

Vladack Cares NORC Activities October 2025

CLASSES LOCATED AT HENRY STREET OLDER ADULT CENTER 334 MADISON ST LOWER LEVEL

Monday Tuesday Wednesday Thursday Friday

**PING PONG, POOL, BINGO , DOMINOS AVAILABLE MONDAYS TO FRIDAYS
9:00AM - 6:00 PM AT THE OLDER ADULT CENTER 334 MADISON STREET**

9:00 a.m.

Move It Move It
301 Henry Street
1 pm - 2 pm

Bead Art
12 pm - 1 pm

Tech Help
12 pm - 1 pm

Jewelry Class
11 am - 12 pm

Girl's Art Class
12 pm - 1 pm

**Esperanza
Starts Thursday
October 2nd
367 Madison Street
REGISTRATION
REQUIRED**

10:00 a.m.

1:00 p.m.

Tech Help
2 pm - 3 pm

**NEW NORC
KNITTING CLUB**
Starts October 1st
367 Madison Street
Sewing Room

2:00 p.m.

3:00 p.m.

4:00 p.m.

PACE Blood Pressure Screening:
October 7, 14, 21 & 28 ~ 10am
334 Madison Street

PACE Health Presentation:
Health Literacy October 14 ~ 12pm
334 Madison Street
Healthy Mind and Body: October 9
10:30am - 351 Madison Street Apt. 1E

**+ NORC Nurses on Site Mondays through Thursdays 9:00-4:00
at NORC Office 351 Madison St, 1C +**

**HISPANIC
HERITAGE MONTH**

Funded By:



October 2025 Events



Welcome our NORC students!

Here to help you provide support

September 2025 to May 2026

Ariany

Brenda

Jhan

Kalman

Delaiah

Shoshana

Elaine



Fall Walking Group

“Walk with Ease”

Commit to walking three times a week
from September 22- October 31

In-Person Walks with HSS Staff

Mondays afternoon outside OAC @ 1:00

Friday Morning outside OAC @ 10:30

Weekly Check In Call with Student

Sign Up Today with NORC Staff!

IMPROVE YOUR
ARTHRITIS &
OSTEOPOROSIS
PAIN

GAIN STRENGTH
AND BALANCE

STRECHING,
WARM UPS, AND
EXERCISE
SAFETY

Case Management assistance available
by appointment only

afternoons 1:00 to 4:00

To make an appointment:

- Speak with NORC Front Desk in Apartment 1B
- Call us at 212-477-0455
- Schedule directly with your NORC case manager

VLADECK NORC OFFICE

WALK IN HOURS:

9:00AM – 12:00 Noon