

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|
| 9:30am w/Mary Resistance Band Workout Zoom ID:863 9883 5924 | 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/ Yelitz Strength & Endurance Zoom ID: 878 2260 0852 | 10:00am w/ James Dynamic Stretch Zoom ID: 822 9471 9185 |
| 10:00am w/Joanna Technology Support Please RSVP | | 1:00pm w/ Concerts in Motion Chinese Concert Zoom ID: 829 068 1632 | 3/2 11:00am w/ Banni Sleep and Insomnia @Community Room Zoom ID: 212 475 0150 | 11:00am "Circle of Friends" Knit & Crochet w/ Coffee and Tea @Community Room | |
| 3/6 11:00am w/ NYC DA's Office Elder Abuse Presentation @Community Room | | 9am -12:30pm w/ Single Stop Free Tax Preparation Every Wednesday @Community Room Please RSVP | | 3/10 9:30am Trip to Atlantic Terminal Mall Please RSVP | |
| | 3/14 12:30pm w/ Xiao Origami @Community Room | | 3/16 11:00am w/ Banni Heart Health for Older Adults @Community Room Zoom ID: 212 475 0150 | 2:00pm - 4:00pm Board Games w/ Coffee and Tea @Community Room | |
| | 3/28 12:00 pm Bingo @Community Room | | 3/30 11:00am w/Banni Understanding Blood Tests @Community Room Zoom ID: 212 475 0150 | 3:00pm w/ Khrystyna Mindfulness and Meditation Individual sessions Please RSVP | |
| 2:00pm Ping Pong Club @Community Room | 1:30 pm w/Oksana Happiness Group @Community Room | 2:00pm w/Maxine Jewelry making @Community Room | 3:00pm w/ Emily Chair Yoga @Community Room | Great news! House Keeping Services are available! Please contact us to make an appointment. 3/10 Join us on our Trip to the Atlantic Terminal Mall | |

Office Hours : Monday - Friday, 10am - 4pm

Please register to classes and events.

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 March 2023 Newsletter (Vol. 32)

- 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
 - Sabrina
Housekeeper
Tue,Thur

Health Tips from
Jana:

Schedule annual Physicals-yearly checkup can keep you healthy. Always speak with your doctor if you have concerns about your health. Conditions like diabetes and high blood pressure can go undetected. Getting early treatment may prevent long-term complications.

Get plenty of rest-sleep reduce your stress level, sleep is also important as you get older because it can improve memory and concentration.

Wash your hands frequently-is another excellent way to stay healthy year-round!

Find support-visit us at

Village View office!

Dear NORC members and friends,

It's March! Every year I'm reminded of when I learned in grade school the saying that March "comes in like a lion and goes out like a lamb". That's because the first day of Spring is March 20th when the weather is warmer, the flowers start to bloom, and our trees come back to life. Other March dates of note: Ramadan starts on March 22 and St. Patrick's day is March 17th.

Starting in March the NORC will have a new way to win prizes. Each time you participate in a NORC class or event, we will give you a raffle ticket to add to the raffle we do at the end of each month. The more you participate, the better chance you have of winning! Gifts will include gift cards and other goodies. Come join a class to have some fun, learn something new, and see if you're a raffle winner!

Happy Spring to all,

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

MARCH HIGHLIGHTS :

- Free Tax Preparation w/SingleStop Every Wednesday 9:00 AM-12:30PM (Please RSVP) - @Community room**
- Sleep and Insomnia for Older Adults w/Banni 3/2 Thursday 11:00am- @Community room & Zoom ID 212 475 0150**
- Elder Abuse Presentation with the New York County's District Attorney's Office 3/6 Monday 11:00am- @Community room**
- Free Trip to Atlantic Terminal Mall 3/10 9:30 AM (Please RSVP) - @Community room**
- Origami w/ Xiao 3/14 Tuesday 12: 30pm- @Community room**
- Heart Health for Older Adults w/Banni 3/16 Thursday 11:00am- @Community room & Zoom ID 212 475 0150**
- Bingo 3/28 Tuesday 12:0pm- @Community room**
- Understanding Blood Tests for Older Adults w/Banni 3/30 Thursday 11:00am- @Community room & Zoom ID 212 475 0150**
- Housekeeping Service w/Sabrina Available on Tuesday & Thursday- Please contact the office to make an appointment**