







# CO-OP VILLAGE NORC WEEKLY EVENTS – JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>465 GRAND ST</b></p> <p><b>Metrocard Bus: January 6 &amp; 20 ; 9-11am Grand &amp; Pitt</b></p> <p>10:00 AM – Chair Yoga</p> <p>10:30-12 PM – Nurse Walk-In</p> <p>1/6 — 2 PM—Bingo with NED</p> <p>1/13 —1 PM—Sing A Long </p> <p>1/13, 1/27—2:15 PM—”Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW.</p> <p>1/27— 1:15 pm—Chat with NORC Director Bonnie</p> <p>3PM- Game Time</p> <p><b>477 FDR DR.</b></p> <p>1:30 PM - Mah Jong</p> <p>3:30- 5 PM - Art w/Jodie</p> <p><u>NORC is closed on 1/20 in honor of Martin Luther King, Jr., Day</u></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</p>	<p><b>465 GRAND ST</b></p> <p>10 AM—Tai Chi For Arthritis (final class 1/22)</p> <p>11:00 Knitting</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>January 8 : Book Club—11 AM</b> <i>Behold the Dreamers</i> by Imbolo Mbue</p> </div> <p>1/8 and 1/29—1:15 PM Brain Aerobics</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p><b>Sam’s Moving Pictures—2:30 PM</b></p> <p>1/8: 60 Minutes—Genetics by George Church + Adam Sandler + Palestine, 45 Min</p> <p>1/15: Ball of Fire (CC), 111 min, 1941 movie</p> <p>1/22: Paper Moon (CC), 112 min, 1973 movie</p> <p>1/29: Laszlo and Vilmos, 86 min, doc</p> </div> <p>1 /15—Trip to new MOMA, leave NORC at 9:30 AM and return by 3 PM. Cost \$5 (get \$3 back day of trip) . Call 646-395-4507. Registration begins 1/2</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p><b>1/22—2:00 PM—Special musical performance by young volunteers. Classical Piano and Violin pieces.</b> </p> </div> <p>1/29—Trip to Wegman’s, leave NORC at 11 AM and return by 2 PM. Cost \$5 (get \$3 back), Priority for December Waitlist.</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</p> <p><b>THURSDAY SPECIALS</b></p> <p><u>January 2:</u> It’s Not For Children: Coloring for Adults, 2PM</p> <p><u>January 9 :</u> Osteoporosis and its Implications, presented by Anchor Health Homecare Services, 2 PM</p> <p><u>January 16:</u> Financial and Other Benefits Screenings by the New York City Department of Finance &amp; LiveOn NY, 2-4 PM. <b>Please call 646-395-4507 to sign up.</b></p> <p><u>January 23:</u> Everything You Need to Know about Glaucoma, presented by the New York Eye and Ear Infirmary, 2 PM</p> <p><u>January 30:</u> Feel Grand Video and Discussion: “Redefining Cancer”, presented by Right at Home, 2 PM</p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p><b>NO Andrew’s Article Discussion Group will resume on 2/27/19.</b></p> </div>	<p><b>465 GRAND ST</b></p> <p>10:30 Friday Friends &amp; Fun (11AM- 1 PM – Nurse Walk-In</p> <p><b>1:15 PM - MOVIE &amp; ICE CREAM:</b></p> <p>1/3—<b>The Upside</b> 2 hr, 6 min, Comedic Drama (PG-13)</p> <p>1/10—<b>A Dog’s Journey</b> 1 hr, 48 min, Family Movie (G)</p> <p>1/17—<b>Please Stand By</b> 1 hr, 34 min; Comedic Drama (PG-13)</p> <p>1/24—<b>You’ve Got Mail</b> 1 hr 59 min, Romance (PG)</p> <p>1/31—<b>A Hard Day’s Night</b>, 87 Min; Musical (G)</p>  <p>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</p>

**Special Announcements:** TRIPS: 1/15—MOMA 1/29—Wegman’s ...Priority Registration for December Waitlist. 646-395-4507 to register for trips

**NORC WILL BE CLOSED:** 1/1 for New Years and on 1/20 in honor of MLK, Jr. Day.

