



# CO-OP VILLAGE NORC WEEKLY EVENTS – March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>465 GRAND ST</u></b></p> <p><b><u>MetroCard Bus: March 4 and 18</u></b> <b><u>9-11am Grand &amp; Pitt</u></b></p> <p>10:00 AM – Chair Yoga 10:30- 12 PM – Nurse Walk-In 11:00 AM — Creative Writing/ Share Your Story 3/4 &amp; 3/18-1pm – Sing a Long w/ Kendall 3/11 &amp; 3/25—1 PM-- “Building Community: A Discussion” w/ Morgan Leon, Social Work Intern 3/18---2:00 pm—Bingo w/Ned 3/25- 2:00 PM—Chat w/Bonnie; Topic: NORC Then and Now 3PM- Game Time <b><u>477 FDR DR.</u></b> 1:30 PM - Mah Jongg 3:30- 5 PM - Art w/Jodie</p>	<p><b><u>465 GRAND ST</u></b></p> <p>10:30 AM - Falls Preven- tion Exercise w/Guiqin 1:00 PM – Current Events 2:00 PM – Bridge 3:00 PM – Game Time</p> <p><b><u>477 FDR DR.</u></b> 2:30PM- Jewish Traditions</p>	<p><b><u>465 GRAND ST</u></b></p> <p>10:00 AM- Tai Chi 11:00 AM – Knitting 3/13 &amp; 3/27—1:15 PM Brain Aerobics w/ Kendall 2:30 PM – <b><u>Sam’s Moving Pictures</u></b>: Watch a unique film &amp; discuss. Facilitated by Sam Schwartz</p> <ul style="list-style-type: none"> <li>March 6: <b>California Typewriter</b> (CC) 104min doc</li> <li>March 13: <b>James Watson</b> (CC) 83min SciTech</li> <li>March 20: <b>Green Book</b> 130min movie</li> <li>March 27: <b>West Side Stories</b> (CC) 1hr doc</li> </ul> <p>3/13 —11:00 AM - <b>Book Club:</b> <i>Becoming</i> By Michelle Obama</p>	<p><b><u>465 GRAND ST</u></b></p> <p>9-10 AM – <b>Beginners Needlepoint</b> w/ Harriet 10-12 PM - <b>Needlepoint Workshop</b> w/ Harriet 1 PM - <b>Meditation</b></p> <p><b><u>THURSDAY SPECIALS – 2:00 PM</u></b> 3/7: <b>A Visit from Cooper the Dog and Tina,</b> <b>his human companion,</b> 2 PM Following this at <b><u>2:45 PM</u></b> there will be a <b><u>POKENO GAME</u></b> with Pace Nursing Students. Please join them for fun and laughs. 3/14: <b>Spine Health Part 2,</b> by Dr. Alan Ber- ger, Chiropractor, 2 PM 3/ 21: <b>Opera performance and information</b> <b>session</b> facilitated by Nicola Mills, Profes- sional Opera Singer, 2 PM 3/28: <b>Cooking Demo feat. <u>Pumpkin Oat Pan-</u></b> <b><u>cakes;</u></b> learn about “<b>Hidden Sugar</b>” Presented by Lauren from the Essex Street Market, 2 PM</p>	<p><b><u>465 GRAND ST</u></b></p> <p>10:30am-12 PM — <b>Friday Friends &amp; Fun,</b> Facilitator : Kendall 11AM- 1 PM – Nurse Walk-In <b><u>1:15 PM - MOVIE &amp; ICE CREAM:</u></b> 3/1—<b>Won’t You Be My Neighbor,</b> 1 hr 34 min, Documentary (PG-13) 3/8—<b>Dog Days,</b> 1 hr 53min, Comedy , (PG) 3/15—<b>Love Cecil,</b> 1 hr 39 min, Documentary (NR) 3/22—<b>A Star is Born</b> 2 hr 16 min, Drama (R) 3/29—Classic Movie: <b>The Quiet Man,</b> 2 hr 9min, Romance (NR)</p>

**ALSO ON THURSDAYS**

3/14 Trip to the Cooper-Hewitt Museum  
(see Special Announcements for more info)

3/28 Blood Pressure and Medication Re-  
view by Pace Nursing Students. 10 AM-12  
PM; 465 Grand Street, Bring Medications.

## **Special Announcements**

**Thursday, March 14:** 9:15 AM; Trip to the Cooper-Hewitt Museum; return to NORC by 1:30 pm (Cost \$20) Sign ups start on 3/1. Call 646-395-4507 to register  
**Thursday, March 28:** 10 AM-12 PM; Blood Pressure and Medication Review by the Pace Nursing Students. 465 Grand Street, **Bring your Medications.**  
**MetroCard Bus: March 4 and 18** — 9-11am on Grand & Pitt



*Co-op Village NORC programs are funded  
in part by the NYC Department for the Ag-  
ing and the New York State Office for the*