

CO-OP VILLAGE NORC WEEKLY VIRTUAL EVENTS - April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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> <p>April 12 & 26 3 PM "Hey, You're Not Alone - Coping with Life's Transitions" Led by Mara Gordon Using Zoom Video or Phone</p> <p>April 19 2 PM Bingo with Ned Using Zoom Video or Phone (If joining, please register by 4/ 9 so you can be mailed the materials)</p> <p>April 26 1 PM Concerts in Motion--Broadway Theme Using Zoom Video or Phone</p>	<p>10:30 AM Fall Prevention Using Zoom video only</p> <p>1 PM Current Events Group A GROUP IS FULL)</p> <p>2:30 PM Jewish Traditions with Rita Siff Using Phone Call-In</p>	<p>Current Events - Group B (GROUP FULL)</p> <p>4 PM Chair Yoga with Kristin Using Zoom Video</p> <p>April 14 11AM Book Club Discuss the book: The Vanishing Half by Brit Bennett Using Phone Call-In</p> <p>April 28 11 AM Brain Aerobics Using Zoom Video or Phone (Need to pre-register by 4/14 if doing group by phone so you can be mailed materials.)</p> <p>April 7 & 21 10:30 AM Wear that Dough-Jewelry Making with Syma (GROUP FULL)</p>	<p>10 AM Falls Prevention With Zoom video only</p> <p>2 PM Meaningful Writings and Reflection Facilitated by Jenny Shivley, NY Zen Center Chaplaincy Intern Using Zoom Video or Phone</p> <p>4 PM Concerts in Motion Youth\ Intergenerational Concert With Zoom Video or Phone</p> <p>April 15 11:30 AM Guided Meditation for Wellness w/Mara, NORC Social Worker Using Zoom Video or Phone</p> <p>April 29 3 PM Andrew's Article Discussion Using Phone Call-In</p>	<p>10:30 AM Friday Friends & Fun (GROUP IS FULL)</p> <p>April 16 1 PM "Audio in Real Life." Hear volunteers read aloud - "Ghosts and Empties" by Lauren Groff Using Zoom Video or Phone</p> <p>April 23 11 AM Short Story Discussion Group with Bridgette from the NYPL discuss "Ghosts and Empties" by Lauren Groff Using Phone Call-In</p>

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



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.