



CO-OP VILLAGE NORC WEEKLY EVENTS – February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>465 GRAND ST</u></p> <p>Metrocard Bus: Feb. 4 and 18 9-11am Grand & Pitt</p> <p>10:00 AM – Chair Yoga</p> <p>10:30- 12 PM – Nurse Walk-In</p> <p>11:00 AM Creative Writing/Share Your Story</p> <p>2/11-1pm – Sing a Long w/ Kendall</p> <p>2/4 & 2/25—1 PM-- “Building Community: A Discussion w/ Morgan Leon, Social Work Intern</p> <p>2/4 & 2/25-2:00 pm—Bingo w/Ned</p> <p>2/11- 2:00 PM—Chat w/Bonnie; Topic: Exciting Updates for NORC/How to Make NORC the Best It Can Be</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>	<p><u>465 GRAND ST</u></p> <p>10:30 AM - Falls Prevention Exercise w/Guiqin</p> <p>1:00 PM – Current Events</p> <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</p>	<p><u>465 GRAND ST</u></p> <p>10:00 AM- Tai Chi</p> <p>11:00 AM – Knitting</p> <p>2/6 & 2/20—1:15 PM Brain Aerobics w/ Kendall</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"> • 2/6: Science In 2018 (CC) 80min SciTech • 2/13 Opera House 111min doc • 2/20 Heart Transplant (CC) 89min SciTech • 2/27 Itzhak Perlman (CC) 81min doc <p>2/13 —11:00 AM - Book Club: <i>Eleanor Oliphant is Completely Fine</i> By Gail Honeyman</p> <p>2/27: Trip To IKEA (call 646-395-4507) for more information or to register; registration starts 2/12</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</p> <p>THURSDAY SPECIALS – 2:00 pm</p> <p>2/7: It’s Not Just For Kids: Coloring for Adults (**Please note that there is no Glucose/Cholesterol Screening today).</p> <p>2/14 Feel Grand Series: Diabetes Video and Discussion presented by Albert Eshoo from Right at Home</p> <p>2/21: Theragami: Learn Origami and its Therapeutic Benefits presented by Denise Shaley</p> <p>2/ 28: Cooking Demo: Pumpkin Oat Pancakes and discuss “Hidden Sugar” presented by Lauren from the Essex Street Mkt.</p>	<p><u>465 GRAND ST</u></p> <p>10:30am-12 PM Friday Friends & Fun, Facilitator : Kendall—(No group on 2/22)</p> <p>11 AM- 1 PM – Nurse Walk-In</p> <p>1:15 PM - MOVIE & ICE CREAM:</p> <p>2/1—RBG, 1 hr 37min, Documentary (PG)</p> <p>2/8—The Hero, 1 hr 36min, Drama, Romance (R)</p> <p>2/15—A Star is Born 2 hr 16 min, Drama (R)</p> <p>2/22—Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR)</p>

Special Announcements—NORC will be closed on February 18 in honor of President’s Day

Wednesday 2/27; 9:15 AM; Trip to IKEA Cost \$5 (but you get back \$3 and \$2 goes to the driver for a tip)- Registration starts on 2/12; please call 646 395-4507 to reserve your spot

Creative Writing/Share Your Story resumes on 2/4 at 11 AM



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)..