

NOVEMBER 2017



# NEWS IN AND AROUND

Co-op Village NORC | The Weinberg Center for Balanced Living  
465 Grand St, 4th Floor | 197 East Broadway



## FLEA BOUTIQUE SET FOR NOV 19 NEW RAFFLE SET-UP, SPECIALTY TABLE TO BE ADDED

Higher-priced boutique pieces, baked goods, and a new kind of raffle will be added to the items for sale at this year's NORC Flea Boutique. As always hand knitted specialties by the Knitting Group, jewelry, books, toys, and more will be offered.

The event will take place on Sunday, November 19th from 11 a.m. to 3 pm at the East River Community Room, 477 FDR Drive.

If you have items you'd like to contribute for sale (especially in the new categories) bring them to 465 Grand daily from 9-5 or 477 FDR Drive on Tuesdays from 2:30-4 or call (646) 395-4508.

**JOIN US!**

### OPEN ENROLLMENT FOR MEDICARE ENDS ON DECEMBER 7.

Assistance is available through both NORC and the Weinberg Center.

See page 2 for details.

### WHO NEEDS AN ELEVATOR ?



To cope with a recent elevator outage at 465 Grand, members of the Monday morning Exercise Class, under direction of their instructor, put down their coats and held the class in the lobby..

Lucky it wasn't a dance class!

### IF WE DON'T USE IT, WE'LL LOSE IT!!

**Transportation on the UJC Van for medical appointments or shopping in Manhattan is available every Wednesday by appointment for \$1.00.**

**You must make a reservation by calling Shervon (646-395-4507) in the NORC office by Monday of the week of your trip. Once arrangements are made, you will be picked up at your door.**

**Unfortunately, return rides are not always available.**

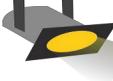
Learn how to make...

ARTIFICIAL FLOWERS

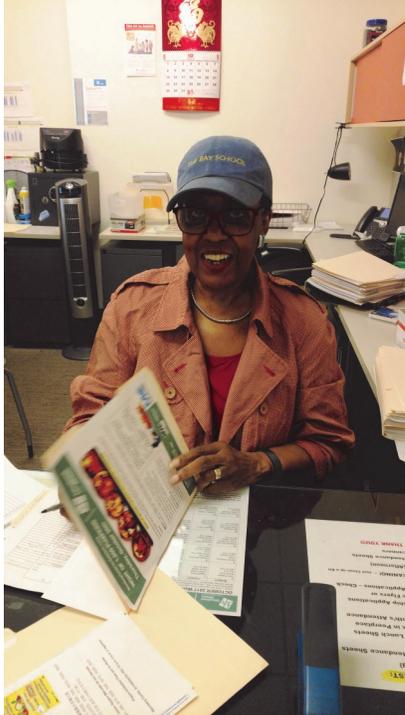
FRIDAYS, NOV. 3, 10, & 17

10am-noon

CO-OP VILLAGE NORC


**SPOTLIGHT ON...**

## SYLVIA CAMPBELL



### WEINBERG VOLUNTEER

Sylvia, a long-time resident of the Lower East Side, has always volunteered in the community. She's volunteered in soup kitchens and churches, always with an eye to helping her neighbors.

Shortly after she retired, Sylvia decided to volunteer closer to home at the Weinberg Center. "It's just across the street," she laughs. "That makes it easy for me."

Sylvia volunteers at the Weinberg Center member services desk, helping seniors sign up for trips and classes, answering questions, and enrolling new members.

"The center is amazing," she says. "There is so much to do here."



### HEALTH INSURANCE RE-ENROLLMENT TIME!

#### Medicare Open Enrollment

Medicare Open Enrollment occurs each year from October 15 through December 7. During this seven-week period, you can add or change coverage related to Medicare Prescription Drug Plans (Part D) and Medicare Advantage Plans (sometimes known as Medicare HMOs or Medicare Part C. This is generally the only time of year you can make changes, which will take effect January 1, 2018.

Specifically, during Open Enrollment you can change from Original Medicare to a Medicare Advantage Plan, change from a Medicare Advantage Plan back to Original Medicare, switch from one Medicare Advantage Plan to another Medicare Advantage Plan, switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage, join a new Medicare Prescription Drug Plan, as well as other actions.

