



CO-OP VILLAGE NORC WEEKLY VIRTUAL EVENTS – February 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 data-bbox="56 743 585 966" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p><i>February 1st & 22nd—11 AM—“Letters that Heal”, Facilitated by Amy Vera, Social Work Intern</i> Using Zoom Video or Call In</p> </div> <div data-bbox="56 1008 602 1182" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>February 8th & 22th—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>February 22nd—2 PM—Bingo with Ned—Using Zoom Video or Phone —If you’d like to participate, please let Kendall know by 2/10 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>	<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 (Class on 2/3, 2/10, and 2/24) Using Zoom Video</p> <p>February 10th—Book Club—11 AM — Discuss the book: <i>Sea Wife</i> by Amity Gaige Using Phone Call In</p> <div data-bbox="1029 946 1580 1166" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>February 17th—“Pop Up” Chair Yoga Class with Kristin—<u>10:30 AM</u> Using Zoom Video</p> </div> <p>February 24—Brain Aerobics— 11 AM Using Zoom Video or Phone (need to pre-register by 2/10 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 data-bbox="1607 578 2179 773" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p><i>No class on February 4th</i></p> <p>2:00 PM—Meaningful Writings and Reflection, facilitated by Jenny Shivley, NY Zen Center Chaplaincy Intern— Using Zoom Video or Phone</p> </div> <div data-bbox="1607 935 2185 1105" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>4:00 PM—Concerts in Motion Youth/Intergenerational Concert—with Zoom Video or Phone</p> </div> <div data-bbox="1607 1105 2185 1341" style="border: 1px solid black; border-radius: 50%; padding: 5px;"> <p><i>February 18th—11:30 AM</i></p> <p>Guided Meditation for Wellness w/ Mara, NORC Social Worker— Using Zoom Video or Phone</p> </div> <p>February 25th— 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 data-bbox="2206 597 2642 833" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>February 12— 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 data-bbox="2206 857 2642 1138" style="border: 1px solid black; border-radius: 15px; padding: 5px;"> <p>February 19th—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 2/15 IN HONOR OF PRESIDENTS’ 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