### Co-op Village NORC Weekly Events – January 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>465 GRAND ST</strong></td>
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<td><strong>Metrocard Bus: January 6 &amp; 20; 9-11am</strong></td>
<td><strong>10:30 AM – Falls Prevention Exercise w/Guiqin</strong></td>
<td><strong>10 AM – Tai Chi For Arthritis (final class 1/22)</strong></td>
<td><strong>9:10 AM – Beginners Needlepoint w/Harriet</strong></td>
<td><strong>10:30 Friday Friends &amp; Fun</strong></td>
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<td><strong>10:00 AM – Chair Yoga</strong></td>
<td><strong>1:00 PM – Current Events</strong></td>
<td><strong>11:00 Knitting</strong></td>
<td><strong>10-12 PM – Needlepoint Workshop w/Harriet</strong></td>
<td><strong>11AM-1 PM – Nurse Walk-In</strong></td>
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<td><strong>10:30-12 PM – Nurse Walk-In</strong></td>
<td><strong>2:00 PM – Bridge</strong></td>
<td><strong>January 8: : Book Club – 11 AM</strong></td>
<td><strong>1:00 PM Meditation Class</strong></td>
<td><strong>1:15 PM – MOVIE &amp; ICE CREAM:</strong></td>
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<td><strong>1/6 – 2 PM – Bingo with NED</strong></td>
<td><strong>3:00 PM – Game Time</strong></td>
<td><strong>Behold the Dreamers by Imbolo Mbue</strong></td>
<td><strong>THURSDAY SPECIALS</strong></td>
<td><strong>1/3 – The Upside 2 hr, 6 min, Comedic Drama (PG-13)</strong></td>
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<td><strong>1/13 – 1/27 – 2:15 PM – “Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW.</strong></td>
<td><strong>1/20 – 1/29 – 1:15 PM – Art w/Jodie</strong></td>
<td><strong>January 2: It’s Not For Children: Coloring for Adults. 2PM</strong></td>
<td><strong>January 9: Osteoporosis and its Implications, presented by Anchor Health Homecare Services, 2 PM</strong></td>
<td><strong>1/10 – A Dog’s Journey 1 hr, 48 min, Family Movie (G)</strong></td>
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<td><strong>1/27 – 1:15 pm – Chat with NORC Director Bonnie</strong></td>
<td><strong>1/27 – 1/29 – 2:15 PM – “Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW.</strong></td>
<td><strong>January 16: Financial and Other Benefits Screenings by the New York City Department of Finance &amp; LiveOn NY, 2-4 PM. Please call 646-395-4507 to sign up.</strong></td>
<td><strong>January 16: Financial and Other Benefits Screenings by the New York City Department of Finance &amp; LiveOn NY, 2-4 PM. Please call 646-395-4507 to sign up.</strong></td>
<td><strong>1/17 – Please Stand By 1 hr, 34 min; Comedic Drama (PG-13)</strong></td>
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<td><strong>3PM – Game Time</strong></td>
<td><strong>477 FDR DR.</strong></td>
<td><strong>1/15 – Trip to new MOMA, leave NORC at 9:30 AM and return by 3 PM. Cost $5 (get $3 back of trip). Call 646-395-4507. Registration begins 1/2</strong></td>
<td><strong>January 23: Everything You Need to Know about Glaucoma, presented by the New York Eye and Ear Infirmary, 2 PM</strong></td>
<td><strong>1/24 – You’ve Got Mail 1 hr 59 min, Romance (PG)</strong></td>
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<td><strong>1:30 PM - Mah Jong</strong></td>
<td><strong>2:30PM – Jewish Traditions with Rita Siff</strong></td>
<td><strong>1/22 – Trip to Wegman’s, leave NORC at 11 AM and return by 2 PM. Cost $5 (get $3 back), Priority for December Waitlist.</strong></td>
<td><strong>January 30: Feel Grand Video and Discussion: “Redefining Cancer”, presented by Right at Home, 2 PM</strong></td>
<td><strong>1/31 – A Hard Day’s Night, 87 Min; Musical (G)</strong></td>
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<td><strong>3:30- 5 PM – Art w/Jodie</strong></td>
<td><strong>NO Andrew’s Article Discussion</strong></td>
<td><strong>Group will resume on 2/27/19.</strong></td>
<td><strong>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</strong></td>
<td><strong>If you have questions regarding this project, please contact:</strong></td>
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