

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

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am SAIL Exercise w/Sofiya @Community Room		10:00am Tai Chi w/Domain @Community Room	10:00am SAIL Exercise w/Sofiya @Community Room	
LUNCH CLUB MEETS at 11:30AM DAILY @Community Room				
	6/3 and 6/24 12:45pm Bingo @Community Room	12:00pm Pickle Ball @Outside Courts	11:00am Ping Pong Club @Community Room	11:00am Knit & Crochet @Community Room No class 6/13
2:00 pm Ping Pong Club @Community Room		1:30pm 6/5 & 6/19 Jewelry Making 6/12 & 6/26 Arts & Crafts @Community Room	3:00pm Chair Yoga w/Emily @Community Room No class 6/19	1:00pm Visual Arts w/ Victor @Community Room No class 6/13
SOCIAL HOUR, COFFEE AND GAMES FROM 3PM-4PM DAILY @Community Room				
JUNE SPECIAL EVENTS				
6/16 1:00pm "Village View Voices" Discussion Group 'Movies' @Community Room	6/10 12:00pm Cooking with NORC @Community Room Please RSVP	6/11 10:00am Summer Heat w/Baani @ Zoom ID 212 475 0150		6/20 2:00pm Mother's & Father's Day Party & Concert @Community Room
6/23 12:00pm Emergency Preparedness Bingo w/ LES Ready! @Community Room	6/17 12:00pm Medicare Presentation w/ HIICAP @Community Room	6/18 11:00 am Beauty Day— Haircuts and Manicures @Community Room Please RSVP		
6/30 3:00pm Birthday Party For May and June @Community Room				6/27 3:00pm Neighborhood Stories w/Michael @Community Room

VVNORC Office will be closed on Thursday 6/19 in Observance of

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

Please register to classes and events.

Want to apply for SCRIE? Tell us if you’re 1.Over62; 2. Household annual income less than 50,000; 3. Pay over 1/3 of income towards maintenance.

\* 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

NORC Staff :

Sofiya Pidzyraylo,  
LMSW  
Program Director

Madeleine Haase  
Social Worker Intern

Joanna Sablik  
Admin Assistant

Jana Kozlowski RN  
Nurse  
Wed,Thu,Fri

Khrystyna Misyuk  
LMHC  
Wellness Counselor  
Tue mornings & Fri

Housekeeping  
Thursdays

Health Tips from  
Khrystyna:

Practicing mindfulness is a great way to connect to reduce stress, improve attention and connect to the present moment. It is a habit that can initially be difficult to build, as our brains love to wonder, especially with the distractions of the modern world. Here are a few tips on how to be more mindful:

Eat and drink mindfully by focusing on the small, taste, texture and temperature of the food or drink you’re consuming.

Take a mindful walk and use your senses to take in your surroundings: smell the air, feel the breeze on your skin, look at the buildings, the cars and the people.

Be present .It is natural for your mind to wander.

Dear VVNORC members and friends,

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 Club, as well as our SAIL Exercise Class. This month we will also have a Spa Day with expert beauticians offering manicures and haircuts. Please RSVP to reserve a spot. We will be celebrating our Mothers and Fathers with a party and concert from Concerts in Motion.

As always we look forward to seeing you soon and hope that you enjoy our offerings!

Best,

Sofiya Pidzyraylo  
NORC Program Director

JUNE HIGHLIGHTS:

Lunch Club @Community Room  
Daily 11:30am

Social Club, Coffee and Games @Community Room  
Daily 3-4pm

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

"Village View Voices" Discussion Group—Movies!  
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