

Monday	Tuesday	Wednesday	Thursday	Friday
11:00am Walk with Ease/w Joanna @Community Room No class 10/14	12:00pm Art Meditation w/ Sofiya @Community Room	10:00am Virtual Better Bones w/ James Zoom ID:863 9883 5924		9:30am Virtual Strength & Endurance w/ Yelitza Zoom ID: 878 2260 0852
1:00pm Chair Yoga w/Emily @Community Room Beginning 10/21		11:00am Pickle Ball Club @Outdoor Courts	11:00am Ping Pong Club @Community Room	11:00am Knit & Crochet @Community Room
2:00pm Ping Pong Club @Community Room No class 10/14		1:30 pm Arts &Crafts w/Garyn @Community Room	3:00pm Chair Yoga w/Emily @Community Room	1:00pm Visual Arts w/ Victor @Community Room

OCTOBER SPECIAL EVENTS

	10/8 10am-1:00pm Annual Flu Shot @Community Room Please RSVP		10/10 11 am w/ Baani About the Digestive Tract @Community Room Zoom ID: 212 475 0150	<p>Great News!</p> <p>We will be holding our first after hours social gathering with a Tea Dance. Dance, socialize and have tea! 10/24 6:30-8:30pm Please RSVP</p> <p>Carve your own pumpkin at our pumpkin carving event on 10/23 at 11:00am. All supplies provided. Please RSVP</p>
	10/15 10:00am w/ NYPD Presentation on Safety— Elder Abuse @Community Room	10/16 9:00am Civic Engagement Speak Up! @189 Allen Street	10/24 11 am w/ Baani Exercise and Older Adults @Community Room Zoom ID: 212 475 0150	
10/21 12:00pm w/MTA Info Session on OMNY Cards @Community Room Zoom ID: 212 475 0150		10/23 11:00am Pumpkin Carving! @Community Room Please RSVP	10/24 6:30-8:30pm Village View After Hours— Tea Dance @Community Room Please RSVP	

Office Hours : Monday - Friday, 9:00am - 4:00pm
VVNORC Office will be closed **Monday-October 14th**

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.

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.

* Generously funded by NYC Aging, NYS Office for the Aging, and Village View Housing corp.

Village View NORC OCTOBER 2024 Newsletter (Vol. 51)

Quote: " Autumn is a second spring when every leaf is a flower"-Albert Camus

NORC Staff :

Sofiya Pidzyraylo,
LMSW
Program Director

Garyn He, MSW
Social Worker

Joanna Sablik
Admin Assistant

Kristen Durkin
Social Work Intern
Mon, Wed

Jana Kozlowski RN
Nurse
Wed,Thu,Fri

Cheryl Gilmore-Hall
RN Nurse
Mondays & every
other Friday

Khrystyna Misyuk
LMHC
Wellness Counselor
Tue, Fri

Sviatlana Busko
Health Coach
Friday



**Health Tips from
Khrystyna:**

As the days grow shorter, darker and colder, it is natural to experience a dip in your mood. You can incorporate the following tips to manage your mood during the fall season, And please reach out to our office if you need to schedule a counseling session.

Get more light :take a daily walk around your neighborhood in the morning and open your curtains/shades to allow more light to flow into your apartment,

Set manageable goals (and complete them) this may be a great time for you to declutter your closet, work on a new project. Learn a new dance.

Dear VVNORC members and friends,

As the crisp autumn air begins to settle in, we're reminded of the beauty and joy this season brings. Fall is the perfect time to come together and embrace the warmth of our community. I encourage all of you to participate in the exciting social events we have planned this month! Whether it's pumpkin carving, where you can show off your creative side, or our upcoming Village View Social—a wonderful opportunity to connect with friends and make new memories—there's something for everyone.

We hope these events bring joy and laughter as we celebrate the season together. Let's make the most of this beautiful time of year!

Best,
Sofiya Pidzyraylo

OCTOBER HIGHLIGHTS:

Art Meditation with Sofiya
Every Tuesday 12:00 pm @Community room

Annual Flu Shot
10/8 Tuesday 9:00am-1:00pm @Community room **Please RSVP**

Elder Abuse Presentation from NYPD
10/15 Tuesday 10:00am @Community room

Civic Engagement-Speak up!
10/16 Tuesday at 9:00 am @Community Room

Presentation about OMNY from MTA
10/21 Monday at 12:00pm @Community Room

Pumpkin Carving!
10/23 Wednesday at 11:00am @Community Room

Village View After Hours-Tea Dance
10/24 Thursday at 6:30pm-8:30pm @Community Room

Bingo
10/22 and 10/29 Tuesday 12:45pm @Community Room

VVNORC OFFICE will be CLOSED October 14th for Indigenous People's Day

