



CO-OP VILLAGE NORC WEEKLY EVENTS – January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>465 GRAND ST</u></p> <p><u>Metrocard Bus: Dec. 7 and 21 9-11am Grand & Pitt</u></p> <p>10:00 AM – Chair Yoga</p> <p>10:30- 12 PM – Nurse Walk-In</p> <p>1/7 -1pm – Sing a Long w/ Kendall</p> <p>1/14, 1/28—1 PM-- NEW GROUP: “Building Community: A Discussion Group” led by Morgan Leon, Social Work Intern</p> <p>1/7 & 1/28-2 pm—Bingo w/Ned</p> <p>1/14- 2Pm Chat w/ NORC Director Bonnie</p> <p>3PM- Game time</p> <p><u>477 FDR DR.</u></p> <p>1:30 PM - Mah Jongg</p> <p>3:30- 5 PM - Art w/Jodie</p> <div> <p>CHANGES . . .</p> <p>NORC closed on 1/21</p> </div>	<p><u>465 GRAND ST</u></p> <p>10:30 AM - Falls Prevention Exercise</p> <p>1:00 PM – Current Events</p> <div> <p>1/15--2:00 PM</p> <p>“Advocating for Yourself in Modern Medicine” View a Documentary and Discuss Atul Gawande’s <i>Being Mortal: Medicine and What Matters in the End</i>; Presenter: Harriet Cohen, End of Life Specialist</p> </div> <p>2:00 PM – Bridge</p> <p>3:00 PM – Game Time</p> <p><u>477 FDR DR.</u></p> <p>2:30PM- Jewish Traditions (No class on 1/8, 1/22)</p>	<p><u>465 GRAND ST</u></p> <p>10Am- Tai Chi (Class resumes on 1/16)</p> <p>11:00 AM – Knitting</p> <p>1/9 and 1/25—1:15 PM Trivia w/ Susan</p> <p>2:30 PM – Sam’s Moving Pictures: Watch a unique film & discuss. Facilitated by Sam Schwartz</p> <ul style="list-style-type: none"> 1/2 Rhapsody in Blue (CC), 58 min. Doc <u>NO MOVIE TODAY</u> 1/16 Food Evolution (CC), 50 min. Doc 1/23 No. 5 War (CC), 52 min. Doc 1/30 Jim Gaffigan (CC), 67 Min. Standup comedy <p>1/9 11:00 AM - Book Club: <i>The Wife</i> By Meg Wolitzer</p> <p><u>477 FDR DR.</u></p> <p>1:30 PM - Mah Jongg</p>	<p><u>465 GRAND ST</u></p> <p>9-10 AM – Beginners Needlepoint w/ Harriet</p> <p>10-12 PM - Needlepoint Workshop w/ Harriet</p> <p>1 PM - Meditation (No Class 1/3)</p> <p>THURSDAY SPECIALS – 2:00 pm</p> <p>1/3: Chair Massage, Please call 646-395-4507 to make your 5 min. appointment.</p> <p>1/10: Healthy Brain and Memory Workshop presented by The Alzheimer’s Association</p> <p>1/17: Trip to the NYBG Holiday Train Show. Registration starts on January 2nd. Cost \$23; leave at 9:15 AM, return by 2:30 PM</p> <p>1/24: Reiki Healing for Mind, Body & Spirit. Facilitated by Mara Gordon, LMSW, NORC Social Worker</p> <p>1/ 31: Cooking Demo: Sweet Potato and Red Bean Chili and discuss “Heart Health” presented by Lauren from the Essex Street Mkt.</p> <div> <p>1/24—3:30-5 PM Glamour Gals Manicures and Makeovers. Call 646-395-4507 for an appointment</p> </div>	<p><u>465 GRAND ST</u></p> <p>10:30am-12 PM Friday Friends & Fun, Facilitator : Kendall</p> <p>11 AM- 1 PM – Nurse Walk-In</p> <p>1:15 PM - MOVIE & ICE CREAM:</p> <p>1/4—Book Club, 1 hr 44min, Comedy (PG-13)</p> <p>1/11—Borg v. McEnroe, 1 hr 48min, Drama (R)</p> <p>1/18—Crazy Rich Asians, 2 hr 1 min, Romantic Comedy (PG-13)</p> <p>1/25—Classic Movie: Shall We Dance, 1 hr 49 min (NR)</p>

Special Announcements—NORC will be closed on January 21st, due to the MLK, Jr. Holiday.

Please join us on 1/15 at 2 PM for the Important Discussion and Documentary of Atul Gawande’s “Being Mortal”

There will be No Creative Writing Class until February 2019

Thursday 1/17; 9:15 AM; Trip to the NYBG Holiday Train Show, Cost \$23- Registration starts on 1/2; please call 646 395-4510 to reserve your spot



Co-op Village NORC programs are funded in part by the NYC Department for the Aging and the New York State Office for the Aging (SOFA)..