Nurse Vera is <u>in 4A</u></p>	<p>21</p> <p><u>11:00</u> - Art Class <u>in 4A</u></p> <p><u>12:30</u> -Mild Body Conditioning <u>in 4A</u></p> <p><u>2:00</u>-Nutrition Presentation with Tamar Elkin <u>in 4A</u> or <u>Zoom</u></p> <p><u>3:00</u> – Current Events <u>in 4A</u></p> <p>Nurse Vera is <u>in 4A</u></p>	<p>22</p> <p><u>10:15</u> – Zoom Aerobics</p> <p><u>11:00</u> - ESL with Larisa <u>in 4A</u></p> <p><u>2:00</u> - <u>4:00</u> – Game Time <u>in 4A</u></p> <p><u>2:00</u> – Balance for Life <u>in 4A</u></p> <p><u>2:00</u> - Celebration Zoom Concert</p>
<p>25</p> <p>JASA CLOSED</p> 	<p>26</p> <p><u>10:00</u> – Zoom Yoga</p> <p><u>11:00</u> – Modern Movement <u>in 4A</u></p> <p><u>1:00</u> – Zoom Klezmer Music Concert</p> <p><u>2:00</u> - Bingo</p>	<p>27</p> <p><u>11:00</u> - Friendship Group <u>in 4A</u></p> <p><u>12:30</u> – Aerobics <u>in 4A</u></p> <p><u>2:00</u> - Presentation on Estate Plan by Evelyn Sylvester <u>in 4A</u></p> <p>Nurse Vera is <u>in 4A</u></p>	<p>28</p> <p><u>11:00</u> – Art Class <u>in 4A</u></p> <p><u>12:30</u> – Mild Body Conditioning <u>in 4A</u></p> <p><u>Theater Trip to Elmont Library - 10:30</u></p> <p>Nurse Vera is <u>in 4A</u></p>	<p>29</p> <p><u>10:15</u> – Zoom Aerobics</p> <p><u>11:00</u> - ESL with Larisa <u>in 4A</u></p> <p><u>2:00</u> - <u>4:00</u> – Game Time <u>in 4A</u></p> <p><u>2:00</u> – Balance for Life <u>in 4A</u></p> <p><u>2:00</u> - Celebration Zoom Concert</p>

Partially funded by:



NORC TRUMPS UNITED CALENDAR

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

MAY Activities/Programming

May 14 - Happy Birthdays Party

May 4 - Health Lecture in Russian

May 6 and 20 - Brain Fitness

May 13 - Health Lecture in English

May 13 and 27 - Friendship Group

May 21 - Nutrition Presentation with Tamar Elkin

May 19 - Russian Club

May 7, 14, 21 and 28 - Art class

May 4, 11, 18, and 25 - Visual Art

May 21 - Current Events and Ice Cream

May 28 - Theater Trip to Elmont Library

Partially funded by:

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

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

Zoom Stretching and Toning w/Sofia Ioffe –
<https://zoom.us/j/93570593451?pwd=ZHNMOWhYUk3MWI4NlhJUFiWbGZ5dz09>
Meeting ID: 935 7059 3451 Passcode: 187559

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

People, Food and Culture – Wednesdays

Sing-along - Thursdays

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

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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