

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	5/12 & 5/19 12:45pm Bingo @Community Room	12pm 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
		1:30pm Theatre Workshop @Community Room	3:00pm Chair Yoga w/Emily @Community Room	1:00pm Visual Arts w/Victor @Community Room

MAY SPECIAL EVENTS

5/4 12:00pm Personal Storytelling w/ Courtney and Ania @Community Room	5/5 2:00pm NORC Advisory Council Meeting @Community Room			Make and Move! Create, Tell Your Story, Move Together Fri-5/1 3pm-5pm Fri-5/8 3pm-5pm Fri-5/15 3pm-5pm Fri-5/22 3pm-5pm Fri-5/29 3pm-5pm Sat-5/30 1pm-3pm @Community Room
5/11 9:30-12:30pm 1:1 Consultations w/ CaringKind on Dementia @Community Room				
	5/26 3:00pm Get to Know your NORC— Pizza Party! @Community Room			

Office Hours : Monday - Friday, 9:00am - 5:00pm
Village View NORC Office will be closed 5/25 for Memorial Day.

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 May 2026 Newsletter (Vol. 70)

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
 - Ania Karczmarz**
Social Work Intern
 - Courtney Tan**
Social Work Intern
 - Housekeeping**
Thursdays

Health Tips from Jana:

Physical Fitness: Consider walking, cycling, or swimming.

Mental and Emotional Health: Keep your brain sharp by learning a new skills. Practice deep breathing or meditation to manage stress and improve clarity.

Seasonal Nutrition and Hydration: Incorporate seasonal produce like leafy greens, berries. Seniors often have a diminished sense of thirst aim for 8 cups of water daily to support organ function and energy.

Dear VVNORC members and friends,

Stay Engaged, Connected, and Inspired! Spring is in full swing, and we're excited to offer a full schedule of activities in the Community Room to keep you active and connected. Join us every Friday at 3:00pm for the creative and energizing Make & Move Workshop, and every Wednesday at 1:30pm for the Theatre Workshop with Jessica. Kick off the month with Personal Storytelling. Invite friends and neighbor to our Get to Know your NORC Pizza Party. We look forward to seeing you throughout the month!

Best,
Sofiya Pidzyraylo, NORC Program Director

MAY HIGHLIGHTS:

- Make & Move Workshop**
Every Friday 3:00pm @Community Room
- Personal Storytelling w/Courtney and Ania**
5/4 Monday 12:00pm @Community Room
- NORC Advisory Council Meeting**
5/5 Tuesday 2:00pm @Community Room
- 1:1 Consultations w/ Caring Kind for Dementia Care and Caregiver Support**
5/11 Monday 9:30am -12:30pm @Community Room
- Village View NORC Pizza Party**
5/26 Tuesday 3:00pm @Community Room
- Theatre Workshop w/ Jessica**
Every Wednesday 1:30pm @Community Room
- Bingo**
5/12 & 5/19 Tuesday 12:45pm @Community Room

