



CO-OP VILLAGE NORC WEEKLY EVENTS – August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>465 GRAND ST</u>	<u>465 GRAND ST</u>	<u>465 GRAND ST</u>	<u>465 GRAND ST</u>	<u>465 GRAND ST</u>
<p>1:00 pm—Classic Stories in A Modern World (with Gabe Cohen) —Using ZOOM dial-in or video</p> <p>2:00 pm—<i>EAT HEALTHY, BE ACTIVE WORKSHOP, IN COLLABORATION WITH CITY HARVEST!</i>—Using Zoom dial-in or Video</p> <p>3:30 pm—Art with Jodie—Using Zoom video</p> <p>August 3 and 17th—2:15 PM—”Hey, You’re Not Alone—Coping with Life’s Transitions” Facilitated by Mara Gordon, LMSW—(GROUP IS FULL)</p> <p>August 10—2 PM—Bingo with Ned—Using Zoom dial-in or Video —If you’d like to participate, please let Kendall know by 8/3, so you can be mailed the materials.</p>	<p>10:30 Falls Prevention—with Zoom video only</p> <p>1:00 PM—Current Events—Group A—(GROUP IS FULL)</p> <p>2:30PM- Jewish Traditions with Rita Siff—Using Phone Call-In</p> <p>August 4—3 PM—Korean Hand Clapping with Shao—Using Zoom Dial-in/Video</p> <p>August 11— 1 PM-Healthy Ways to Get Well Hydrated with Dietitian Amelia—Using Zoom Dial-in/Video</p> <p>August 18—1 PM—Cognitive Activities for Seniors—Using Zoom Dial-in/Video</p>	<p>1:00 PM—Current Events—Group B (GROUP FULL)</p> <p>August 12—Book Club—11 AM Let’s Discuss Whatever Book You’re Reading, Make Suggestions, etc. Using Zoom Dial-In or Video</p> <p>August 19th—Brain Aerobics— 11 AM Using Zoom Dial-in or Video (need to pre-register if doing dial-in so you can be mailed materials)</p>	<p>10:00 Falls Prevention—with Zoom video only</p> <p>1:00 PM—Meditation Class (GROUP IS FULL)</p> <p>4:00 PM—Concerts in Motion Youth/ Intergenerational Concert—with Zoom Video or dial-in</p> <p>August 6th—2 PM—Special Concerts in Motion Professional Musician Concert—Classical Music —with Zoom Video or dial-in</p> <p>August 27— 3:00 PM; Andrew’s Article Discussion with Andrew from the NYPL: “The Depression-Era Book that Wanted to Cancel the Rent” by Nora Caplan-Bricker Using Phone Call-In</p>	<p>10:30AM—Friday Friends & Fun (GROUP IS FULL)</p> <p>August 7 —11 AM —Short Story Discussion Group with Bridgette from the NYPL Using Phone Call-In</p> <p>August 14—11 AM—Guided Imagery with Mara (Zoom Call-In or Video)</p> <p>August 21—11 AM—Poetry Workshop/Reading with Bridgette from the NYPL Using Phone Call-In</p> <p>August 7, 14, 21, 28— 1 PM—Shabbat with Gabe Using ZOOM dial-in or video</p>

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If you have questions about groups, please call Kendall at 646-395-4508.