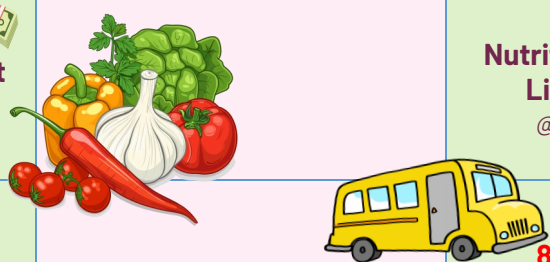


LEARN - Longevity through Education, Art, Recreation, and Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am w/ Mary Resistance Band Workout Zoom ID: 863 9883 5924	10:00 am w/ James Better Bones Zoom ID: 818 0866 4481	9:30 am w/ Yelitza Chair Exercise Zoom ID: 878 2260 0852	9:30 am w/ Mary Pilates Zoom ID: 863 9883 5924	9:30 am Strength and Endurance Zoom ID: 878 2260 0852
10:00am w/Denise ZUMBA @Community Room	8/4 & 8/11 12:45pm Bingo @Community Room	1:30 pm w/Dawn Arts & Crafts @Community Room	10:00am w/Dawn Morning Exercise @Community Room	11:00 am w/ Dawn Dance to the Oldies Zoom ID: 869 9331 2735
1:00 pm Ping Pong Club @Community Room			11:00am Ping Pong Club @Community Room	11:00am Knit & Crochet @Community Room
Attending an activity marked with a  will earn you \$2 Health Bucks for the Farmer's Market.			3:00pm Chair Yoga w/Emily @Community Room	No Visual Arts Class in August
AUGUST SPECIAL EVENTS				
	8/18 11:00am Meditation and Mindfulness with Khrystyna @Community Room	8/12 10am –2 pm Trip to Union Square Market @Community Room		8/7 1:00 pm Nutrition Workshop from Licensed Dietician @Community Room
	8/18 1:00 pm NYU Dementia Care Presentation @Community Room	8/19 11am –1pm Tech Support @Community Room		8/14 10am –2 pm Trip to Rego Park Mall @Community Room
	8/25 1pm –3pm Tech Support @Community Room			8/21 2–4pm Senior's Day Party! @Community Room

Office Hours : Monday - Friday, 9:00am - 5:00pm	Please register to classes and events. Phone: 212-475-0150 Email: vvnorc@universitysettlement.org
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.

Village View NORC
August 2026 Newsletter (Vol. 73)

Quote: “ When summer gathers up her robes of glory, and like a dream of beauty glides away” -Sara Helen Whitman

NORC Staff : Sofiya Pidzyraylo, LMSW Program Director Khrystyna Misyuk LMHC Wellness Counselor Tue mornings & Fri Joanna Sablik Admin Assistant Jana Kozlowski RN Nurse Mon-Thur	Health Tips from Khrystyna: A mindful morning routine allows you to gently ease into the day while lowering early morning nervousness. Start your day with a three-minute bedtime body scan, wiggling your toes and relaxing your jaw before getting out of bed. Next, practice mindful hydration by holding your morning cup with both hands to feel its comforting temperature. Take slow, intentional sips, focusing entirely on the flavor and the physical sensation of swallowing. By taking these few quiet moments for yourself, you create sense of inner calm that carries you smoothly through the rest of your day.	Dear VVNORC members and friends, August is National Wellness Month! We want to celebrate this month with a variety of wellness focused programming, including the opportunity to earn Health Bucks, which can be used at any NYC Farmer’s Market for every wellness related activity you attend! Attending an activity marked with a  will earn you \$2 Health Bucks. The more you attend, the more bucks you earn! Meanwhile supplies last. AUGUST HIGHLIGHTS: Nutrition Workshop 8/7 Friday 1:00pm @Community Room Bingo 8/4 & 8/11 Tuesday 12:45pm @Community Room Trip to Farmer’s Market –Union Square 8/12 Wednesday 10:00am @Community Room Trip to Rego Park Shopping Mall 8/14 Friday 10:00am-2:00pm @Community Room NYU Dementia Care Presentation 8/18 Tuesday 1:00pm @Community Room Meditation and Mindfulness w/ Khrystyna 8/18 Tuesday 11:00am @Community Room Senior’s Day Party 8/21 Friday 2:00pm @Community Room 
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