

NOVEMBER 2019



# CO-OP VILLAGE NORC NEWS

465 Grand St, 4th Floor, NY, NY 10002  
646-395-4510

Kurt Weill's "September Song" says, "Oh, the days dwindle down to a precious few, September, **November**, And these few precious days I'll spend with you. These precious days I'll spend with you." **We'd love to spend our days with you, so please join us at Co-Op Village NORC for much fun and excitement this month.**

## **TRIPS AND EXCURSIONS**

**On Monday, November 18th, NORC will go on a trip to see the fall foliage (hopefully, there will be some left) at Bear Mountain and to shop at Woodbury Commons.**

Cost will be \$10. This will be a coach-bus trip, and **registration started on 10/28**. As our trip policy states, refunds are not guaranteed unless your spot is filled.



The Bus will leave at 9:00 AM sharp, so please be at NORC by 8:45 AM. Feel free to bring a lunch or snack food for the bus ride. We will return at 6-ish.

### Upcoming Trips:

NORC will travel to **Arthur Avenue** in the Bronx on Thursday, **December 12th**. Sign-up begins on November 25th. Seats are limited, so sign up early.



Cost will be \$5 to reserve your seat. You'll get \$3 back the day of the trip.

## Thursday Specials in November

November 7: Legal and Financial Planning, presented by the Alzheimer's Association; 2-3:30 PM

November 14 : Inner Ear Conditions and Balance, presented by the New York Eye and Ear Infirmary; 2 PM

November 21: Evidence Based Presentation by the Pace Nursing Students, Topic: To Be Determined; 2 PM

November 28: **NORC CLOSED. Happy Thanksgiving!**



## Intergenerational Program with Beth Jacob Students

Students from the neighborhood Beth Jacob School will join members of our NORC community on three days this month to complete an art project and get to know each other.

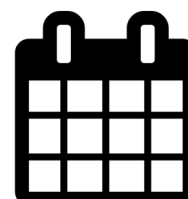
**This program will be on Wednesdays, November 6, 13, and 20 at 1:30 PM at NORC, 465 Grand Street, 4th Floor.**

All supplies will be provided and no crafting experience is necessary. This is FREE of charge and all are welcome.

Thank you to UJA-Federation's Jeanette Solomon Intergenerational Cultural Arts Fund for sponsoring this wonderful event.

## **PLEASE NOTE...**

**NORC will be closed on the following dates: Thursday, November 28 and Friday, November 29th in honor of Thanksgiving! HAPPY THANKSGIVING TO THOSE WHO CELEBRATE.**



## Spotlight on NORC Volunteers...Natalie Suna, one of NORC's wonderful Social Work Interns.

Where did you grow up and what did you like about it? I was born and raised in NYC – although further uptown than NORC. I went to college in Ohio because I wanted a more laidback setting, but after school I came running right back. There's no place like New York.

Why did you want to study social work?

I love the interdisciplinary framework of social work: psychology, sociology, policy, and more. I am excited to build relationships and connections through the helping process.

What are your impressions of NORC and what do you look forward to this year at your field placement?

Staff and volunteers put endless energy and passion into making this a fulfilling and supportive environment for all. I am grateful to be part of NORC and looking forward to continuing to get to know all of the wonderful members of this community.



Last month was Breast Cancer Awareness Month. Breast cancer is one of the most common kinds of cancer in women. Early detection of breast cancer provides the greatest possibility of successful treatment. The American Cancer Society has the following guidelines for breast cancer screening for women who are at average risk for breast cancer:

- Women between 40 and 44 have the option to start screening with a mammogram every year
- Women 45 to 54 should get mammograms every year
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

A woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30. To learn more about screening for breast cancer and to learn screening guidelines for women who are at high risk, please go to the website [www.cancer.org/breast-cancer/](http://www.cancer.org/breast-cancer/) and speak to a medical professional.

# ROVING REPORTER



## SMILE A WHILE... Culled from the Internet



### What are you currently thankful for?

**Phyllis Smoller:** For being healthy and still functioning.

**Marguerite Glassberg:** For being alive and healthy.

**Sidney Glassberg:** Being surrounded by intelligent women who know about current events. (Mr. Glassberg is a regular member of NORC's Current Events Group.)

**Kendall Hamid (NORC Staff Member):** My health, my family, my friends, my job, music, bird chirping, and sunshine.

**Herb Zolty:** That I can go out of the house.

**Rosa Morales (NORC Staff Member):** LIFE

**Mary Shen:** For the little bit I can see everyday.

### Here are some quotes from celebrities about the Lower East Side.

"Everyone ought to have a Lower East Side in their life." *Irving Berlin*

"I remember my own life as a small boy, son of Jewish immigrants, in a janitor's flat on Orchard and Stanton Streets on the Lower East Side of New York City. My father made pants and doubled as janitor of a tenement-before he made janitoring at \$30 a month, plus rooms, a career." *Jacob K. Javits.*

"That's what's interesting about the Lower East Side: It's New York, but it's also edgy. It's not as stuffy as Tribeca or Soho." *David Byrne*

"I choose to be American, I choose to live in the Lower East Side of Manhattan, I choose to have Puerto Rican/Jewish neighbors, and I choose to maintain my Chinese identity." *Eddie Huang*

### Needed. Photos from Old Calendars and Art Books.

Art with Jodie, NORC's class that meets on Mondays at 477 FDR Drive, is in need of old art books or old calendars with art or nature photos. They would like some new pictures to inspire their painting. If you have any, please bring them to NORC.



### Pokeno with the Pace Nursing Students







## PIECES OF THE PROGRAM

Did you know that NORC has a weekly Meditation class taught by a volunteer from the New York Zen Center for Contemplative Care? Did you know that meditation can help with improving relaxation, focus, sleeping, lowering blood pressure, and much more. Please join us for the class which meets on Thursdays at 1:00 PM. No experience necessary.

## FLEA BOUTIQUE UPDATE AND INFORMATION

**NORC's Annual Flea Boutique and "Win What You Want" Raffle** will be on **November 24 from 11 am-3 pm in the East River Community Room at 477 FDR Drive**. Please help us raise money for your NORC by shopping, shopping, shopping. There will be jewelry, handbags, books, toys, etc. Also, we will draw names for our fabulous raffle prizes. Tickets will go on sale November 1st, and you can bid for which items you like. **Please help us spread the word about this exciting event.**

### **Donation drop off will be on:**

- Tuesdays, November 5, 12, and 19 at the East River Community Room (477 FDR) from 3:30-4 PM. Please take your donation straight to the closet.
- Fridays, November 8, 15, and 22 at 465 Grand Street from 9 AM-12PM.
- If you need to arrange another drop-off time, please call Kendall at 646-395-4508.

**"Win What You Want" Raffle tickets are currently being sold at NORC, 465 Grand Street, 4th Floor and at the Flea Boutique on November 24.** Buy Tickets in advance at the NORC Office, 465 Grand Street, 4th Floor or at the Flea Boutique, \$3 each or 2 for \$5. You do not need to be present to win. Come and bring your friends! For more information, call 646-395-4507.

Prizes are from **Altman's Luggage, Handmade Afghan by Laurianne Marrell, El Castillo Rivington, Kossar's, The Pickle Guys, Handmade Shawl by Barbara Soong, Saluggi's East, Davidovich Bakery, Paul Taylor Dance Company, and much more .**