


Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Virtual Resistance Band Workout Zoom ID:863 9883 5924		10:00am Virtual Better Bones w/ James Zoom ID:863 9883 5924	9:30am Virtual Pilates w/ Mary Zoom ID:863 9883 5924	9:30am Virtual Strength & Endurance w/ Yelitza Zoom ID: 878 2260 0852
1:00pm w/Miranda Reminiscence Group @Community Room No class 1/20	1/14 and 1/21 12:45pm Bingo @Community Room	1:30 pm Arts & Crafts Class w/Garyn 1/8 Jewelry Studio 1/15 Chinese Calligraphy 1/22 Chinese New Year Decoration 1/29 Jewelry Studio @Community Room	11:00am Ping Pong Club @Community Room	11:00am Knit & Crochet @Community Room
2:00pm Ping Pong Club @Community Room No class 1/20; 1/27			3:00pm Chair Yoga w/Emily @Community Room	1:00pm Visual Arts w/ Victor @Community Room

JANUARY SPECIAL EVENTS

1/27 11:00am w/Michael Neighborhood Stories @Community Room Zoom ID : 212 475-0150	1/7 1:00pm Movie Afternoon! @Community Room		1/9 11:00am w/Baani Kidney Health for Older Adults @Community Room Zoom ID: 212 475 0150	
 1/27 2:00pm Chinese New Year Party! @Community Room		1/15 11:00 am w/ Sofiya NORC Feedback and Planning Meeting @Community Room	1/30 11:00am w/Baani Endocrine Health for Older Adults @Community Room Zoom ID: 212 475 0150	
	1/28 2:30 pm w/JP Morgan CHASE Avoiding Financial Scams and Fraud @189 Allen Street			

Office Hours : Monday - Friday, 9:00am - 4:00pm
VVNORC Office will be closed **Wed. 1/1—New Year's Day** and **Mon. 1/20—Martin Luther King Day**

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.

JANUARY 2025 NEWSLETTER (VOL.54)

Quote: " January brings the snow, Makes our feet and fingers glow"-Sara Coleridge

NORC Staff :

Sofiya Pidzyraylo, LMSW
Program Director

Garyn He, MSW
Social Worker

Kristen Durkin
Social Work Intern

Joanna Sablik
Admin Assistant

Jana Kozlowski RN
Nurse
Wed,Thu,Fri

Khrystyna Misyuk LMHC
Wellness Counselor
Tue mornings & Fri

Miranda Yan
Counseling Intern

Housekeeping
Thursdays

Health Tips from Jana:

Dress warmly—wear headwear that fully covers your ears, wear mittens rather than gloves and pull on well insulated socks when dressing for the weather. Instead of wearing one big coat, dress in several layers of loose, warm clothing.

Develop a green tea habit—researcher's have found that people who consumed sweetened beverages were more likely to develop Alzheimer's, while some studies suggest green tea might promote cognitive functions.

Stay connected to your community and help each other out!

Dear VVNORC members and friends,

With the New Year, we hope that the NORC can continue to bring you exciting and educational events. Please join us at the NORC Feedback and Planning meeting to make your voice heard about what you want to see in 2025!

Stay cozy and join us for an Afternoon Movie Night, and start the year educated with our seminar on Financial Safety at 189 Allen Street. Finally celebrate Chinese New Year with events on calligraphy, decorations as well as a party at the end of the month.

We look forward to seeing you there!

Best,

Sofiya Pidzyraylo

JANUARY HIGHLIGHTS:

Movie Afternoon

1/7 Tuesday at 1:00pm @Community room

Well-US Presentation w/Baani -Kidney Health for Older Adults

1/9 Thursday 11:00am @ Community room and Zoom ID 212-475-0150

Bingo

1/14 & 1/21 Tuesday 12:45pm @Community Room

NORC Feedback and Planning Meeting

1/15 Wednesday 11:00am @ Community room

Chinese New Year Party

1/27 Monday 2:00pm @ Community room

Neighborhood Stories w/Michael

1/27 Monday 11:00am @ Community room and Zoom ID 212-475-0150

Avoiding Financial Scams and Fraud w/ JP Morgan CHASE

1/28 Tuesday 2:30pm @189 Allen Street

Well-US Presentation w/Baani - Endocrine Health for Older Adults

1/30 Thursday 11:00am @ Community room and Zoom ID 212-475-0150

VVNORC OFFICE will be CLOSED January 1st 2025 and January 20th 2025