



CO-OP VILLAGE NORC WEEKLY VIRTUAL EVENTS – January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>465 GRAND ST</u></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; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>January 11th and 25th—11 AM—“Letters that Heal”, Facilitated by Amy Vera, Social Work Intern Using Zoom Video or Call In</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>January 11th & 25th—3 PM—“Hey, You’re Not Alone—Coping with Life’s Transitions” Led by Mara Gordon, LMSW Using Zoom Video or Phone</p> </div> <p>January 25th—2 PM—Bingo with Ned—Using Zoom Video or Phone —If you’d like to participate, please let Kendall know by 1/13 so you can be mailed the materials.</p>	<p><u>465 GRAND ST</u></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> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p><u>General programs for Educational Alliance Older Adults</u></p> <p>January 12th—noon—COVID Vaccination Health Workshop with Nurse Ji—Using Zoom Video</p> <p>January 19th—1 PM—Nutrition Workshop with Dietician Amelia Using Zoom Video</p> </div>	<p><u>465 GRAND ST</u></p> <p>1:00 PM—Current Events—Group B (GROUP FULL)</p> <p>4 PM—Chair Yoga with Kristin Using Zoom Video</p> <hr/> <p>January 13th—Book Club—11 AM —Let’s Discuss Whatever Book You’re Reading, Make Suggestions, etc. Using Phone Call In</p> <p>January 20th—Brain Aerobics— 11 AM Using Zoom Video or Phone (need to pre-register by 1/10 if doing group by phone so you can be mailed materials)</p>	<p><u>465 GRAND ST</u></p> <p>10:00 Falls Prevention—with Zoom video only</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>2:00 PM—Meaningful Writings and Reflection, facilitated by Jenny Shivley, NY Zen Center Chaplaincy Intern—Using Zoom Video or Phone</p> </div> <p>4:00 PM—Concerts in Motion Youth/Intergenerational Concert—with Zoom Video or Phone</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>January 7th—11:15 AM—Tracing Your Family Roots—presented by the Center for Jewish History Using Zoom Video or Phone</p> </div> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; margin-top: 10px; text-align: center;"> <p><i>January 14th—11:30 AM</i></p> <p>Guided Meditation for Wellness w/ Mara, NORC Social Worker—Using Zoom Video or Phone</p> </div> <p>January 21st— 3:00 PM; Andrew’s Article Discussion Using Phone Call-In</p>	<p><u>465 GRAND ST</u></p> <p>10:30AM—Friday Friends & Fun (GROUP IS FULL)</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>January 15— 1PM—“Audio in Real Life”—Hear the story for the short story group on 1/22 read out loud by volunteer dramatic readers Using Zoom Video or Phone</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>January 22nd—11 AM —Short Story Discussion Group with Bridgette from the NYPL Using Phone Call-In</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 1/1 AND 1/18 IN HONOR OF NEW YEAR’S DAY AND MLK, JR. DAY.

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

