

CO- OP VILLAGE NORC WEEKLY IN-PERSON & VIRTUAL GROUPS - October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 PM Meditation Class with the NY Zen Center Using Phone Call-in</p> <p>3:30 PM Art w/ Jodie (GROUP FULL). Please call to be added to the wait list.</p> <p>10/18 2 PM Bingo w/ Ned In-person & Zoom. In-person spots are limited. Call by 10/8 to register</p>	<p>10:30 AM Falls Prevention With Zoom Video</p> <p>1 PM Current Events - Group A (Group Full)</p> <p>2:30 PM Jewish Traditions Using Phone Call-In</p> <p>10/26 2 PM Jewelry Making 1 & 2 w/ Christine In-Person at NORC. Limited. Call by 10/18 to register.</p>	<p>1 PM Current Events - Group B (GROUP FULL)</p> <p>4 PM Chair Yoga w/ Kristin Using Zoom Video</p> <p>10/13 11 AM Book Club Using Phone Call-In</p> <p>10/20 11 AM Medicare Updates for 2022: Presented by Dr. Gil Kunken, from DFTA HIICAP Using Zoom Video or Phone</p> <p>10/27 2 PM Brain Aerobics In-person & Zoom. Call by 10/14 to register.</p> <p>Blood Pressure screening/Health Presentation by appointment Call NORC at 646-395-3410 to inquire.</p>	<p>9-12 Needlepoint In-person. Pre-registration required. Call for more info.</p> <p>10 AM Falls Prevention With Zoom video</p> <p>4 PM Concerts in Motion Youth Concert Using Zoom Video or Phone</p> <p>October 7 & 21 2 PM NORC Social Hour/ Say Hi (Meet in park behind NORC. Call day before to check location).</p> <p>October 14 1 PM Chat with Christine, NORC Director In-person. Call by 10/11 to register</p> <p>10/14 11:30 AM Guided Meditation for Wellness w/Mara Using Zoom Video or Phone</p> <p>10/28 3 PM Andrew's Article Discussion In-person & phone. Limited. Call by 10/14 to register.</p>	<p>10:30 AM Friday Friends & Fun (GROUP FULL)</p> <p>10/8 11:30 AM Short Story Read Aloud of story for 10/15 discussion. Using Zoom Video or Phone</p> <p>10/15 11 AM Short Story Discussion Group w/ Bridgette Using Phone call-in</p> <p>10/29 10 AM Presentation by Touro PT Students: Home Safety and Environmental Awareness Using Zoom Video or Phone</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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