### Village View NORC DECEMBER 2022 Newsletter (Vol. 29)

**Quote of the month:**

"The snow is sparkling like a million little suns" - L.Willa

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### Village View NORC

**DECEMBER 2022 Newsletter (Vol. 29)**

Dear VNORC members and friends:

We appreciate your support in November for joining us on the Walmart trip as well as Thanksgiving Meal distribution. Great seeing some of our old friends and meeting with new members.

We would love to continue hosting fun events and bus trips in the coming months, so please make sure you share your ideas with us!

We would love to continue hosting fun events and bus trips in the coming months, so please make sure you share your ideas with us!

For your information, I will be gone on leave for a few months and Jen Vallone will be here to support. In addition, there will be snacks, drinks, gifts, and raffle. Hope to see you there.

**Social Services, Nursing Services, Counseling services, and House Keeping are available in person, please call or email to make an appointment.**

**Christmas Day.**

Office closed on Monday - December 26th in Observance of Christmas Day.

Want to apply for SCRIE? Tell us if you are eligible:

1. Over 62;
2. Households annual income less than $50,000;

*Generously funded by NYC Department for the Aging, NYS Office for the Aging, and Village View Housing corp.*

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**NORC Staff**

Bing Ji, LCSW  
Program Director

Sofiya Pidzryayo, LMSW  
Social Worker

Joanna Sablik  
Administrant

Ji Cheong, RN  
Mon & Thur

Jana Kozlowski, RN Nurse  
Fri

Khrystyna Mislyk, LMHC  
Wellness Counselor  
Tue morning & Fri

Sea Li  
Social Worker  
Thur & Fri

Oksana Dudnik  
Social Work Intern  
Tue,Wed,Thur

Xiao Hong Huang  
Wellness Counseling Intern  
Tue,Thu,Fri

Allencine Benoit  
Housekeeper  
Tue and Thur

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**Health Tips from Jana:**

*Consider getting vaccinated for flu, COVID-19, pneumonia, shingles.*  

It’s a season for viruses, get protected!  

Limit exposure to anyone who is sick.

Elect healthy, stay active!

Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases.

Keep exercise indoor or enjoy a walk.

Bundle up to stay dry and warm!

Manage stress - give yourself a break if you feel stressed out, overwhelmed, and out of control.

Find support - visit us at Village View NORC office!

**DECEMBER HIGHLIGHTS**:

**Happiness Group w/Oksana**
Every Tuesday 1:30 PM @Community room

**Brain Health Group w/Xiao**
Every Tuesday 2:30 PM @Community room

**Medication too much, too little, just right w/Dr. Leipzing**
12/01 Thursday 2:00pm @Community room & Zoom ID 212 475 0150

**How to see better w/Dr. Tang**
12/08 Tuesday 2:00pm @Community room & Zoom ID 212 475 0150

**Holiday Movie Night**
12/14 Wednesday 2:30pm @Community room

**Skin care & Skin Health w/Banni**
12/15 Thursday 11:00am @Community room & Zoom ID 212 475 0150

**Holiday Party with DJ**
12/16 Friday 1:00pm – 3:00pm @Community room

Housekeeping Service w/Allencine Benoit
Available on Tuesday & Thursday - Please contact the office to make an appointment

**Things to pick up at the NORC office:**

NYS Office of Addition Services and Supports have provided us deterria bags, which can be used to deactivate drugs (the meds you don’t need anymore) so you can throw the meds in regular trash. Please stop by and pick a bag from us.

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Friday</th>
<th>Saturday</th>
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</table>
| 9:30am w/ Mary Pilates (Resistance Band Workout)  
Zoom ID: 885 9883 5924  
No class on 12/26  
9:30am w/ Mary Pilates  
Zoom ID: 899 883 5924  
10:00am w/Dawn Zumba  
Zoom ID: 851 383 4805  
10:00am w/ Demetra Chair Exercise  
Zoom ID: 884 9103 3839  
9:30am w/ Yelitza Strength & Endurance  
Zoom ID: 878 2260 0852  
10:00am w/ James Dynamic Stretch  
Zoom ID: 822 9471 985  |
| 10:30am w/ Annie Tai Chi  
Outdoor  
10:30am w/ Annie Tai Chi  
Outdoor  
10:00pm w/ Maryknoll Chinese Concert  
Zoom ID: 829 0088 1632  
10:00am w/ Tenzing Blood Pressure Screening  
@Community Room  
11:00am w/ Lisa Knit & Crochet  
@Community Room  
Zoom ID: 871 0089 0186  |
| 1:30pm w/Oksana Happiness Group  
@Community Room  
1:00pm w/ Maxine Jewelry making  
@Community Room  
10:30am w/ Annie Tai Chi  
Outdoor  
3:00pm w/ Khrystyna Mindfulness and Meditation  
Individual sessions  |
| 2:00pm Ping Pong Club  
@Community Room  
No ping-pong on 12/26  
2:30pm w/ Xiao Brain Health Group  
@Community Room  
Chinese  
Please RSVP  
12/14 2:30 pm Holiday Movie Night  
@Community Room  
Zoom ID: 212 475 0150  
12/01 2:00pm w/ Dr. Leipzing  
Medication too much, too little, just right  
@Community Room  
Zoom ID: 212 475 0150  
12/16 1:00pm-3pm Holiday Party  
Please RSVP  
@Community Room  |
| No Bingo  
In December  
@Community Room  
12/01 2:00pm w/ Dr. Tang  
How to see better  
@Community Room  
Zoom ID: 212 475 0150  
12/16 11:00am w/Banni  
Skin care @Community Room  
Zoom ID: 212 475 0150  |
| @Community Room  
3:00pm w/ Emily Chair Yoga  
@Community Room  
Great news!  
House Keeping Services are available again!  
Please contact us to make an appointment.  
We are having Holiday Party with DJ Julio!!!  
12/18 at 1:00-3:00pm Friday  
In our Community Room  
Please come dance and celebrate with us!  
There will be snacks, drinks, gifts, and more!  
Please RSVP  
Movie Night 12/14 at 2:30 pm Wednesday  
In our Community Room  
Popcorn will be provided!  |

Please register to classes and events.
Phone: 212-475-0150  
Email: vnorc@universitysettlement.org

Office Hours: Monday - Friday, 9am - 4pm