

LEARN - Longevity through Education, Art, Recreation, and Nutrition

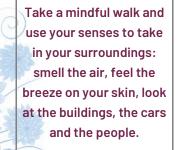
## Monday Wednesday Thursday Friday Tuesday 10:00am 10:00am 10:00am SAIL Exercise w/Sofiya Tai Chi w/Domain SAIL Exercise w/Sofiya @Community Room @Community Room @Community Room LUNCH CLUB MEETS at 11:30AM DAILY @Community Room 11:00am 6/3 and 6/24 12:45pm 12:00pm 11:00am **Knit & Crochet Pickle Ball Ping Pong Club Bingo** @Community Room @Community Room @Community Room @Outside Courts No class 6/13 1:30pm 3:00pm 1:00pm 2:00 pm **Visual Arts w/ Victor** 6/5 & 6/19 Jewelry Making Chair Yoga w/Emily **Ping Pong Club** @Community Room 6/12 & 6/26 Arts & Crafts @Community Room @Community Room @Community Room No class 6/19 No class 6/13 SOCIAL HOUR, COFFEE AND GAMES FROM 3PM-4PM DAILY @Community Room JUNE SPECIAL EVENTS 6/16 1:00pm 6/10 12:00pm 6/11 10:00am "Village View Voices" **Cooking with NORC** Summer Heat w/Baani @Community Room **Discussion Group 'Movies'** @ Zoom ID 212 475 0150 6/20 2:00pm **Please RSVP** @Community Room Mother's & Father's Day **Partv & Concert** 6/17 12:00pm 6/23 12:00pm @Community Room **Medicare Presentation Emergency Preparedness** 6/18 11:00 am Bingo w/ LES Ready! w/ HIICAP @Community Room @Community Room **Beauty Day-Haircuts and Manicures** @Community Room 6/27 3:00pm 6/30 3:00pm **Please RSVP Neighborhood Stories Birthday Party** For May and June w/Michael @Community Room @Community Room VVNORC Office will be closed on Thursday 6/19 in Observance of Please register to classes and events. Want to apply for SCRIE? Tell us if you're 1.0ver62; 2. Household annual income less than Social Services, Nursing Services, Counseling services, and House Keep-50,000; 3. Pay over 1/3 of income towards maintenance. ing are available in person, please call or email to make an appointment \* Generously funded by NYC Aging, NYS Office for the Aging, and Village View Housing corp. **Village View NORC** JUNE 2025 Newsletter (Vol. 59) Quote: "In early June the world of leaf and blade and flowers explodes, and every sunset is different"-John Steinback Dear VVNORC members and friends, NORC Staff : **Health Tips from** As the weather warms up join us in the NORC Room for our daily Social Club to stay cool. We will also resume Pickle Ball Khrystyna: Sofiya Pidzyraylo, Club, as well as our SAIL Exercise Class. This month we will also have a Spa Day with expert beauticians offering mani-LMSW cures and haircuts. Please RSVP to reserve a spot. We will be celebrating our Mothers and Fathers with a party and con-Practicing mindfulness **Program Director** cert from Concerts in Motion. is a great way to connect As always we look forward to seeing you soon and hope that you enjoy our offerings! Madeleine Haase to reduce stress, im-Social Worker Intern prove attention and con-Best, nect to the present mo-Sofiya Pidzyraylo Joanna Sablik ment. It is a habit that Admin Assistant **NORC Program Director** can initially be difficult to Jana Kozlowski RN JUNE HIGHLIGHTS: build, as our brains love Nurse to wonder, especially Wed, Thu, Fri Lunch Club @Community Room with the distractions of **Daily 11:30am** Khrystyna Misyuk the modern world. Here Social Club, Coffee and Games @Community Room LMHC are a few tips on how to

Wellness Counselor Tue mornings & Fri

Housekeeping Thursdays



be more mindful:



Be present .lt is natural for your mind to wander. Daily 3-4pm

Cooking w/ NORC 6/10 Tuesday 12:00pm @Community room Please RSVP

<u>"Village View Voices" Discussion Group—Movies!</u> 6/16 Monday 1:00pm @Community Room

Medicare Presentation w/ HIICAP 6/17 Tuesday 12:00pm @Community Room

**Beauty Day** 6/18 Wednesday 12:00pm @Community Room

Emergency Preparedness Bingo w/ LES Ready! 6/23 Wednesday 12:00pm @Community Room

Mother's and Father's Day Party and Concert 6/20 Friday 2:00pm @Community Please RSVP

Neighborhood Stories w/Michael 6/27 Friday 3:00pm @Community Room

Bingo 6/3 and 6/24 Tuesday 12:45pm @Community Room

VVNORC OFFICE WILL BE CLOSED ON Friday 6/13 All Staff Day and 6/19 Thursday Juneteenth