

465 Grand St 4th fl, NY NY 10002

www.edalliance.org\norc 646-395-4510



CO-OP VILLAGE NORC WEEKLY EVENTS - February 2019

10:00 AM - Chair Yoga 10:30 · 12 PM - Nurse Walk-In 10:30 · 12 PM - Nurse Walk-In 11:00 AM Creative Writing/Share Your Story 2/11-1pm - Sing a Long w/ Kendall 2/4 & 2/25 - 1 PM - "Building Community: A Discussion w/ Morgan Leon, Social Work Intern 2/4 & 2/25 - 2:00 pm - Bingo w/Ned 2/11-2:00 PM - Chat w/Bonnie: Topic: Exciting Updates for NORC/How to Make NORC the Best It Can Be 3PM- Game Time 3PM- Game Time 477 FDR DR. 21/21. Trip To IKEA (call 846-395-4507) for more information or to register: registra- 2/27: Trip To IKEA (call 846-395-4507) for more information or to register: registra- 2/28: Cooking Demo: Pumpkin Oat Pancakes and discuss "Hidden Sugar" presented by 10-12 PM · Needlepoint Workshop w/ Harriet 11-01 2 PM · Needlepoint Workshop w/ Harriet 11-12 PM · Needlepoint Workshop w/ Harriet 11-14 PM - Nurse Walk-In 11-15 PM - MOVIE & ICE CREAM: 2/11-2 PM · Meditation 11-15 PM · MOVIE & ICE CREAM: 2/11-2 PM · Meditation 11-15 PM · MoVIE & ICE CREAM: 2/11-15 PM · MoVIE & ICE CREAM: 2/11 PM · MoVIE & ICE CREAM: 2/11-15 PM · M						
10:30 AM - Falls Prevention Exercise w/Guiqin 10:30 AM - Tai Chi 11:00 AM - Chair Yoga 10:00 PM - Current Events 2:00 PM - Bridge 2:00 PM - Bridge 2:00 PM - Bridge 2:00 PM - Game Time 2:00 PM - Chat w/Bonnie: Topic: Exciting Updates for NORC/How to Make NORC the Best It Can Be 3PM - Game Time 3PM - Game Time 3PM - Game Time 477 FDR DR. 3PM - Game Time 40:00 AM - Tai Chi 11:00 AM - Book Club: 2:00 PM - Game Time 2:00 PM - Game Time 477 FDR DR. 3PM - Game Time 3PM - Game Time 477 FDR DR. 3PM - Game Time 477 FDR DR. 3PM - Game Time 3PM - Game Time 3PM - Game Time 477 FDR DR. 3PM - Game Time 3PM - G	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1:00 AM - Chair Yoga 1:00 PM - Current Events 2/6 & 2/20 - 1:15 PM Brain Aerobics w/ Kendall 1:00 AM - Chair Yoga 2:00 PM - Bridge 2:00 PM - Bridge 2:00 PM - Bridge 2:00 PM - Bridge 2:00 PM - Game Time 2:00 PM - Game Time 2/6 Science In 2018 (CC) 80min SciTech 2:20 PM - Chat w/Bonnie; SciTech 2:20 PM - Sam's Moving Pictures: Watch a unique film & discuss. Facilitated by Sam Schwartz 1 PM - Meditation 1:15 PM - MOVIE & ICE CREAM: 2:11-120 PM - New Juliang 2:21 It's Not Just For Kids: Coloring for Adults (**Please note that there is no Glucose/Cholesterol Screening today). 2:28 - The Hero, 1 hr 36min, Drama, Romance (R) 2:20 PM - Star is Born 2 hr 16 min, Drama (R) 2:22 Titzhak Perlman (CC) 89min SciTech 2:21 Theragami: Learn Origami and its Therapeutic Benefits presented by Denies Shalev 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:22 Classic Movie: A Raisin in the Sun, 2 hr 8min, Drama (NR) 2:23 Classic Midelus Sugar Presented by Denies Shalev 2:23 Clocking Demo: Pumpkin Oat Pacackes and discuss: Hidden Sugar Presented by Denies Shalev 2:23 Clocking Demo: Pumpkin Oat Pacackes and discuss: Hidden Sugar Presented by Denies Shalev 2:23 Classic Midelus Sugar Presented by Denies Shalev 2:24 Classic Midelus Sugar Presented by Denies	465 GRAND ST	465 GRAND ST	465 GRAND ST	465 GRAND ST	465 GRAND ST	
1:30 PM - Mah Jongg tion starts 2/12 Lauren from the Essex Street Mkt.	Metrocard Bus: Feb. 4 and 18 9-11am Grand & Pitt 10:00 AM - Chair Yoga 10:30- 12 PM - Nurse Walk-In 11:00 AM Creative Writing/Share Your Story 2/11-1pm - Sing a Long w/ Kendall 2/4 & 2/25—1 PM "Building Community: A Discussion w/ Morgan Leon, Social Work Intern 2/4 & 2/25-2:00 pm—Bingo w/Ned 2/11- 2:00 PM—Chat w/Bonnie; Topic: Exciting Updates for NORC/How to Make NORC the Best It Can Be 3PM- Game Time 477 FDR DR.	10:30 AM - Falls Prevention Exercise w/Guiqin 1:00 PM - Current Events 2:00 PM - Bridge 3:00 PM - Game Time	10:00 AM- Tai Chi 11:00 AM - Knitting 2/6 & 2/20—1:15 PM Brain Aerobics w/ Kendall 2:30 PM - Sam's Moving Pictures: Watch a unique film & discuss. Facilitated by Sam Schwartz • 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 2/13 —11:00 AM - Book Club: Eleanor Oliphant is Completely Fine By Gail Honeyman 2/27: Trip To IKEA (call 646-395-4507) for more information or to register; registra-	9-10 AM – Beginners Needlepoint w/ Harriet 10-12 PM - Needlepoint Workshop w/ Harriet 1 PM - Meditation THURSDAY SPECIALS – 2:00 pm 2/7: It's Not Just For Kids: Coloring for Adults (**Please note that there is no Glucose/Cholesterol Screening today). 2/14 Feel Grand Series: Diabetes Video and Discussion presented by Albert Eshoo from Right at Home 2/21: Theragami: Learn Origami and its Therapeutic Benefits presented by Denise Shalev 2/28: Cooking Demo: Pumpkin Oat Pancakes	10:30am-12 PM Friday Friends & Fun, Facilitator: Kendall—(No group on 2/22) 11 AM- 1 PM – Nurse Walk-In 1:15 PM - MOVIE & ICE CREAM: 2/1—RBG, 1 hr 37min, Documentary (PG) 2/8—The Hero, 1 hr 36min, Drama, Romance (R) 2/15—A Star is Born 2 hr 16 min, Drama (R) 2/22—Classic Movie: A Raisin in the	

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)..