

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	3/10 & 3/17 12:45pm Bingo @Community Room	Every Wednesday 9am-11:30am Free Tax Preparation w/Single Stop @Community Room Please RSVP	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
		2pm-3:30pm w/Dawn Arts & Crafts @Community Room	3:00pm Chair Yoga w/Emily @Community Room	1:00pm Visual Arts w/Victor @Community Room

MARCH SPECIAL EVENTS

3/9 11:00am AmeriCorps Seniors Volunteering Info @Community Room	3/3 2:00pm - 4:30pm Trip to the Movies "Elvis P. in Concert" @Angelica Village East Please RSVP	3/11 10:30am Tips and Tools For Managing Blood Pressure @Zoom ID: 854 1234 1929	 3/13 11:15am - 2:00pm Lunch at Seng Food Restaurant - New Year AAPI Celebration @Community Room Please RSVP 3月13號 11:15am - 2:00pm 午餐在 金泰海鮮酒家 馬年慶祝 Please RSVP
3/16 12:00pm Emergency Preparedness w/READY NY @Community Room	3/10 9:30am -12:00pm Trip to Tenement Museum @Community Room Please RSVP		
3/23 11:00am Neighborhood Stories w/Michael @Community Room Zoom ID: 212 475 0150	3/24 11:00am - 4:00 pm Housing & Benefits Consultations w/ Project Home @Community Room	3/26 12:00pm Trip to Target w/Shakira @Community Room	
3/30 11:00am -1:00pm Egg Decorating (Pysanky) @Community Room Please RSVP	3/31 12:00pm - 3:00pm Egg Decorating (Pysanky) @Community Room Please RSVP		

Office Hours : Monday - Friday, 9:00am - 5:00pm
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.

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.

Village View NORC MARCH 2026 Newsletter (Vol. 68)

Quote: "Spring's embrace is a whisper of better days ahead"-Unknown

<p>NORC Staff :</p> <p>Sofiya Pidzyraylo, LMSW Program Director</p> <p>Leila Li, LMSW Social Worker</p> <p>Khrystyna Misyuk LMHC Wellness Counselor Tue mornings & Fri</p> <p>Joanna Sablik Admin Assistant</p> <p>Jana Kozlowski RN Nurse Wed,Thu,Fri</p> <p>Ania Karczmarz Social Work Intern Mon, Tue, Wed</p> <p>Courtney Tan Social Work Intern TBD</p> <p>Shakira Edwards Health Coach Thur & Fri</p> <p>Housekeeping Thursdays</p>	<p>Health Tips from Jana:</p> <p><i>Schedule check-ups:</i></p> <p>Use the start of spring to schedule annual physicals, eye exams, and blood pressure checks.</p> <p><i>Cancer Screening: March is Colorectal Cancer Awareness Month- Check if you are due for a screening.</i></p> <p><i>Safety check: Reminder to replace batteries in your smoke and carbon monoxide detectors.</i></p>	<p>Dear VVNORC members and friends,</p> <p>With spring at our doorstep please enjoy the wonderful myriad events we have planned. Specifically, honoring AAPI month and our diverse Asian population, we welcome everyone to join us in celebration with Lunch at Seng Food. We're also having a few trips, to the movies, museum and shopping!</p> <p>To celebrate Easter, please join us to decorate eggs using traditional Ukrainian techniques. We look forward to seeing you soon!</p> <p>Best, Sofiya Pidzyraylo, NORC Program Director</p> <p>MARCH HIGHLIGHTS:</p> <p>Trip to the Movie- Epic Elvis Presley in Concert 3/3 Tuesday 2:00pm-4:30pm@Community Room</p> <p>Trip to Tenement Museum 3/10 Tuesday 9:30am-12:00pm</p> <p>Emergency Preparedness w/ READY NY 3/16 Monday 12:00pm @Community Room</p> <p>Lunch at Seng Food Restaurant - New Year AAPI Celebration 3/13 Friday 11:15 am @Community Room</p> <p>Neighborhood stories w/ Michael 3/23 Monday 11:00am @Community Room & Zoom ID: 212 475 0150</p> <p>Housing and Benefits Consultations w/ Project Home 3/24 Tuesday 11:00am-4:00pm @Community Room</p> <p>Trip to Target w/Shakira 3/26 Thursday 12:00pm @Community Room</p> <p>Pysanky w/Sofiya 3/30 Monday 11:00am-1:00pm @Community Room 3/31 Tuesday 12:00pm -3:00pm @Community Room</p>
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