



# CO-OP VILLAGE NORC WEEKLY EVENTS – SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>465 GRAND ST</b></p> <p><b>Metrocard Bus: September 16 ; 9-11am Grand &amp; Pitt</b></p> <p>10:00 AM – Chair Yoga (No class 9/2, 9/30)</p> <p>10:30-12 PM – Nurse Walk-In</p> <p>9/9, 9/23—2:15 PM—”Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW.</p> <p>9/16 — 2 PM—Bingo with NED</p> <p>9/16— 1 pm—Karaoke with Kendall</p> <p><b>**There will be NO Chat w/ NORC Director Bonnie this month.</b></p> <p>3PM- Game Time</p> <p><b>477 FDR DR.</b></p> <p>1:30 PM - Mah Jong (No class 9/2, 9/30)</p> <p>3:30- 5 PM - Art w/Jodie (No class 9/2, 9/30)</p>	<p><b>465 GRAND ST</b></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><b>477 FDR DR.</b></p> <p>2:30PM- Jewish Traditions with Rita Siff (no class on 9/3)</p>	<p><b>465 GRAND ST</b></p> <p><b>***10 AM—Tai Chi For Arthritis Returns</b></p> <p>11:00 Knitting</p> <p><b>Sam’s Moving Pictures</b> will be on break for the month of September. Thanks for your understanding.</p> <p>September 11: Book Club—11 AM <i>Where the Crawdads Sing</i> by Delia Owens</p> <p>9/4 &amp; 9/18—1:15 PM Brain Aerobics</p> <p>September 25—TRIP: East River Plaza (Costco): Leave NORC at 9:30 AM; return by 2:30 PM, Call 636-395-4507 to register, starting September 10. Cost \$5 and get \$3 back</p>	<p><b>465 GRAND ST</b></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 (NO MEDITATION ON 9/26)</p> <p><b>THURSDAY SPECIALS , 2 PM</b></p> <p>September 5: It’s Not Just for Children: Coloring for Adults</p> <p>September 12: Performance by “Voices of Gotham” (New York Singing Group)</p> <p>September 19: Medicaid Myths and Applying to Medicaid” presented by Michele Biggert, Director of Business and Community Development of the Burner Law Group, P.C.</p> <p>September 26: NO THURSDAY SPECIAL(NORC closed in the afternoon)</p> <p>September 19: Andrew’s Article Discussion; 3:30 PM —facilitated by Andrew Fairweather from the Seward Park Branch of the NYPL. Article: “Is Capitalism a Threat to Democracy” by Caleb Crain</p>	<p><b>465 GRAND ST</b></p> <p>10:30-11:45 AM — Friday Friends &amp; Fun</p> <p>11AM- 1 PM – Nurse Walk-In</p> <p><b>1:15 PM - MOVIE &amp; ICE CREAM:</b></p> <p>9/6—Ben Is Back 1hr, 34 min, Drama (R)</p> <p>9/13—Instant Family 1 hr,58 min, Comedy (PG-13)</p> <p>9/20—A Dog’s Way Home 1hr, 36 min, Adventure (PG)</p> <p>9/27—Awakenings, 2 hr, 1 min, drama, (PG-13)</p>

**Special Announcements:** TRIP: 9/25—East River Plaza (Costco): Leave NORC at 9:30 AM; return by 2:30 PM, Call 636-395-4507 to register, starting September 10; Cost \$5

**NORC WILL BE CLOSED:** 9/2 for Labor Day; Monday, 9/30; Tuesday, 10/1; and Wednesday, 10/9 in honor of the High Holy Days. Happy New Year to those who celebrate! ; NORC will CLOSE on Thursday, September 26 at 12 PM for a staff training.

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