

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Virtual Resistance Band Workout <i>Zoom ID:863 9883 5924</i>		10:00am Virtual Better Bones w/ James <i>Zoom ID:863 9883 5924</i>	10:00am Virtual Pilates w/ Mary <i>Zoom ID:863 9883 5924</i>	9:30am Virtual Strength & Endurance w/ Yelitza <i>Zoom ID: 878 2260 0852</i>
1:00pm w/Miranda Reminiscence Group <i>@Community Room</i>		1:30 pm Arts & Crafts Class <i>@Community Room</i> No class 12/25	11:00am Ping Pong Club <i>@Community Room</i>	11:00am Knit & Crochet <i>@Community Room</i>
2:00pm Ping Pong Club <i>@Community Room</i> No class 12/30			3:00pm Chair Yoga w/Emlly <i>@Community Room</i>	1:00pm Visual Arts w/ Victor <i>@Community Room</i> 12/20 at 11:00am

DECEMBER SPECIAL EVENTS

	12/3 1:00pm Movie Watch Party <i>@Community Room</i>	12/18 1:30 pm Традиційна Різдвяна прикраса та оберіг - робимо "Дідух" 	12/5 11:00am w/Baani Winter healthcare for Older Adults <i>@Community Room</i> <i>Zoom ID: 212 475 0150</i>	
12/30 2:00pm Celebrating October, November & December Birthdays! <i>@Community Room</i> 	12/10 & 12/17 12:45pm Bingo <i>@Community Room</i>	12/18 1:30 pm w/ Sofiya Traditional Ukrainian Ornament Making "Didukh" Please RSVP	12/19 11:00am w/Baani Mental Health for Older Adults <i>@Community Room</i> <i>Zoom ID: 212 475 0150</i>	12/13 10:00am Rego Park Center Shopping Trip! <i>@Community Room</i> Please RSVP
			12/20 2:00pm Holiday Party & Concert with Diana Gitesha! <i>@Community Room</i> Please RSVP	

Office Hours : Monday - Friday, 9:00am - 4:00pm
VVNORC Office will be closed **Wednesday December 25th**

Please register to classes and events.

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.

Social Services, Nursing Services, Counseling services, and House Keeping are available in person, please call or email to make an appointment at vvnorc@universitysettlement.org or call 212-475-0150.

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

Village View NORC DECEMBER 2024 Newsletter (Vol. 53)

Quote: " December, being the last month of the year, cannot help but make us think of what is to come"-Fennel Hudson

NORC Staff :

Sofiya Pidzyraylo, LMSW
Program Director

Garyn He, MSW
Social Worker

Kristen Durkin
Social Work Intern

Joanna Sablik
Admin Assistant

Jana Kozlowski RN
Nurse
Wed, Thu, Fri

Khrystyna Misyuk LMHC
Wellness Counselor
Tue mornings & Fri

Miranda Yan
Counseling Intern
Mon, Fri

Housekeeping
Thursdays

Health Tips from Khrystyna:

While it may be referred to as "the most wonderful time of the year", the holiday season for many can be stressful and difficult. Experiencing "holiday blues" is quite common, and this season, I encourage you to approach this differently. Connect with family, friends or your neighbors. Spend more time engaging in activities that you enjoy!

And if you're tired of the old traditions associated with the holidays, use this season as an opportunity to create some new ones.

Dear VVNORC members and friends,

We are excited to offer fun and creative programming for this holiday season. As the weather gets colder, I hope that the NORC becomes for you a vibrant hub where warmth and togetherness flourish. Join us in learning how to make traditional "Didukh", a Ukrainian home ornament. We hope you will join us in closing out the year with a celebration and concert from Diana Gitesha for our Holiday Party!

We look forward to seeing you there!

Best,
Sofiya Pidzyraylo

DECEMBER HIGHLIGHTS:

Well-US Presentation w/Baani -Winter Healthcare for Older Adults
12/5 Thursday 11:00am @ Community room and Zoom ID 212-475-0150

Well-US Presentation w/Baani -Mental Health for Older Adults
12/19 Thursday 11:00am @ Community room and Zoom ID 212-475-0150

Bingo
12/10 & 12/17 Tuesday 12:45pm @Community Room

Trip to Rego Park Shopping Mall
12/13 Friday 10:00am-1:00pm @Community room **Please RSVP**

Traditional Ukrainian Ornament-"Didukh"
12/13 Friday 10:00am-1:00pm @Community room **Please RSVP**

Holiday Party and Concert !
12/20 Friday at 2:00pm @Community Room **Please RSVP**

Birthday Celebration! Please RSVP
12/30 Monday 3:00pm @ Community room

VVNORC OFFICE will be CLOSED December 25th 2024