

CO-OP VILLAGE NORC WEEKLY EVENTS - April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Metrocard Bus April 3rd & 17th 9-11am Grand & Pitt</p> <p>10:00 AM – Chair Yoga(except 4/10) 11:00 AM – Relax & Empowerment with Mariely 10:30 → 12 PM – Nurse Walk-In 4/3 & 4/24 - 1 PM– Sing A Long with Kendall Hamid 4/3 & 4/24 - 2 PM– Bingo 3:00 PM – Game Time</p> <p>Chat with Bonnie will meet back on May 1st at 2pm</p> <p>4/17- 1pm- Fun With Canine Cooper and his trainer Tina</p> <p>477 FDR DRIVE 1:30 PM - Mah Jongg (except 4/10) 3:30 → 5:00 PM - Art W/Barbara (except 4/10 & 4/17)</p>	<p>465 Grand Street</p> <p>10:30 AM - Falls Prevention Exercise 1:00 PM – Current Events W/Helen (except 4/11 & 4/18) 2:00 PM – Bridge 3:00 PM – Game Time</p> <p>477 FDR DRIVE 2:30PM- Jewish Traditions (Except 4/11 & 4/18)</p>	<p>465 GRAND ST</p> <p>10-11 AM Traditional Yoga With Zoe(except 4/5,4/26) 11:00 AM – Knitting 4/19 - 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"> ● 4/5: 8 Days A week (cc) 105min doc ● 4/12: 400 Yrs Of The Telescope 55min Doc+ White Helmets 40min (cc) Doc ● 4/19: Silicone Valley 84min Doc ● 4/26: Becoming Warren Buffet 88min (cc) Doc <p>4/5 – 11:00 AM - Book Club <i>My Grandma asked me to tell you she’s sorry</i> By Fredrik Backman</p> <p>4/26- 10am Tai Chi for ARTHRITIS Launch, Register 646 395-4507</p> <p>477 FDR DRIVE 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→ CHESED- facilitated by Rabbinic Intern Rory Katz</p> <p>THURSDAY SPECIALS - 2 pm 465 Grand Street</p> <p>4/6 – FALL PREVENTION: EXERCISES, IDEAS + TACTICS Presenters: NYU Student Nurses Care link Program 4/13- IN-PATIENT REHAB SERVICES: What does it mean? Presenter: Nilda Dimiceli, Acct Manager, Village Care 4/20 – “SENIORS HAVE TALENT” AUDITIONS Call 646-395-4507 To Register; ALL ARE WELCOME 4/27- 5:30-7pm-(NOTE THE TIME) GLAMOUR GIRLS FREE MANICURES Facilitator; Mariely Cerda, NORC Senior Social Worker CALL 646-395-4506 for appointment</p> <p>4/27 - GUIDED TOUR OF THE MUSEUM AT ELDRIDGE STREET AND LANDMARK SYNANGOGUE (COST \$8) Featuring The Postcards from Europe exhibit 10:15am School Bus Departure from 465 Grand St</p>	<p>465 GRAND ST 10Am- Advanced Falls Prevention Class With Guiqin</p> <p>10:30am-12 Friday Friends & Fun Facilitator : Kendall, Registration Required 11 AM → 1 PM – Nurse Walk-In 1:15 PM - MOVIE & ICE CREAM: 4/7 – Mother’s Day Drama/Comedy – 1hr 58 min 4/14 – Dreamland Drama/Comedy – 1hr 24min 4/21 – Testament Of Youth Drama/History 2hr 9min 4/28- The Philadelphia Story Romance/Comedy 1hr 52min</p>

SPECIAL EVENTS/SERVICES

MONDAY **4/3 & 4/17** – METROCARD BUS – GRAND/PITT (9AM – 11am)

WEDNESDAY **4/26- 10AM- TAI CHI For Arthritis Launch, Call To Register**

THURSDAY **4/20- 2-3PM- Auditions for Senior Talent Show-ALL ARE WELCOME**

THURSDAY **4/27- Guided Tour of The Museum at Eldridge Street and Landmark Synagogue Featuring the Postcards from Europe exhibit; Bus departs at 10:15am from 465 Grand Street \$8 cost**

THURSDAY **4/27- APRIL 27, 12 Noon, Birthday lunch at 197 East Broadway**

CHANGES ...

- ❖ Book Club this month will be meet on the 1st Wednesday
- ❖ **4/27- (Thursday) 5:30-7pm Glamour Girls free Manicures** Appointment only 646-395-4506 Mariely Cerda
- ❖ Chat with Bonnie will take place on May 1st
- ❖ No Chair Yoga April 10th
- ❖ No Jewish Traditions April 11th and 18th
- ❖ No Art Class April 10th & 17th

Weinberg Center for Balanced Living

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

April 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) • 10:30-11:30 Nutrition Series (404) • 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) • 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) (with Cantonese translation) 4/11 & 4/25 • 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 (Cantonese) "M" Level Studio C • 1-2 Spiritual Journeys w/ R. Regina (404) • 2-3 Silver Sneakers® Cardio (5th Floor) • 2-4 Singing Group (6A) <p>April 19th – Seniors Got Talent auditions, 2-4pm, 6th Floor</p>	<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 Yoga (5) • 1-3 Art Mosaic Tiles ("M" Level) • 2-5 English Class (6th floor classroom) <p>Movie Matinee: Thursday, April 13th 1-3PM – "Florence Foster Jenkins"</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 (6A) • 3-4 Good Grandparenting (404)
SPECIAL EVENTS & TRIPS			CHANGES	
<ul style="list-style-type: none"> • Thursdays Through April 13th – AARP Free Tax Assistance, 10am-2pm. First come, first served – no appointments. • Monday, April 10 4-7 Passover seder, led by Rabbi Regina Sandler-Phillips. \$10 in advance, \$15 at the door. • Wednesday, April 19 2-4 Seniors Got Talent auditions! Sign up in advance in the office on the 4th floor. Auditions will take place on the 6th floor. • Tuesday, April 25 10-3 Day Trip to New York Botanical Garden. \$15 includes kosher bag lunch, entrance to the garden, and a leisurely day! 			<p>OPEN: We are open during Passover NEW: Chair Yoga in April on Thursdays 1-2PM NO Jazz Line Class on Monday, April 24 NO Tai Chi Classes on Tuesday, April 25</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)