

CO-OP VILLAGE NORC WEEKLY EVENTS - March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Metrocard Bus March 6th & 20th 9-11am Grand & Pitt</p> <p>10:00 AM – Chair Yoga 11:00 AM – Relax & Empowerment with Mariely (except 3/6) 10:30 → 12 PM – Nurse Walk-In (except 3/6) 3/13 & 3/27 - 1 PM– Sing A Long with Kendall Hamid 3/13 & 3/27 - 2 PM– Bingo 3/20- 2 PM– Chat w/ Bonnie 3:00 PM – Game Time 477 FDR DRIVE 1:30 PM - Mah Jongg 3:30 → 5:00 PM - Art W/Barbara</p> <p>Special Event 3/13-4:30pm Special Purim program with children from KESHET/IAC coordinated by Sharon Blumenkranz, Class Mother</p>	<p>465 Grand Street</p> <p>10:30 AM -465 Grand St Falls Prevention Exercise</p> <p>1:00 PM – Current Events W/Helen</p> <p>2:00 PM – Bridge 3:00 PM – Game Time</p> <p>477 FDR DRIVE</p> <p>2:30PM- Jewish Traditions</p> <p>TRIP EVENT 3/21- Trip To The East River Plaza Shopping Center. Bus will depart at 9:30am sharp and return at 1pm. \$5 RESERVATION FEE (Will be refunded upon departure. No shopping carts on the bus. You can leave it at NORC)</p>	<p>465 GRAND ST</p> <p>10-11 AM Traditional Yoga With Zoe(except 3/15+3/22) 11:00 AM – Knitting 3/8 & 3/29 - 1:30 PM – Brain Aerobics</p> <p>2:30 PM – Sam’s Moving Pictures: Watch a unique film & discuss. Facilitated by Sam Schwartz</p> <ul style="list-style-type: none"> 3/1: He Named Me Malia 90Min Doc 3/8: Camera That Changed The World 1hr(cc) Doc 3/15: Doobie Bros Live NYC 94 Min 3/22: Metals Of The Earth 52Min(cc)Doc 3/29: Loving 2hrs(Movie) <p>3/8 – 11:00 AM - Book Club <i>The Underground Railroad</i> By Colson Whitehead</p> <p>477 FDR DRIVE</p> <p>1:30Pm Mah Jongg</p>	<p>465 GRAND ST</p> <p>9 → 10 AM – Beginners Needlepoint w/ Harriet 10 → 12 PM - Needlepoint Workshop w/ Harriet 1PM- NEW GROUP-Thursdays- “CHESED” Facilitated by Rory Katz Rabbinic Intern</p> <p>THURSDAY SPECIALS - 2 pm 465 Grand Street</p> <p>3/2 – The Good Ole Days: Snow Days Presenters: NORC seniors-ALL WELCOME-Bring Photos</p> <p>3/9- UPDATE ON FEET HEALTH Presenter: Dr Steven Abraham ,Neighborhood Podiatrist</p> <p>3/16 – HELP FOR THE VISUALLY IMPAIRED Presenter: Mark Bones, VISIONS Services for the Blind and Visually Impaired Community Coordinator Outreach Program</p> <p>3/23 – NO THURSDAY SPECIAL- ALL STAFF CONFERENCE NORC CLOSED</p> <p>3/30- DECLUTTERING YOUR LIFE: Practical Tips on Getting and Staying Organized, Presenter: Tashany Brown, Project Manager Nueratrend Maids and Pros</p>	<p>465 GRAND ST</p> <p>10AM-Advanced Falls Prevention Class With Guigin</p> <p>10:30am-12 Friday Friends & Fun Facilitator : Kendall, Registration Required</p> <p>11 AM → 1 PM – Nurse Walk-In</p> <p>1:15 PM - MOVIE & ICE CREAM: 3/3 – Florence Foster Jenkins Drama/Comedy – 1hr 51 min 3/10 – Pele: Birth Of A Legend Drama/Sport – 1hr 47min 3/17 – Pawn Sacrifice Drama/Bio 1hr 56min 3/24- Queen Of Katwe Drama 2hr 4min 3/31- The Quiet Man Romance 2hr 9min</p>

SPECIAL EVENTS/SERVICES

MONDAY 3/6 & 3/20 – METROCARD BUS – GRAND/PITT (9AM - 11AM)

MONDAY 3/13-4:30pm-special Purim program with children from KESHET/IAC, Coordinated by Sharon Blumenkranz, Class Mother

FRIDAY 3/17- NOON- March Birthday Lunch,197 East Broadway. **SIGN UP EARLY!**

TUESDAY 3/21- Shopping Trip to East River Shopping Plaza, 520 E. 117th St, School bus departs 465 Grand St at 9:30am. (\$5 reservation fee needed, refunded day of trip upon departure!)

