Village View NORC
175 E 4th St
New York, NY 10009

VILLAGE VIEW NORC
UNIVERSITY SETTLEMENT

OCTOBER
2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am w/Sofiya SAIL– Morning Exercise @Community Room *No class 10/13*	**10/14** 12:45pm **Bingo** @Community Room	11:00 am **Pickle Ball Club!** @Outdoor Courts	10:00am w/Sofiya **SAIL Morning Exercise** @Community Room	11:00 am w/ Dawn **Dance to the Oldies** *Zoom ID: 869 9331 2735*
11:00am **Tai Chi w/Domain** @Community Room *No class 10/13*		1:30pm **10/8** Arts & Crafts w/Sofiya **10/1 & 10/15** Jewelry Making **10/22** Pumpkin Carving @Community Room	11:00am **Ping Pong Club** @Community Room	11:00am **Knit & Crochet** @Community Room
2:00 pm **Ping Pong Club** @Community Room *No class 10/13*			3:00pm **Chair Yoga w/Emily** @Community Room	1:00pm **Visual Arts w/Victor** @Community Room

OCTOBER SPECIAL EVENTS

10/6 3:00pm **Mid –Autumn Festival w/Concerts in Motion** @Community Room *Zoom ID: 212 475 0150*	**10/7** 3:00pm **Latin Music Concert w/Concerts in Motion** @Community Room *Zoom ID: 212 475 0150*	**10/8** 3:00pm **Broadway Music Concert w/Concerts in Motion** @Community Room *Zoom ID: 212 475 0150*		**10/10** 9:30am-2:30pm **Pumpkin Picking Farm Trip** *Please RSVP* @Community Room
		10/15 3:00pm **Understanding Alzheimer's: Support for Patients and Caregivers w/NYU** @Community Room *Zoom ID: 212 475 0150*		
10月6号，下午三点： 中秋音乐会，共赏旋律	**10/21** 10:00am-1:00 pm **Free Annual Flu Shot** *Please RSVP* @Community Room	**10/22** 12:00pm **Pumkin Carving** *Please RSVP* @Community Room		**10/31** 1:00—4:00pm **Art Exhibition and Gala Everyone`s Invited!** @Community Room
	10/28 1:00pm **Neighborhood Stories w/Michael** @Community Room	**10/29** 2:00pm **Birthday Party for September & October Birthdays** @Community Room		

Office Hours : Monday - Friday, 9:00am - 5:00pm *Office is closed on Oct 13, in observance of Indigenous People's Day*

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
OCTOBER 2025 Newsletter (Vol. 63)

Quote: " October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book"-Bill Morgan

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 Mon, Tue, Wed

Courtney Tan Social Work Intern Mon, Wed

Shakira Edwards Health Coach Thur & Fri

Housekeeping Thursday

Health Tips from Khrystyna:

As the weather cools, it's a great time to check in on your health.

Schedule a meeting with our Health Coach this month to set personal wellness goals and get support in staying active, eating well, and managing stress.

Don't forget to protect yourself this season by receiving your *annual flu shot*—available for free right here in the Community Room on October 21st.

Dear VVNORC members and friends,

Join us this October for a month full of community fun, from music concerts and neighborhood storytelling to pumpkin picking, bingo, and an art exhibition. We'll also host health and wellness programs including flu shots and an Alzheimer's support session, plus a festive birthday party for our September and October celebrants!

Best,

Sofiya Pidzyraylo, NORC Program Director

OCTOBER HIGHLIGHTS:

Concerts in Motion Mid-Autumn Festival
10/6 Monday 2:00pm @Community Room

Concerts in Motion-Concert
10/7 Tuesday 2:00pm @Community Room

Pumpkin Picking Trip
10/10 Friday 9:30am– 2:30pm @Community Room

BINGO
10/14 Tuesday 12:45pm @Community Room

Understanding Alzheimer's: Support for Patients and Caregivers
10/15 Wednesday 3:00pm @Community Room

Free Annual Flu Shot
10/21 Tuesday 10:00am-1:00pm @Community Room

Neighborhood Stories w/Michael
10/28 Tuesday 1:00pm @Community Room

Birthday Party –September& October
10/29 Wednesday 2:00pm @Community Room

Art Exhibition
10/31 Friday 1:00pm @Community Room