



CO-OP VILLAGE NORC WEEKLY VIRTUAL EVENTS – November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>465 GRAND ST</p> <p>1:00 PM—Meditation Class with Deborah from the NY Zen Center (GROUP IS FULL)</p> <p>3:30 pm—Art with Jodie—Using Zoom video</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>November 9th & 23rd—2:15 PM— "Hey, You're Not Alone—Coping with Life's Transitions" Facilitated by Mara Gordon, LMSW Using Zoom Video or Phone</p> </div> <p>November 23rd—Brain Aerobics— 11 AM Using Zoom Video or Phone (need to pre-register by 11/13 if doing dial-in so you can be mailed materials)</p> <p>November 30th—2 PM—Bingo with Ned—Using Zoom Video or Phone —If you'd like to participate, please let Kendall know by 11/20 so you can be mailed the materials.</p>	<p>465 GRAND ST</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>465 GRAND ST</p> <p>1:00 PM—Current Events—Group B (GROUP FULL)</p> <p>2:15 PM—Being My Best Self Workshop Series, 8 week series presented by Columbia OT Students—Using Zoom Video</p> <p>November 18—Book Club—11 AM —Let's Discuss Whatever Book You're Reading, Make Suggestions, etc. Using Phone Call In</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-top: 10px; background-color: #f0f0f0;"> <p>New Weekly Group: 4 PM—Chair Yoga with Kristin Using Zoom Video</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-top: 10px; background-color: #e0f0ff;"> <p>Special Veteran's Day Presentation "LETTERS THAT HEAL: REFLECTING ON VETERAN'S DAY" Wednesday, November 11th—11 AM Using Zoom or Phone Call-In</p> </div>	<p>465 GRAND ST</p> <p>10:00 Falls Prevention—with Zoom video only (no class on 11/26)</p> <p>4:00 PM—Concerts in Motion Youth/Intergenerational Concert—with Zoom Video or Phone (No Concert on 11/26)</p> <p>November 19th— 1 PM—Guided Meditation for Wellness with Mara, NORC Social Worker—Using Zoom Video or Phone</p> <p>November 19th— 3:00 PM; Andrew's Article Discussion: "Using Phone Call-In"</p> <div style="border: 2px solid black; border-radius: 50%; padding: 20px; margin-top: 20px; background-color: #add8e6; text-align: center;"> <p>NORC will be closed on Thursday, 11/26 and Friday 11/27. Happy Thanksgiving!</p> </div>	<p>465 GRAND ST</p> <p>10:30AM—Friday Friends & Fun (GROUP IS FULL)—(No Group on 11/27)</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; margin-top: 10px; background-color: #fff9c4;"> <p>November 13th— 1PM— "Audio in Real Life"—Hear the story for the short story group on 11/20 read aloud by volunteer dramatic readers Using Zoom Video or Phone</p> </div> <p>November 20—10:30 AM — Short Story Discussion Group with Bridgette from the NYPL Using Phone Call-In</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>November 6, 13, 20th—11:30 AM—Presentations about Home Safety, Falls Risks, and Strengthening Exercises by Touro PT Students—Using Zoom Video or Phone</p> </div>

For more information about any of these programs or to learn how to join, please call Kendall at 646-395-4508.

NORC WILL BE CLOSED ON 11/26 AND 11/27. HAPPY THANKSGIVING, EVERYONE!