

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

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Virtual Resistance Band Workout Zoom ID:863 9883 5924		10:00am Virtual Better Bones w/ James Zoom ID:863 9883 5924	10:00am w/ Dolores Tai Chi @Community Room	10:00 am w/ Sofiya SAIL Morning Exercise @Community Room
10:00 am w/ Sofiya SAIL Morning Exercise @Community Room	3/11 and 3/25 12:45pm Bingo @Community Room	1:30pm Arts and Crafts Class w/Garyn 3/4 Chinese Calligraphy 3/12 St. Patrick's Day Decorations	11:00am Ping Pong Club @Community Room	11:00am Knit & Crochet @Community Room
2:00pm Ping Pong Club @Community Room	NEW! 3:00pm w/ Kay Latin Dance Class @Community Room	3/19 Jewelry Studio 3/26 Jewelry studio @Community Room	3:00pm w/Emlly Chair Yoga @Community Room	1:00pm w/Victor Visual Arts @Community Room

MARCH SPECIAL EVENTS

3/10 12:00 pm Pedestrian Safety w/ Dept. of Transportation @Community Room			3/13 11:00am w/Baani Mental Health for Older Adults @Community Room Zoom ID: 212 475 0150	
3/10 1:00 pm Setting up online OMNY Account and Auto-pay @Community Room	3/18 12:00 pm Falls Prevention w/ Mercy University @Community Room	Every Wednesday 9am-11:30am Free Tax Preparation w/Single Stop @Community Room Please RSVP	3/20 11:00am w/Baani Monitoring Blood pressure and Blood Sugar @Community Room Zoom ID: 212 475 0150	
3/17 12:30 pm Streets of LES w/ Eldridge Street Museum @Community Room				3/28 3:00pm Neighborhood Stories & Zine-making w/Michael and Anh @Community Room

Office Hours : Monday - Friday, 9:00am - 4:00pm

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 MARCH 2025 Newsletter (Vol. 56)

"Spring: a lovely reminder of how beautiful change can truly be"-Unknown

NORC Staff :

Sofiya Pidzyraylo, LMSW
Program Director

Garyn He, MSW
Social Worker

Kristen Durkin
Social Work Intern

Madeleine Haase
Social Work 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 Jana:

Seasonal viruses and bacteria are still prevalent, so it's important to stay mindful of your health. Keep up with good handwashing habits, dress appropriately for the weather, and support your immune system with a balanced diet and vitamin supplements.

Challenge yourself to try something new each week! Listen to a new genre of music, learn a few words in another language, or attend a lecture. Consider joining a NORC workshop, an exercise class, or a creative workshop like knitting, jewelry-making, or art.

Stay connected with your loved ones—keep their names close and check in regularly. A simple call or text can make a big difference.

Stay well and keep growing!

Dear VVNORC members and friends,

As the weather warms up, we invite everyone to join our vibrant on-site programming! Stay active with our energizing morning exercise class, led by me, or try Tai Chi with our wonderful new instructor, Dolores.

During tax season, we continue to offer Tax Prep services, along with informative workshops on pedestrian safety, Medicaid, and fall prevention. We're also excited to host culture-focused programs like our Neighborhood Stories workshop, and Streets of Lower East Side workshop from the Eldridge Street Museum which will include an arts and crafting component, as well as the Chinese Calligraphy and making St. Patrick's Day decorations at our Arts and Crafts class.

Additionally, our staff will have a workshop to assist with setting up online OMNY accounts, making it easier for those with email access to set up automatic payments.

We look forward to seeing you!

Best,

Sofiya Pidzyraylo

MARCH HIGHLIGHTS:

Free Tax Preparation w/Single Stop
Every Wednesday from 9:00am -11:30am @Community room **Please RSVP**

SAIL- Morning Exercise w/ Sofiya
Every Monday and Friday 10:00am @Community room

Latin Dance w/ Kay
Every Tuesday 3:00pm-4:00pm @Community Room

Pedestrian Safety w/ Dept. of Transportation
3/10 Monday at 12:00pm @Community Room

OMNY Account Set up
3/10 Monday 1:00pm @Community Room

Bingo
3/11 and 3/25 Tuesday 12:45pm @Community Room

Streets of the Lower East Side w/ the Eldridge Street Museum
3/17 Monday at 12:30pm @ Community room

Fall Prevent Presentation w/Mercy University
3/18 Tuesday 1:00pm @ Community room

Neighborhood Stories w/Michael
3/28 Friday 11:00am @ Community room