If you get mail from your insurance company, open it and review it. Even if you don't notice anything in the mail, you need to double-check your coverage as modifications made each year might affect things like your premiums, deductibles, co-pays, covered services, participating doctors and covered prescriptions.

If you would like assistance reviewing your Medicare coverage during the Open Enrollment period, call Co-op Village NORC at (646) 395-4507 to make an appointment.

**AT WEINBERG:**, Many Medicare supplement plans have "Silver Sneakers" benefits, which will allow you to join the Manny Cantor Center's Fitness Center at no charge! If you have questions or would like to meet with someone at Weinberg to discuss your insurance options, please call the Weinberg office, OR visit the enrollment specialists at Henry Street Neighborhood Resource Center, 281 East Broadway.

### HAPPY BIRTHDAY!

Celebration lunch this month is on at 12 noon at the Weinberg Center, 197 East Broadway. If you have a birthday this month, you get a free lunch!



# ROVING REPORTER REPORTER REPORTER



## WHAT ARE YOU THANKFUL FOR?

**Seetaram Loowatan:** I'm thankful for times that bring us all together

**Sonia Long:** With all the catastrophes happening in the world today, I am thankful I have a roof over my head and the basic necessities of life.

**Tony Rosado:** I'm thankful for being alive and healthy.

**Rachel Milgrim:** I'm thankful for NORC and the opportunities it gives for socializing with people my own age.

**Veronica Guians:** I'm thankful for life and for strength.

**Adriana Myftija:** I'm thankful I can walk, I can take my shower, and I can take care of myself.

## GALS BRING GLAMOUR TO NORC SENIORS



Based on a successful visit last month, *Glamour Gals*, an organization of young women from Beacon High School, will return to NORC on a monthly basis.

To interact with the young women and have your nails done at the same time at no cost, call Shervon at 646-395-4507.

## NEWS AT WEINBERG

By Karen Taylor

### HOLIDAY SHOPPING

Whether you need something special, or just stocking up, Weinberg Center is offering WEEKLY trips to the East River Shopping Plaza at 116<sup>th</sup> Street on Tuesdays through December. Transportation is through Project CART, so seating is limited to 10 people each trip. Sign up in advance at the Weinberg Center offices, room 404. The van leaves at 9:30, and will leave the mall at 1:00PM. A \$1.00 contribution is requested per trip.

### SENIORS BUILD ADVOCACY SKILLS

Three of Weinberg Center's Senior Advocacy Leadership Team (SALT) are participating in "IFSA ON THE GO," a series of classes focused on the legislative process and techniques of social action. This program also gives participants an opportunity to hone their advocacy skills and put them to use in meetings with elected officials. The program is sponsored by the Institute for Senior Action (IFSA).

### THANKSGIVING PARTY NOVEMBER 22

The Weinberg Center's annual Thanksgiving event will take place on Wednesday, November 22<sup>nd</sup>. Doors will open at 4:30, and the meal service will begin at 5:00. Special entertainment by Eranga & Prianga!

### CHANGES COMING TO WEINBERG CENTER CLASSES

It seems like only yesterday when the Manny Cantor Center completed its renovation and opened its doors. But there are always changes afoot! In 2018, the Fitness Center will be renovating, and some of the classes we run on the 5<sup>th</sup> floor will have to move. In addition, some of the Weinberg Center exercise classes will be moved around, and a new schedule will be finalized beginning January 2018. Watch the calendar for changes!

### THEATER DESK HOURS

Weinberg Center's Theater Desk NEW times/hours are: Mondays, Wednesdays & Thursdays, between 10-12:30. The theater desk is located on the 6<sup>th</sup> floor. If you wish there were more times to come by and get tickets, please consider becoming a volunteer!

NORC & Weinberg Center spent October taking care of themselves, inside and out

Glamor girls revisits NORC for manicures, while nurses meet with members about their health



NORC Director Bonnie Lumagui testifies at a Department for the Aging Hearing



NORC & Weinberg members visit the Transit Museum, and the Museum of Chinese in America



Weekly "healthy shopping" trips to Essex Market have been very popular



MCC's sukkah was a great place to be in October's sunny weather, and the Sukkot/ Moon Festival Concert was a big hit!



A weekend dance party hosted by the NYPD brought seniors to MCC from around the LES to join in the fun

