


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

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Virtual Resistance Band Workout <i>Zoom ID:863 9883 5924</i>		10:00 am Virtual Better Bones w/ James <i>Zoom ID:822 9471 9185</i>	10:00 am Pilates <i>Zoom ID:863 9883 5924</i>	9:30 am Strength & Endurance <i>Zoom ID:878 2260 0852</i>
11:00am Walk with Ease w/ Joanna <i>@Community Room</i> No class 5/26	5/13 & 5/20 12:45pm Bingo <i>@Community Room</i>	10:00am Tai Chi w/Domain <i>@Community Room</i>	11:00am Ping Pong Club <i>@Community Room</i>	11:00am Knit & Crochet <i>@Community Room</i>
2:00 pm Ping Pong Club <i>@Community Room</i> No class 5/26		1:30 pm Arts and Crafts 5/7 Jewelry Making 5/14 Collage 5/21 Jewelry Making	3:00pm Chair Yoga w/Emily <i>@Community Room</i>	1:00pm Visual Arts w/ Victor <i>@Community Room</i>

MAY SPECIAL EVENTS

	5/6 1:00pm-3:00pm Wellness Day w/NYP <i>@Courtyard</i> <ul style="list-style-type: none">Vision CareBreast CareWeill Cornell MedicineMental HealthBurn Prevention 	5/7 1:00pm-4:00pm Trip to Bklyn Botanic Garden <i>@Community Room</i> Please RSVP		
5/12 1:00pm “Village View Voices” Discussion Group Travel <i>@Community Room</i>		5/28 12:00pm NORC Feedback Meeting <i>@Community Room</i> Please RSVP	5/15 2:00 pm Everything you need to know about Lupus w/Eliza <i>@Zoom ID 212 475 0150</i>	
		5/28 2:00pm Virtual Tour of Lower East Side w/Eldridge Street Museum <i>@Community Room</i>		

Office Hours : Monday - Friday, 9:00am - 5:00pm NORC Office will be closed 5/26 in observance of Memorial Day.	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 appointment at vvnorc@universitysettlement.org or call 212-475-0150.	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. <small>* Generously funded by NYC Aging, NYS Office for the Aging, and Village View Housing corp.</small>

Village View NORC
MAY 2025 Newsletter (Vol. 58)

Quote: “ Inspiration comes from within yourself. One has to be positive. When you`re positive, good things happen”-Deep Roy

NORC Staff :

Sofiya Pidzyraylo,
LMSW
Program Director

Garyn He, MSW
Social Worker

Kristen Durkin
Social Worker Intern

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 Jana:

Maintain regular health check-ups-As we age, regular health screenings become crucial for early detection and prevention of diseases. Keep up with annual visits, dental care, vision and hearing tests.

Keep your brain sharp=Keeping the mind active is as important as physical exercise for healthy aging. Here are some ways to ensure mental fitness: lifelong learning, games & puzzles, and healthy social life.

Eating for Longevity-Our dietary choices have a profound impact on how well we age. A balanced diet rich in nutrients can enhance cognitive function, maintain energy levels stave off chronic diseases.

Dear VVNORC members and friends,

As the weather warms and the flowers bloom, we are pleased to offer a trip to the **Brooklyn Botanical Gardens**. Please note spots are limited. We are also very excited for our **Wellness Day Fair with New York Presbyterian!** With experts and doctors from NYP and Weill Cornell, you can learn more about a variety of health topics, and have the opportunity to meet the doctors serving our community.

Additionally, we will have a new Series, “**Village View Voices**” where we welcome you to come and discuss the topic of the month—this time about travel. Eldridge Street Museum will have a **Virtual Walking Tour of the Lower East Side** where you can visit historic buildings and landmarks, as well as tenement apartments, pushcart markets, banks, a nickelodeon theater, a historic newspaper building, and the first free municipal playground in the United States.

Finally, join us for the **NORC Feedback Meeting** with myself and NORC Staff to let us know how we are doing, and give feedback on what you would like to see next!

Best,
Sofiya Pidzyraylo
NORC Program Director

MAY HIGHLIGHTS:

Wellness Day with NYP
5/6 Tuesday 1:00pm-3:00pm @Courtyard

Trip to Brooklyn Botanical Garden
5/7 Wednesday 1:00pm-4:00pm @Community room **Please RSVP**

“Village View Voices” Discussion Group—Travel
5/12 Monday 1:00pm @Community Room

Everything you need to know about Lupus
5/15 Thursday 2:00pm Zoom ID 212-475-0150

Bingo
5/13 & 5/20 Tuesday 12:45pm @Community Room

NORC Feedback Meeting w/ Sofiya
5/28 Wednesday 12:00pm @Community Room

Virtual Tour w/Eldridge Street Museum
5/28 Wednesday 2:00pm @Community Room

VVNORC OFFICE WILL BE CLOSED ON MONDAY 5/26 IN OBSERVANCE OF MEMORIAL DAY.