







CO-OP VILLAGE NORC WEEKLY EVENTS – AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>465 GRAND ST</u></p> <p>Metrocard Bus: AUGUST 5 and 19 ; 9-11am Grand & Pitt</p> <p>10:00 AM – Chair Yoga</p> <p>10:30-12 PM – Nurse Walk-In</p> <p>8/5, 8/19—2:15 PM—”Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW.</p> <p>8/12 — 2 PM—Bingo with NED</p> <p>8/5, 8/19— 1 pm—Sing A Long </p> <p>8/12– 2:00 PM—Chat w/Bonnie </p> <p>3:15—Spanish with Iris</p> <p>3PM- Game Time</p> <p><u>477 FDR DR.</u></p> <p>1:30 PM - Mah Jong</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 with Rita Siff (NO CLASS on 8/13, 8/20)</p>	<p><u>465 GRAND ST</u></p> <p>8/7, 8/21—Walking Group</p> <p>11:00 AM – Knitting</p> <p>8/7 & 8/21—1:15 PM Brain Aerobics</p> <p>2:30 PM– <u>Sam’s Moving Pictures:</u> Facilitated by Sam Schwartz</p> <p>August 7: Black Godfather: (CC) 118 min doc</p> <p>August 14: Cheap Detective: (CC), 99 min movie</p> <p>August 21: Jeff Beck (CC) 81 min doc</p> <p>August 28: NO MOVIE., please join us for our End of Summer Bash (see below).</p> <p>August 14: Book Club—11 AM <i>Educated</i> by Tara Westover</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>1:00 PM Meditation Class</p> <p><u>THURSDAY SPECIALS , 2 PM</u></p> <p><u>August 1:</u> Name That Tune with the Pace Nursing Students</p> <p><u>August 8:</u> Presentation by the Pace Students. Topic: Home Exercises for Strength and Balance</p> <p><u>August 15:</u> Mental Health and Laughter Yoga, presented by Shao from MCC</p> <p><u>August 22:</u> Trip to the Metropolitan Museum of Art. Cost \$11. Registration Starts on 8/5. Leave at 10 AM and return by 4 PM</p> <p><u>August 29:</u> Travel Expo: Share your photos and souvenirs and tell stories, Call Kendall at 646-395-4508 if you’d like to share.</p> <p><u>August 29:</u> NEW GROUP: Andrew’s Article Discussion; 3:30 PM —facilitated by Andrew Fairweather from the Seward Park Branch of the NYPL. Article: “It’s OK To Have Children” by Connor Kilpatrick</p>	<p><u>465 GRAND ST</u></p> <p>10:30-11:45 AM — Friday Friends & Fun </p> <p>8/9 10:45 AM— Music and Prayer (facilitated by Arielle Green, JTS Intern)</p> <p>11AM- 1 PM – Nurse Walk-In</p> <p><u>1:15 PM - MOVIE & ICE CREAM:</u></p> <p>8/2—The Wife, 1hr, 39 min, Drama (R)</p> <p>8/9—Tea With the Dames 1 hr,24 min, Documentary (NR)</p> <p>8/16—Columbus, 1hr, 44 min, Drama (NR)</p> <p>8/23—Can You Ever Forgive Me 1hr 46 min , Crime Biography (R)</p> <p>8/30—West Side Story, 2 hr, 33 min, musical (NR)</p>
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>END OF SUMMER BASH and Raffle</p> <p>August 28, 2 PM; at 477 FDR Drive in the Community Room. Honoring those 95 and over. Featuring the fabulous music of Sean Mahoney. </p> </div>				

Special Announcements: Trips: August 22: Metropolitan Museum, Tour of “Great Paintings”. \$11 Call 646-395-4507 to register.

New Groups: 8/29, 3:30 PM—Andrew’s Article Discussion ; 8/9—10:45 AM—Music and Prayer by Arielle Green, Cantorial Intern from JTS

PLEASE SUPPORT NORC and buy RAFFLE Tickets! \$1 a ticket or 6 for \$5. Amazing Prizes!!!



This project is supported by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging