

CO-OP VILLAGE NORC WEEKLY EVENTS - July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Metrocard Bus July 3rd & 17th 9-11am Grand & Pitt 10:00 AM – Chair Yoga (except 7/17) 11:00 AM – Relax & Empowerment with Mariely 10:30 → 12 PM – Nurse Walk-In 7/10 – 1 PM– Sing a Long Soul Songs with Kendall & Gil 7/10 & 7/24 – 2 PM– Bingo 3:00 PM – Game Time 7/17- 2Pm Chat w/ Bonnie</p> <p>477 FDR DRIVE 1:30 PM - Mah Jongg</p> <p>3:30 → 5:00 PM - Art W/Barbara</p> <p>New Monday Group 1pm- Shirei Neshama (Songs Of The Soul) With Cantorial Intern Gil Ezring</p>	<p>465 Grand Street 10:30 AM - Falls Prevention Exercise 1:00 PM – Current Events W/Helen 2:00 PM – Bridge 3:00 PM – Game Time</p> <p>477 FDR DRIVE 2:30PM- Jewish Traditions</p> <p>JULY 4TH CLOSED INDEPENDENCE DAY</p>	<p>465 GRAND ST 10-11 AM Tai Chi For Arthritis 11:00 AM – Knitting 7/12 - 1:25 PM – Brain Aerobics 2:30 PM – Sam’s Moving Pictures: Watch a unique film & discuss. Facilitated by Sam Schwartz ● 7/5: Day The Earth Stood Still (cc) 90min Movie ● 7/12: Rachel Carson (cc) 54min Doc Research 13min Doc ● 7/19: Why Trains Crash 54 min Doc + Making Tesla Model S- 20 Min Doc ● 7/26: Bette Midler (cc) 74 Min Doc 7/12 – 11:00 AM - Book Club <i>Battle Hymn Of The Tiger Mother</i> By Amy Chua</p> <p>477 FDR DRIVE 1:30Pm Mah Jongg</p>	<p>465 GRAND ST 9 → 10 AM – Beginners Needlepoint w/ Harriet 10 → 12 PM - Needlepoint Workshop w/ Harriet THURSDAY SPECIALS - 2 pm 465 Grand Street 7/6 – Brain Health and Wellness Workshop: Facilitators Alzheimer’s Foundation Of America Rep and Shao Mei Zhang OAS Health & Wellness memory Screening will be available by appointment (call 646 395-4507) 7/13- What Every Senior Needs To Know about Apple Bank Presenter: Cheryl Wade, Customer Service Rep Apple Bank For Savings 7/20 – “ The Good Olde Days” Summer Adventures Presenter: NORC Seniors 7/27- Marilyn Karpoff, Karpoff Associates</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: 7/7 – The Last Word Drama/comedy – 1hr 48 min 7/14- Florence Foster Jenkins Drama/comedy – 2hr 13min 7/21 –Fences Drama/ 2hr 19min 7/28- Casablanca Drama 1hr 42min</p>

SPECIAL EVENTS/SERVICES

CHANGES ...

MONDAY 7/3 & 7/17 – METROCARD BUS – GRAND/PITT (9AM - 11A)

MONDAY-1PM- NEW GROUP- Shirei Neshama- Songs of The Soul from various faith traditions

WEDNESDAY- Governors Island Trip with Weinberg Center. Meet at Battery Maritime Building at 9:30am

THURSDAY-7/20 Birthday Lunch at Weinberg Center, 197 East Broadway

❖ 7/4- NORC CLOSED 4TH OF JULY

Weinberg Center for Balanced Living

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

July 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 Walk With Ease (404) • 12-1 Lunch & Blood Pressure (6A) • 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 for donations and shopping 9-1 (except on July 17th, when it will be 1-4) Level "M"</p>	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9-10 Push Hands Tai Chi (6A) • 10-11 Tai Chi Basic Form (6A) • 11-12 Musical Theater Dance (5th fl) • 12-1 Lunch • 1-2 Silver Sneakers® cardio (5th Fl) • 1-3 <i>Summer Art Workshops – limited to 10 people each week. Sign up in advance in Office</i> • 1-3 Painting ("M" Level) • 1-2 Healthy Life Workshops (404) (with Cantonese translation) • 2-5 English Class (404) • 2-3 Senior Advocacy Team (6th fl Classroom) <p>CLOSED Tuesday, July 4th</p>	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9:30-10:30 Chinese Ribbon Dance (6A) • 10-12 Garden Club (2nd fl roof) • 10:30-11:30 Walk With Ease (404) • 12-1 Lunch (6) • 1-2 Beginning Pilates (5) • 1-3 Beadwork Art (Cantonese) "M" Level Studio C • 1-2 Spiritual Journeys (404) • 2-3 Silver Sneakers® Cardio-5 • 2-4 Singing Group (6A) <p>7/12 –Trip to Governor’s Island! Meet at 9:30 at the ferry, and join us for a day of fun!</p>	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 10-11 – Yoga (6A) • 10-12 Acting/Drama Class (404) • 10-12 Chinese Discussion (4th fl Brdrm) • 12-1 Lunch & Blood Pressure (6A) • 1-2 Chair Fitness (5) • 1-2 Conversational English Practice (404) • 1-3 Art Mosaic Tiles ("M" Level) • 2-5 English Class (404) <p><i>Conversational English Practice returns! Many of our members want to practice. Join us 1-2, help a neighbor, and make a friend!</i></p>	<ul style="list-style-type: none"> • 8:30-9:30 Breakfast (6) • 9-10 Stretch/Strength (6A) • 9:15-10 <i>Summer Camp Shabbat</i> • 10-11 Body Build (6A) • 10-11:30 Russian Discussion (404) • 10-12 Mixed Media Art ("M" Level) • 12-1 Lunch (6) • 1-2 Silver Sneakers® cardio (5th Floor) • 1-3 Sewing/Crafts (404) • 2-3 Advanced Jazz Dance (6A) <p>Summer Camp Shabbat! Children join us from 9:30-10am on the 6th floor for fun and connection</p>
SPECIAL EVENTS & TRIPS			CHANGES	
<ul style="list-style-type: none"> • July 5-14th VOTE FOR OUR NEW ADVISORY COUNCIL! PICK UP BALLOT IN ROOM 402! • Thursday, July 6th 8:30-9:30 New Member Welcome Breakfast! Breakfast is free if you joined Weinberg Center in 2017! • Thursday, July 6th 10:00-3:00 NYLAG Van; by appointment only; please sign up with your social worker. • Wednesday, July 12th 9:30-4:00 Day Trip to Governor’s Island! Cost is \$1.00 per person – bring your family and friends! • August 23-24 Overnight Trip to Atlantic City, with tickets to air show. 			<ul style="list-style-type: none"> • CLOSED Tuesday, July 4th • NO Zumba class on 7/3 • NO Pilates class 7/12 or 7/19 • NO Chinese Discussion on 7/13 • CHANGE Yoga taught by C. Kansas this month 	

WEINBERG CENTER MEMBER ASSISTANCE HOURS (402): M-F 10am-2pm
THEATER DESK: 10-12 (approximate) M-F SIXTH FLOOR