



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	6/9 & 6/16 12:45pm Bingo @Community Room	12pm w/Dawn Arts & Crafts @Community Room	10:00am w/Dawn Morning Exercise @Community Room No Class 6/18	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 No Class 6/18	11:00am Knit & Crochet @Community Room No Class 6/19
		 1:30pm Theatre Workshop @Community Room	3:00pm Chair Yoga w/Emily @Community Room No Class 6/18	1:00pm Visual Arts w/Victor @Community Room No Class 6/19

JUNE SPECIAL EVENTS

6/15 10 am w/ St. John's Headaches and Migraines Zoom ID: 886 6849 1389 Password: 220484			6/4 11am-2pm Wellness Day with NYP @Outdoor Courts	Make and Move! Create, Tell Your Story, Move Together Sat- 6/6 1pm-3pm Fri- 6/12 3-5pm Thur- 6/25 3-5pm @Community Room
6/15 11am-1pm Beauty Day— Haircuts and Manicure @Community Room Please RSVP			<ul style="list-style-type: none"> Breast Cancer, Vision Care and Mental Health Consultation with Nutritionist <ul style="list-style-type: none"> Free Lunch Swag and Goodie Bags 	
			6/11 10 am w/ Center for Hearing Hearing Loss and Dementia @Community Room Zoom ID: 8360 469 4417	

Office Hours : Monday - Friday, 9:00am - 5:00pm
Village View NORC Office will be closed 6/18 and 6/19 for Juneteenth.

Please register to classes and events.

Phone: [212-475-0150](tel: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 June 2026 Newsletter (Vol. 71)

Quote: " You are never too old to set another goal or to dream a new dream"-C.S Lewis

NORC Staff :

Sofiya Pidzyraylo, LMSW
Program Director

Leila Li, LMSW
Social Worker

Khrystyna Misyuk LMHC
Wellness Counselor
Tue mornings & Fri

Joanna Sablik
Admin Assistant

Jana Kozlowski RN
Nurse
Wed, Thu, Fri

Housekeeping
Thursdays

Health Tips from Khrystyna:

Practicing quick relaxation techniques can help regulate the nervous system, reduce stress hormones, and bring you focus back to the present moment.

Here are two simple, evidence-based practices you can try anywhere in just a few minutes:

- The 4-7-8 Breath: inhale through your nose for 4 seconds, hold for 7, and exhale slowly for 8 to quickly sooth your nervous system
- 2.5-4-3-2-1 Grounding: Name 5 things you see, 4 you feel 3 you hear 2 you smell and 1 you taste to anchor yourself in the present

Dear VVNORC members and friends,

Stay Engaged, Connected, and Inspired! This Month we bring a variety of Wellness Related events starting off with a **Wellness Day in collaboration with New York Presbyterian and Weill Cornell**. We will have doctors, nutritionists, health insurance screeners, goodies and lunch. We also bring a self-care day with our **Beauty Day, as well as health workshops on Hearing Loss and Migraines**. We hope to see you there.

Sofiya Pidzyraylo, NORC Program Director

JUNE HIGHLIGHTS:

Wellness Day with New York Presbyterian
6/4 Thursday 11am-2:00pm @Outdoor Courts

Make & Move Workshop
6/6 Saturday 1-3:00pm @Community Room
6/12 Friday 3-5pm @Community Room
6/25 Thursday 3-5pm @Community Room

Hearing Loss and Dementia
6/11 Thursday 10am @Zoom ID 8360 469 4417

Beauty Day—Haircuts and Manicures
6/15 Monday 11-1pm @Community Room **Please RSVP**

Headaches and Migraines
6/15 Monday 10 am @Zoom ID 886 6849 1389

Theatre Workshop w/ Jessica
Every Wednesday 1:30pm @Community Room

Bingo
6/9 and 6/16 Tuesday 12:45pm @Community Room

Office will be closed 6/18 for All Staff Day and 6/19 for Juneteenth

