

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/ <i>Mary</i> Resistance Band Workout <i>Zoom ID:863 9883 5924</i>	10:00am w/ <i>Dawn</i> Dance to the Oldies <i>Zoom ID:869 9331 2735</i>	9:30am w/ <i>Mary</i> Pilates <i>Zoom ID: 853 9883 5924</i>	9am w/ <i>Demetra</i> Chair Exercise <i>Zoom ID: 884 9100 3639</i>	9:30am w/ <i>Yelitza</i> Strength & Endurance <i>Zoom ID: 878 2260 0852</i>	
10:00am w/ <i>Joanna</i> Technology Support <i>Please RSVP</i> <i>No class on 6/19</i>	10:00am w/ <i>James</i> Dynamic Stretch <i>Zoom ID: 822 9471 9185</i>	1:00pm w/ Concerts in Motion Chinese Concert <i>Zoom ID: 829 068 1632</i>	6/8 11:00am w/ <i>Baani</i> Well-US Allergies <i>@Community Room</i> <i>Zoom ID: 212 475 0150</i>	11:00am “Circle of Friends” Knit & Crochet <i>@Community Room</i> <i>No session on 6/16</i>	
2:00pm Ping Pong Club <i>@Community Room</i> <i>No Class on 6/19</i>	6/6 12:30pm w/ Live Music Mother’s and Father’s Day Party! <i>@Community Room</i> <i>Please RSVP</i>	6/14 10:30am w/ <i>Stefany</i> Coloring Workshop <i>@Community Room</i> <i>Please RSVP</i>	6/22 11:00am w/ <i>Baani</i> Heat Summer Heat <i>@Community Room</i> <i>Zoom ID: 212 475 0150</i>	3:00pm w/ <i>Khrystyna</i> Mindfulness and Meditation <i>Individual sessions</i> <i>Please RSVP</i> <i>No session on 6/16</i>	
	6/13 12:30pm Bingo <i>@Community Room</i>	1:00 pm w/ <i>Maxine</i> Jewelry making <i>@Community Room</i>	3:00pm w/ <i>Emily</i> Chair Yoga <i>@Community Room</i>	Great news! 6/6 & 6/20 Concerts in Motion are back to play Live Music at Village View! 6/6 Celebrating Mother’s and Father’s Day! <i>Please RSVP</i> 6/14 Coloring Workshop w/ <i>Stefany</i> <i>Please RSVP</i>	
	6/20 1:00pm w/ Concerts in Motion Live Music at VV! <i>@Community Room</i>		6/29 2:00pm May NORC Raffle! <i>@Community Room</i>		

Medicaid changed its eligibility drastically in 2023 and it allows people with higher income and assets to qualify for homecare now. Want to find out if you qualify? Please contact our office to find out and apply!

Office Hours : Monday – Friday, 10am – 4pm <i>Office closed on Monday, June19th in Observance of Juneteenth</i>	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	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. <i>* Generously funded by NYC Department for the Aging, NYS Office for the Aging, and Village View Housing corp.</i>

Village View NORC
JUNE 2023 Newsletter (Vol. 35)

Quote of the month:
“To read poem in January is as lovely as to go for a walk in June”- Jean –Paul Sartre

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

Sabrina
Housekeeper
Tue,Thur

Health Tips from Jana:

Be nice to Yourself-When you are feeling down, it is easy to be hard on yourself. While you might not be of the mind to congratulate or compliment yourself, try being compassionate.

Eat Healthy=Vegetables or fruits? Absolutely! Healthy eating also means having a healthy attitude toward food. Enjoy meals with friends, try new foods and try not to obsess over food.

Connect With Others- Friends, family, pets...even a casual friendly hello to a stranger can boost positive feelings.

Have more fun gardening- The key is to stay close to the plants.

Dear VVNORC members and friends

Hope you’re doing well.

We kept talking about summer, now it’s here! Not sure what your summer traditions are, I hope they’re something fun, relaxing, and not so hot. As always, our NORC has a lot going on during the season: summer concerts, summer trips, and indoor ping pong.And by the way ,you’re more than welcome to just stay and enjoy the cool air in the community room.

Bing, NORC Director

MAY HIGHLIGHTS :
Live Music w/Concerts in Motion
6/6/ & 6/20 Tuesday 1:00PM @Community room

Mother’s and Father’s Day Celebration Party
6/6 Tuesday 12:30pm @Community room **Please RSVP**

Everything about Allergies w/Baani
6/8 Thursday 11:00am @Community room & Zoom ID 212 475 0150

Bingo
6/13 Tuesday 12:30pm- @Community room

Coloring Workshop w/Stefany
6/14 Wednesday10:30am @Community room **Please RSVP**

Heat Summer Health w /Baani
6/22 Thursday 11:00am @Community room

NORC Community Raffle!
6/30 Friday 3:00pm @Community room

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