

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/Mary Resistance Band Workout Zoom ID:863 9883 5924 <b>No class on 2/20</b>	10:00am w/Dawn Zumba Zoom ID:854 3183 4805	9:30am w/ Mary Pilates Zoom ID: 853 9883 5924	9am & 10 am w/ Demetra Chair Exercise Zoom ID: 884 9100 3639	9:30am w/ Yelitza Strength & Endurance Zoom ID: 878 2260 0852	10:00am w/ James Dynamic Stretch Zoom ID: 822 9471 9185
10:00am w/Joanna Technology Support <b>Please RSVP</b> <b>No class on 2/20</b>	1:30 pm w/Oksana Happiness Group @Community Room	1:00pm w/ Concerts in Motion Chinese Concert Zoom ID: 829 068 1632	<b>2/2 11:00am w/ Banni Diet &amp; Nutrition For Older Adults</b> @Community Room Zoom ID: 212 475 0150	11:00am w/ Lisa Knit & Crochet @Community Room Zoom ID: 871 0069 0816	
<b>2/13 11:00am 2023 Medicare &amp; You Information Session In English</b> @Community Room	<b>2/14 2:30 pm Valentine's Movie Night &amp; Sweet Treats</b> @Community Room	9am -12:30pm w/ Single Stop Free Tax Preparation Every Wednesday @Community Room <b>Please RSVP</b>	<b>2/2 1:00pm Neighborhood Safety w/ NYPD 9th Precinct</b> @Community Room	2:00pm - 4:00pm Board Games w/ Coffee and Tea Every Friday @Community Room	
<b>2/27 上午11:00 2023年医疗保险红蓝卡信息分享讲座 粤语</b> 线下在社区活动室		2:00pm w/Maxine Jewelry making @Community Room	<b>2/23 11:00am w/ Sofiya Make Your Own Suncatcher</b> @Community Room	3:00pm w/ Khrystyna Mindfulness and Meditation Individual sessions <b>Please RSVP</b>	
2:00pm Ping Pong Club @Community Room <b>No club on 2/20</b>			3:00pm w/ Emily Chair Yoga @Community Room <b>No class on 2/23</b>	Great news! <b>House Keeping Services</b> are available again! Please contact us to make an appointment.  Come to play old favorite <b>Childhood Games</b> Every Friday at 2 pm	

**Office Hours : Monday - Friday, 10am - 4pm**  
Office closed on **Monday, February 20th in Observance of President's Day**

**Please register to classes and events.**  
Phone: [212-475-0150](tel:212-475-0150) Email: [vnorc@universitysettlement.org](mailto:vnorc@universitysettlement.org)

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

Want to apply for SCRIE? Tell us if you're  
1. Over 62; 2. Household annual income less than \$50,000; 3. Pay over 1/3 of income towards maintenance.

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

# Village View NORC February 2023 Newsletter (Vol. 31)

**NORC Staff**

**Bing Ji, LCSW**  
Program Director

**Sofiya Pidzyraylo, LMSW**  
Social Worker

**Joanna Sablik**  
Admin assistant

**Ji Cheong, RN Nurse**  
Mon & Thur

**Jana Kozlowski, RN Nurse**  
Fri

**Khrystyna Misyuk, 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  
Wed,Fri

**Jennifer**  
Housekeeper  
Tue,Thur

**Health Tips from Jana:**

*Limit the spread of germs—cover your mouth and nose when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly.*

*Let your friends and family know where you will be before you go out.*

*Stay hydrated—drink enough water each day.*

*Up your vitamin D intake.*

*Protect your skin by wearing lip balm. Using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.*

*Find support—visit us at the Village View office!*

Dear NORC members and friends,

Happy Lunar New Year! It's the year of the Rabbit which symbolizes peace, prosperity, and longevity. And, happy February, the month of love!

I've been having a great time filling in for Bing while she is on leave. It's great to see all the day to day events, activities, and services the amazing NORC staff have to offer—I hope you all will stop by the office to say "hello" or to join us in an exercise class, health discussion or just some fun. In the spirit of February being the month of love, and the Rabbit's symbol of peace and longevity, I wanted to use this space to share some ideas on how we can all look out for each other. Here are some tips to identify if your elderly neighbor may need some help:

- \* Do you see an noticeable change in your elderly neighbor's normal routine? For example, is their mail overflowing? Are the lights on late into the night when normally they go to bed early? Have you not seen them out for a walk with their dog in awhile?
- \* Does your elderly neighbor look unkempt or less hygienic than normal?

These could all be signs that your neighbor may need support. If you're at all worried about one of your neighbors please contact us at the NORC office and we can do a wellness check. Of course, if there is an emergency, please call 911 immediately.

On behalf of the NORC staff and University Settlement, I would like to invite you to continue to share with us your great ideas and thoughts on how to make the program work better for the Village View community. You know how to contact us!

Jennifer, Associate Executive Director: Adults, Arts, and Advocacy

**FEBRUARY HIGHLIGHTS :**

**Free Tax Preparation w/SingleStop Every Wednesday 9:00 AM–12:30PM (Please RSVP) - @Community room**

**Diet and Nutrition for Older Adults w/Banni 2/2 Thursday 11:00am- @Community room & Zoom ID 212 475 0150**

**Neighborhood Safety w/NYPD 9th Precinct 2/2 Thursday 1:00pm- @Community room**

**2023 Medicare and You w/ HIICAP 2/13 Monday 11:00am in English- @Community room 2/27 Monday 11:00am in Cantonese- @Community room**

**Make your own Suncatcher w/ Sofiya 2/23 Monday 11:00am- @Community room**

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