

AUGUST 2019



CO-OP VILLAGE NORC NEWS

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Goodbye, July. Hello August! Please join us this month to cool off from the heat. Our air conditioners are on! Have some fun with our many activities while you are at it.

TRIPS AND EXCURSIONS

On **Thursday, August 22**, NORC will travel to the **Metropolitan Museum** for a



“Great Paintings Tour” given by our very own NORC member, Syma Afia, who happens to be a guide at the museum. **We will leave NORC at 10 AM and return by 4:30 PM.** Please note that you are not allowed to bring your lunch, but you can buy lunch at the museum. **The cost of the trip will be \$11 per person. Sign up starts August 5th.**

Please call 646-395-4507 to register.

End of Summer Bash on August 28th!

NORC invites you to its annual **End-of-Summer Bash on Wednesday, August 28.** The party will take place at **2 PM** in the **East River Community Room at 477 FDR Drive.**

We will honor those NORC members who have reached **95+ years-young**, and we will dance to the tunes of **Sean Mahoney!** Please join us.



Thursday Specials in August

August 1: Name That Tune, with the Pace Nursing Students, 2 PM

August 8: Presentation by the Pace Nursing Students, Topic: Exercises You Can Do at Home to Help You Get Stronger, 2 PM

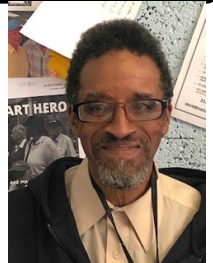
August 15: Mental Health and Laughter Yoga, facilitated by ShaoMei Zhang from MCC, 2 PM

August 22: Trip: Metropolitan Museum of Art (see Trips and Excursions Section)

August 29: Travel Expo: Share your photos and souvenirs and tell stories. Call Kendall at 646-395-4508 if you'd like to share.

Harold Says Goodbye!

The NORC community wishes Harold Coakley well as he moves on to other opportunities. Harold has been a vital part of NORC for over two years, and he will be sorely missed by all in our community.



Harold has been an integral part in keeping the NORC operating smoothly. He is a jack of all trades, and we will miss his smiling face around here.

Harold says, “To all the staff at Co-Op Village NORC, I deeply appreciate the support that all of you have given me through my two years at NORC. I will deeply miss you and the members. Thank you very much.”

We wish you lots of luck, Harold, in your future endeavors. Please visit us sometime!

Spotlight on NORC Volunteers...Felix Rodriguez

Felix Rodriguez joined NORC last September upon the recommendation of a neighbor. He has been a very active member and volunteer since then, and he's currently part of the advisory board, helps with advocacy efforts, and has participated in and assisted with several groups. About NORC, he says, "I'm sorry that I didn't join sooner. I used to see the same people in the neighborhood, would say hi, but I didn't make friends with them. At NORC, I make friends with people in my classes."

Felix moved to the Lower East Side in 1950 as a child and moved into the Co-Ops in 1989. He "likes everything" about the community. He says, "I made my roots here and I know the whole neighborhood." As a child, Felix worked on Orchard Street in his family's dry goods and wholesale business, and as an adult he had several jobs in management, systems analysis, and data security. He also is a veteran. Felix brings all of these varied skills to his volunteer work at NORC, as he is very organized and detailed in his duties. We thank you, Felix, for your giving nature and for being such a kind and pleasant person.



HYDRATION



Hydration is important all year, but especially in the warm summer months. According to the National Institute on Aging (NIA), water helps you digest your food, absorb nutrients from food, and get rid of unused waste. The NIA offers these tips for getting enough fluids:

- Don't wait until you get thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation.



ROVING REPORTER



SMILE A WHILE... Culled from the Internet



What's your best summer memory?

Enriquetta Sanchez: When I was younger, I enjoyed taking my kids to the beach at Coney Island or Jones Beach. I also liked the park and just being outside.



Carmen Vasquez: My Birthday is in the Summer!

Lita Karp: Going up to Maine.

Bonnie Lumagui (NORC Director): Spending time on Fire Island.

Laura Noskowitz: Summer is not my favorite season. I prefer autumn and winter.

Eileen Guttenberg: Visiting with my great-grandchildren. Their parents go away, but my daughter and I babysit together. I do this as much as I can. I do projects with the children and read to them, as well as many more things.

This month, we have compiled some various quotes about summer...

A lot of parents pack up their troubles and send them off to summer camp.

Raymond Duncan

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

James Dent

Summer is a promissory note signed in June, its long days spent and gone before you know it, and due to be repaid next January.

Hal Borland

Summer: Hair gets lighter. Skin gets darker. Water gets warmer. Drinks get colder. Music gets louder. Nights get longer. Life gets better.

Unknown

Summer should get a speeding ticket.

Unknown

Sigh... there goes another summer, Snoopy!

Charlie Brown

What good is the warmth of summer, without the cold of winter to give it sweetness.

John Steinbeck



The summer class of "Matter of Balance" had its exciting graduation in June. The group worked together for 8-weeks then culminated the sessions with a graduation event which included exercises and discussion as well as "Pomp and Circumstance" and certificates. Congratulations, Graduates!



PIECES OF THE PROGRAM

NORC has a very special group called, “Moving Pictures”. The idea of this group, according to Sam Schwartz, the group’s facilitator, is “to show interesting, great films from all genres! Typically, these films will move you!” Topics can range from documentary films on science and technology to movies about interesting, remarkable people, to an outstanding current movie or classic gem. Please join us for this fascinating group and bring a friend! The group meets on Wednesdays at 2:15 PM and the movie begins promptly at 2:30 PM. Please see the NORC monthly calendar, as the specific film titles are listed there.

Last month, NORC traveled to Long Island to visit the Vanderbilt Museum, Mansion, and Planetarium. We had lots of fun exploring!



NORC celebrated its wonderful volunteers in June! Thank you for all you do to help us!

