

## CO-OP VILLAGE NORC WEEKLY VIRTUAL EVENTS - March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 PM <b>Meditation Class with Deborah from the NY Zen Center (GROUP IS FULL)</b></p> <p>3:30 PM (no class on 3/8) <b>Art with Jodie Using Zoom Video</b></p> <p>March 15 &amp; 29   3 PM <b>"Hey, You're Not Alone - Coping with Life's Transitions" Led by Mara Gordon Using Zoom Video or Phone</b></p> <p>March 22   2 PM <b>Bingo with Ned Using Zoom Video or Phone (If you'd like to participate, please let Kendall know by 3/10 so you can be mailed the materials.)</b></p>	<p>10:30 AM <b>Fall Prevention Using Zoom video only</b></p> <p>1 PM <b>Current Events Group A (GROUP IS FULL)</b></p> <p>2:30 PM <b>Jewish Traditions with Rita Siff Using Phone Call-In</b></p>	<p>1 PM <b>Current Events - Group B (GROUP FULL)</b></p> <p>4 PM <b>Chair Yoga with Kristin Using Zoom Video</b></p> <p>March 10   11AM <b>Book Club Discuss the book: Sea Wife by Amity Gaige Using Phone Call-In</b></p> <p>March 24   2 PM (*Note new time) <b>Brain Aerobics Using Zoom Video or Phone (Need to pre- register by 3/10 if doing group by phone so you can be mailed materials.)</b></p> <p>March 17, 24, 31   10:30 AM <b>Wear that Dough-Jewelry Making with Syma Using Zoom Video or Phone (Must pre-register by 3/5 to be mailed/delivered materials)</b></p>	<p>10 AM <b>Falls Prevention With Zoom video only</b></p> <p>2 PM <b>Meaningful Writings and Reflection Facilitated by Jenny Shivley, NY Zen Center Chaplaincy Intern Using Zoom Video or Phone</b></p> <p>4 PM <b>Concerts in Motion Youth\ Intergenerational Concert With Zoom Video or Phone</b></p> <p>March 11   11:30 AM <b>Guided Meditation for Wellness w/Mara, NORC Social Worker Using Zoom Video or Phone</b></p> <p>March 25   3 PM <b>Andrew's Article Discussion Using Phone Call-In</b></p>	<p>10:30 AM <b>Friday Friends &amp; Fun (GROUP IS FULL)</b></p> <p>March 12   1 PM <b>"Audio in Real Life." Hear the story for the short story group on 3/19 read aloud by volunteer dramatic readers. Using Zoom Video or Phone</b></p> <p>March 19   11 AM <b>Short Story Discussion Group with Bridgette from the NYPL. Using Phone Call-In</b></p>

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



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