CHANGES...

❖ **Fridays, 10:30am-12pm; Friday Fun and Friends Caregiver Respite Program with music,art, and chair exercise. No Charge,BUT Advance registration is necessary**
Call 646 395-4507.

❖ **3/23- (Thursday) THE NORC WILL BE CLOSED FOR AN ALL DAY STAFF CONFERENCE**

Weinberg Center for Balanced Living

197 East Broadway, NY, NY 10002 | 646-395-4270 | MannyCantor.org

March 2017 - Weinberg Weekly Activities Calendar (Room #s and Floors in Parentheses)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9:30-10:30 Body Conditioning (6A) • 12-1 Lunch (6) • 1-2 Silver Sneakers® Cardio (5th Floor) • 1-3 Bingo (404) • 2-3 Zumba (6A) • 3-4 Beg. Jazz Line (6A) <p>Materials Center Open 9-5 every Monday! Stop by to shop for your craft project! "M" Level, Studio A</p>	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9-10 Tai Chi Kungfu Fan (6A) • 10-11 Yang's Tai Chi 37 Form (6A) – <i>sorry - class is full</i> • 11-12 Musical Theater Dance (5th fl) • 12-1 Lunch • 1-2 Silver Sneakers® cardio (5th Fl) • 1-3 Painting ("M" Level) • 1-2 Healthy Life Workshops (404) <i>(with Cantonese translation)</i> • First Tuesdays – Mindfulness Meditation (3/7) • 2nd & 4th Tuesdays Gouverneur Stress Management 3/14 & 3/28 • 2-3 Senior Advocacy Team (6th floor classroom) • 2-5 English Class (404) 	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9:30-10:30 Chinese Ribbon Dance (6A) • 9:30-11:30 Intro to Computers (404) • 12-1 Lunch (6) • 1-2 Beginning Pilates (5) • 1-3 Beadwork Art <i>(Cantonese)</i> "M" Level Studio C • 1-2 Spiritual Journeys w/ R. Regina (404) • 2-3 Silver Sneakers® Cardio (5th Floor) • 2-4 Singing Group (6A) 	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 10-11 – Yoga (6A) • 10-12 Acting/Drama Class ("M" Level) • 10-12 Chinese Discussion (4th fl Brdrm) • 12-1 Lunch & Blood Pressure (6A) • 1-2 Chair Fitness (5) • 1-3 Art Mosaic Tiles ("M" Level) • 2-5 English Class (6th floor classroom) <p><i>Closed: March 23rd for All-Staff Conference (no AARP that day)</i></p>	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9-10 Stretch/Strength (6A) • 10-11 Body Build (6A) • 10-11:30 Russian Discussion (404) • 10-12 Watercolor painting ("M" Level) • 12-1 Lunch (6) • 1-2 Silver Sneakers® cardio (5th Floor) • 1-3 Sewing/Crafts (404) • 2-3 Advanced Jazz Dance • 3-4 <i>new!</i> Good Grandparenting (404)
			<p>WEINBERG CENTER MEMBER ASSISTANCE HOURS (402): M-F 10am-2pm WALK-IN CASE ASSISTANCE: WEDNESDAYS 9-12, 3rd floor conference room ALL OTHER CASE ASSISTANCE BY APPOINTMENT ONLY (646-395-4270)</p>	

SPECIAL EVENTS & TRIPS

- **Thursdays Through April 13th – AARP Free Tax Assistance, 10am-2pm. First come, first served – no appointments.**
- **Friday, March 10 | 12-1 | Purim celebration with dessert at lunch. Wear a funny hat! Prizes for most creative hats.**
- **Wednesday, March 15 | all day | Trip to see "The Bikinis" at Westchester Broadway Theater. \$80 includes transportation, lunch & show.**
- **Friday, March 17 | 12-1 | St. Patrick's Day luncheon & monthly birthday celebration. Wear your green!**
- **Thursday, March 30 | 9:30-1:30 | Trip to September 11 Memorial Park.**

CHANGES

NEW: Good Grandparenting, Fridays from 3-4:30
MOVED: Theater Desk is now on 6th floor!
MOVED: Advanced Jazz Dance to Fridays from 2-3
MOVED: Musical Theater Dance to Tuesdays 11-12
OPEN: Sixth Floor, between breakfast & lunch
CLOSED: Thursday, March 23rd

