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Co-op Bulletin

September 27, 2018

shapeupNYC • Free Aerobics Dance with Sharon
Saturday, September 29th at 12pm • Building 9 Community Room
(entrance on Gale Place across the street from the Train Park).

Just show up!



Tai Chi Class Welcomes New Students! Classes meet on **Tuesdays, 6:30pm-8:30pm, Building 4 Community Room.** All ages and beginners are welcome. Tai Chi is a meditation in motion, as well as, a martial art and a healing art. Practicing Tai Chi helps build muscle strength, improves balance and flexibility, and contributes to increased well-being and greater peace of mind. Classes are taught by Sifu Greg Pinney, who has been studying Tai Chi and other Chinese martial arts for more than 25 years. For more information, please contact the Co-op Office.

Van Cortlandt Library • Groundbreaking Ceremony

Monday • October 1st • 10:30am • 3882 Cannon Place

Join The New York Public Library to celebrate

the groundbreaking of the new and improved Van Cortlandt Library!

RSVP to govaffairs@nypl.org • Light refreshments to follow.



New York
Public
Library



Monthly Eco-Group Meeting

Join the Eco-Group for discussion and planning for upcoming activities.

Tuesday, October 2nd • Building 9 Community Room • 7pm

Refuse, Reduce, Reuse, Recycle

Create an Ethical Will • **Monday, October 8th • 1pm**

Building 9 Community Room

Niti (Bronx Jewish Community Council) will bring a group of volunteer teens who will assist with creating an Ethical Will. An Ethical Will is an opportunity to leave your loved ones a legacy of blessings, wisdom, gratitude and hope. They're precious spiritual documents, windows into the souls of those who write them, and are often a treasured part of a family's history. These "legacy letters" sum up what you've learned in life, and what you want most for, and from, your loved ones. Volunteers will bring computers to assist you in recording your memories and ideas. They will provide some outline and suggestions; just bring your thoughts, your memories. Please feel free to bring photos, recipes and stories to include. You are welcome to share with the group or work privately and confidentially with the volunteers. Call the NORC Office with any questions at 718-548-4990. Hope to see you there!

Shop local and support our stores on Sedgwick Avenue
...they need our business!

RR Salon & Spa • Sorrento's Restaurant & Pizzeria

Food Dynasty Supermarket • Ridgewood Savings Bank • Sedgwick Pharmacy

Senior Walking • September 17 - October 25
10am on Tuesdays & Thursdays • For ages 60+
Meet at Broadway & Mosholu Avenue

CityParks
Foundation

Community Board 8 Meeting - Tuesday, October 9th - 7pm - Vladeck Hall

They will conduct a Gallery Session and will have regular agenda of reports, including committee reports. If you wish to speak at the meeting, you must sign up in advance; call the Community Board office at (718) 884-3959. Speaking is limited to 3 minutes.

Calling all 9th graders... Join our Award Winning Troop!

Meets twice a month on Saturday afternoons; Towers Community Room

They are very active, especially in the community.

Be part of something special & AMAZING! #Sisterhood! Troop 1342 is recruiting now!

Do things & learn about things you would not learn at school or even at home!

Adventure always! For more information, email Troop Leader: Tarin.Rivera@hotmail.com



Automobile Security Program

Co-op Auto Security decals are available for all cooperators.

These numbered stickers allow our Security staff to identify your car.

To get a decal, you must complete an "Emergency Information form" and submit it to the Co-op Office. They are helpful because Security can call you if you leave your lights on, leave a door open, etc. For more information or to register for this program, stop by or call the Co-op Office at 718-796-9300, or Co-op Security at 718-548-0301.

NORC News... An attorney will be available to assist seniors (60 and older), at **no charge**, with the execution of Powers of Attorney (healthcare and durable) and a Health Care Proxy. The attorney will also assist with preparing a living will, based on individual circumstances. This service is provided on a monthly basis in the NORC Office. To schedule an appointment, you must call the office at 718-548-4990.

50th Precinct Community Council Meeting

Thursday, October 11th at 7:30pm

50th Precinct (3450 Kingsbridge Avenue)

For more information, please call the Precinct's Community Affairs Officer
Mindy Ramos at (718) 543-5978.

BronxArts
Ensemble

Adrienne Kim and The Bronx Arts Ensemble

Woodwind Music of Mexico and Russia

Sunday, October 21st @ 2pm

Horace Mann Recital Hall • 231 W 246th Street

Bronx pianist Adrienne Kim & BAE winds perform classical sounds of Mexico and Russia
Tickets: Website - <https://tinyurl.com/BronxArtsTickets>; \$20 (advance) or \$30 (at door)

IF YOU SEE SOMETHING, PLEASE SAY SOMETHING!

Stop by or call Co-op Security at 718-548-0301.
