

## CO-OP VILLAGE NORC WEEKLY IN-PERSON & VIRTUAL GROUPS - APRIL 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 (Starts 4/11) In-person. (GROUP FULL) Call to be added to wait list.</p> <p>4/25   2 PM Bingo w/ Ned Using Zoom or in-person. Call by 4/18 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>4/19   2 PM Jewelry Making 1 &amp; 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 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>4/13   11 AM Book Club "The Paris Library" Using phone or in-person. (In-person spots limited.) Register by 4/8.</p> <p>4/20   11:30 AM Evidence Based Meditation for Memory Using Zoom video and in-person (In-person spots limited.) Register by 4/11.</p> <p>4/27   2:30 PM Brain Aerobics Using Zoom or in-person. Call by 4/20 to register. In-person spots limited.</p>	<p>9 AM - 12 PM Needlepoint (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>4/7, 4/14 &amp; 4/28   2 PM NORC Social Hour/ Say Hi Using Zoom video or in-person. In-person spots are limited. Call to register.</p> <p>4/14   11:30 AM Guided Meditation for Wellness w/Mara Using Zoom or in-person (call to register for in-person.)</p> <p>4/14   1 PM Chat With Christine, NORC Director Using Zoom or in-person. Call by 4/11 to register. In-person spots are limited.</p> <p>4/28   1 PM Coloring for Relaxation In-person. Call by 4/25 to register.</p> <p>4/28   3 PM Andrew's Article Discussion On the phone or in-person. Call by 4/21 to register.</p>	<p>10:30 AM Friday Friends &amp; Fun (GROUP FULL)</p> <p>10:30 AM Chinese Medicine for Self-Care Using Zoom video.</p> <p>4/8   11:30 AM Short Story Read Aloud of story for 4/15 discussion. Using Zoom video or phone.</p> <p>4/15   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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