



CO-OP VILLAGE NORC WEEKLY EVENTS – April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>465 GRAND ST</p> <p>Metrocard Bus: April 2 and 16 ; 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 Group</p> <p>4/1 & 4/15---Bingo with NED</p> <p>4/8 & 4/22—1 PM-- “Building Community” w/ Morgan Leon, Social Work Intern</p> <p>4/8 & 4/22—2:15 PM—“Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW.</p> <p>4/15 -1pm – Sing a Long</p> <p>4/29—1 pm DRUMMING WORKSHOP facilitated by Musical IQ</p> <p>4/29- 2 PM—Chat w/Bonnie; Topic: How YOU can help NORC!</p> <p>3PM- Game Time</p> <p>477 FDR DR.</p> <p>1:30 PM - Mah Jongg</p> <p>3:30- 5 PM - Art w/Jodie</p>	<p>465 GRAND ST</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>4/9, 4/16, 4/23, 4/30—</p> <p>2 PM; Origami / “Theragami” Workshop with Denise Shalev</p> <p>477 FDR DR.</p> <p>2:30PM- Jewish Traditions</p>	<p>465 GRAND ST</p> <p>10:00 AM- Tai Chi</p> <p>11:00 AM – Knitting</p> <p>4/10 & 4/24—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"> April 3: Keep the Change (CC) 94 min Rom Com April 10: Apollo’s Daring Mission (CC) 53min Doc April 17: Robin Williams (CC) 116min movie April 24: Nile (CC) 1hr doc <p>4/10 —11:00 AM - Book Club: <i>Small Great Things</i> By Jodi Picoult</p> <p>4/10—TRIP: East River Shopping Plaza. Leave NORC at 9:30 and return by 2:30 PM, Call 636-395-4507 to register, Cost \$5 to reserve your seat (You’ll get back \$3 the day of the trip.)</p>	<p>465 GRAND ST</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>April 4: Game Day with the Pace Nursing Students: Play Heads-Up, 2 PM.</p> <p>April 11: Walking 101, Facilitated by the NY Road Runners Club, 2 PM.</p> <p>April 18: Health Presentation by the Pace Nursing Students. Topic: Polypharmacy and You, 2 PM</p> <p>April 25: Broadway Up Close: The History of the Great White Way and Insider Tales. Presented by Tim, from Broadway Up Close Walking Tours, 2 PM</p>	<p>465 GRAND ST</p> <p>10:30am-12 PM — Friday Friends & Fun, Facilitator : Kendall</p> <p>11AM- 1 PM – Nurse Walk-In</p> <p>1:15 PM - MOVIE & ICE CREAM:</p> <p>4/5—Wonder Woman; 2 hr 21 min, Action (PG-13)</p> <p>4/12—The Favourite, 1 hr 50min, Biography, (R)</p> <p>4/19—Black KkKlansman, 2 hr 15 min, Drama (R)</p> <p>4/26—Gotti, 1 hr 45 min, Drama (R)</p> <p>4/5—TRIP: Fish Friday at Acme Smoked Fish Factory. Leave NORC at 9:00 AM, return by 12:30 PM. Call 636-395-4507 to register, Cost \$5 to reserve your seat (You’ll get back \$3 the day of the trip.)</p>

Special Announcements:

Trips: April 5th—Fish Friday at Acme Smoked Fish Factory; April 10th—East River Shopping Plaza (SEE CALENDAR OR NEWSLETTER FOR MORE INFO)

New Group: Hey, You’re Not Alone—Coping with Life’s Transitions— Facilitated by Mara Gordon, LMSW; Monday, April 8 and 22 at 2:15 PM

Workshops: Drumming—Monday, April 29th at 1:15 PM; Origami/Theragami—Tuesday, April 9, 16, 23, 30 at 2:00 PM



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