

CO-OP VILLAGE NORC WEEKLY IN-PERSON & VIRTUAL GROUPS - February 2022

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 Using Zoom Video. Please call for more information.</p> <p>2/28 2 PM Bingo w/ Ned Using Zoom or in person. Call by 2/18 to register. In-person spots limited.</p> <p>Blood Pressure Screening/Health Presentation by appointment. Call NORC at 646-395-4507 to inquire.</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>2/15 2 PM Jewelry Making 1 & 2 w/ Christine In-Person at NORC. (GROUP FULL) Please call to be added to the wait list.</p>	<p>10 AM-12 PM Knitting (starting Feb. 16) Pre-registration required. Call for more info. Spots limited.</p> <p>1 PM Current Events - Group B (GROUP FULL)</p> <p>2 PM Chair Yoga w/ Janice Using Zoom Video</p> <p>2/9 11 AM Book Club Using Phone Call-In</p> <p>2/23 2 PM Brain Aerobics Using Zoom or in person. Call by 2/14 to register. In-person spots limited.</p>	<p>9 AM - 12 PM Needlepoint (starting Feb. 17) (GROUP FULL) Please call to be added to wait list.</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>2/3 & 2/17 2 PM NORC Social Hour/ Say Hi Using Zoom Video or Phone</p> <p>2/3 & 2/17 11:30 AM Guided Meditation for Wellness w/Mara Using Zoom Video or Phone</p> <p>2/10 1 PM Chat With Christine, NORC Director Using Zoom</p> <p>2/24 1 PM Coloring for Relaxation In-person. Call by 2/22 to register.</p> <p>2/24 3 PM Andrew's Article Discussion On the phone or in person. Call by 2/17 to register.</p>	<p>10:30 AM Friday Friends & Fun (GROUP FULL)</p> <p>10:30 AM Chinese Medicine for Self Care Using Zoom or Video or Phone</p> <p>2/11 11:30 AM Short Story Read Aloud of story for 2/18 discussion. Using Zoom Video or Phone</p> <p>2/18 11:30 AM Short Story Discussion Group 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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