



Educational Alliance
Older Adult Services

FEBRUARY 2020



CO-OP VILLAGE NORC NEWS

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

It's February, and this month NORC is having many exciting events to take you away from the winter doldrums. Please join us for these fun-filled activities.

TRIPS AND EXCURSIONS

NORC will take two trips this month:

We will go to **East River Plaza** on **Wednesday, February 12**. The vans will depart at 9:30 AM and return to NORC by 2:30 PM. Registration will begin on 2/4.

We will also take a second trip to **MOMA** on **Monday, February 24**, and **those on the waitlist from our January trip will get priority**. The vans leave NORC at 9:30 AM and will return by 2:30 PM. Please call starting 2/14 to see if there are any available spots.

Both of these trips will cost \$5 to reserve your place, and you will receive \$3 back the day of the trip. Please call 646-395-4507 with any questions.

Thursday Specials in February

February 6: Discussion of the Short Story, "Big Blonde" by Dorothy Parker, facilitated by Bridgette Kern from the Seward Park Branch of the NYPL.

February 13: FDNY Presentation about Fire Safety in Your Home, 2 PM

February 20: It's Not for Kids: Coloring For Adults, 2 PM

February 27: Presentation about the History of the NYPL and the Lower

East Side by Andrew Fairweather, Senior Librarian of the Seward Park Branch of the NYPL.



RABBI JOANNA SAMUELS WILL SPEAK TO THE NORC ON FEBRUARY 4TH

Please join us for "**Promoting Tolerance and Acceptance: A Discussion about Coping and Recent Acts of Hate**", with Rabbi Joanna Samuels, Executive Director of the Manny Cantor Center. Rabbi Samuels will talk about feeling safe in your community in light of recent hate crimes in the city. This important meeting will take place on Tuesday, February 4th at 2 PM, immediately following the Current Events group.



PLEASE NOTE... NORC will be closed on Monday, February 17, in honor of President's Day.

Spotlight on NORC Volunteers...Yum Ping Chuen

Ping had lived on the Lower East Side for 23 years and originally hails from China and Hong Kong. She first joined Co-Op Village NORC because her friend Anne Lee was a member and greatly enjoyed the arts classes. Ping, who enjoyed art, decided to try NORC, and now she is, herself, very involved in both the Needlepoint and Knitting classes.

Ping is also an active volunteer. In this role, she helps with preparing the newsletter mailings and works at the gift wrap table at the annual Flea Boutique. She says, "I feel happy when I volunteer." She enjoys visiting NORC because it is "good to meet friends and socialize."

Thank you, Ping, for your enthusiasm and assistance these last few years. We love having you as part of our NORC community.



Telephone Reassurance Program at NORC helps many people feel less isolated

Did you know that NORC has a volunteer who makes weekly *phone* calls to some of our more socially isolated members?

This wonderful program is a way for people to feel more connected to us even if they cannot leave their homes as easily. Since this program's inception, it has helped hundreds of NORC members, and the recipients are very happy to have this weekly opportunity to talk to the friendly volunteer. If you or a loved one could benefit from this service, please let Kendall know at 646-395-4508.



Health Tip



Many people experience increased feelings of anxiety or depression during the winter months. The National Alliance on Mental Illness (NAMI) offers ideas for managing these feelings:

- Stick to your normal routine as much as possible
- Get enough sleep
- Take time for yourself but do not isolate yourself. Whenever possible, spend time with supportive, caring people
- Eat and drink in moderation
- Get exercise when possible, even if it's only a short walk

ROVING REPORTER



SMILE A WHILE...
Culled from the
Internet by Sue Deutsch
and Grace Ilchuk



This month, we asked the Co-Op Village NORC book club their favorite books. Here are the books they mentioned...

Little Women by Louisa May Alcott.. I read it when I was a young girl. I was a bit of a rebel, and preferred the character of Amy to the much more popular Jo. I read it to my daughter. And a few years ago, I watched a TV version with my teenage granddaughter. The book was ahead of its time. Portraying strong young women and their role model mother. Written about 150 years ago, it remains popular. There have been several film and TV versions . And I can't wait to see the current "Little Women" film! (Sue Deutsch)

Some other books book club members love...

Where the Crawdads Sing by Delia Owens

The Man from Moscow by Amor Towles

Becoming by Michelle Obama

The Warmth of Other Suns by Isabel Wilkerson

The main function
of the little toe on your foot
is to make sure that
all the furniture in the house
is in place.



NORC is happy to announce that it again has teenage volunteers who can help answer questions about your Ipads, iPhones, and laptops. The appointments take place at the NORC office at 465 Grand Street, 4th floor.

For more information or to set up an appointment, please call Kendall at 646-395-4508.

Please join us for a
special **CONCERTS IN
MOTION** professional
music show, featuring
love songs. Performer
is a surprise.

Friday, February 14th

11:00AM -12 PM



PIECES OF THE PROGRAM



Did you know that Co-Op Village NORC serves as a training ground for many students throughout the year? In a given year, we work with students who are from social work, nursing, physical therapy, medical, and theological programs.

Students gain valuable experience by being part of our community, and we love having these students at NORC. It's wonderful to be able to assist in the training of future professionals.



In December, we had our annual Winter Latke party. This year we sang the hits of yesteryear with Sing4Karaoke, and we enjoyed the delicious treats. Thanks to all who attended.



In January, we paid a visit to the new MOMA. We participated in a guided tour and saw this rare Picasso painting that hadn't been on display for many years. We saw some other works and then had time to explore the museum on our own.