

Selfhelp | 85 YEARS OF CARING



BIG SIX TOWERS 2022 NORC NEWS



LOCATION KEY:
INPERSON ACTIVITIES:
BUILDING 2
COMMUNITY RM.

REMOTE ACTIVITIES
VIA ZOOM. CALL 718-
565-6569 FOR MORE
INFORMATION



1
CHAIR EXERCISES
w/LATIN RHYTHM
11:00 AM via Zoom



BRAIN GAMES
1:00 PM VIA ZOOM

4
Crochet/Knitting 1:00
PM; Bldg 2



Support Grp 3:00-
4:00; Bldg 2

5
Blood Pressure
11-12:00 Bldg. 2



MAH JONGG
1:00 PM; Bldg 2

VIRTUAL TOUR
PORTUGAL
1:30 VIA ZOOM

NUTRITION
11:00 AM
Building 2



8
CHAIR EXERCISES
11:00 AM VIA ZOOM



BRAIN GAMES
1:00 PM VIA ZOOM

11
Advisory Council
11:30 via Zoom

Crochet/Knitting
1:00 PM; Bldg 2
Support Grp 3:00-4:00;
Bldg 2

12
Blood Pressure
11-12:00 Bldg. 2

MAH JONGG
1:00 PM; Bldg 2

Jewelry Making 2:30
Bldg 2

13
Short Story
11:30 via Zoom



14
NUTRITION
11:00 AM
Building 2



Concerts in Mo-
tion - Broadway
Standards 1:30—
Bldg 2

15
CHAIR EXERCISES
11:00 AM VIA ZOOM



BRAIN GAMES
1:00 PM VIA ZOOM

18
Crochet-Knitting 1:00
PM; Bldg 2
Memoir Writing 2:30
Bldg 2



19
Blood Pressure
11-12:00 Bldg. 2

MAH JONGG
1:00 PM; Bldg 2

Jewelry Making 2:30
Bldg 2

20
Short Story
11:30 AM VIA
ZOOM

VIRTUAL TOUR
CROATIA
1:30 VIA ZOOM

21
NORC NURSE: call
for Appt.

NUTRITION
11:00 AM
Building 2



HEALTH CHAT
1:00 Bldg 2

22
CHAIR EXERCISES
11:00 AM VIA ZOOM



BRAIN GAMES
1:00 PM VIA ZOOM

25
TRIVIA
11:00 AM via ZOOM

Crochet-Knitting 1:00
PM; Bldg 2

Memoir Writing 2:30
Bldg 2

26
Blood Pressure
11-12:00 Bldg. 2

MAH JONGG
1:00 PM; Bldg 2

Jewelry Making 2:30
Bldg 2

27
Short Story
11:30 AM VIA
ZOOM



UJA CONCERT
1:30 PM, Bldg 2

28
NORC NURSE:
call for Appt.

NUTRITION
11:00 AM
Building 2



29
CHAIR EXERCISES
11:00 AM VIA ZOOM



BRAIN GAMES
1:00 PM VIA ZOOM

zoom



We will continue to offer some NORC services and activities over the phone or via ZOOM as well as limited in-person activities. Below are Meeting Numbers and Passcodes you will need. You can always speak to one of our staff members (call 718-565-6569) if you have any questions or need help in learning how to use ZOOM.

ACTIVITY/MEETING MEETING ID:

<https://selfhelp.zoom.us/j/5690090379>

Passcode: 4812

SHORT STORIES 569 009 0379

BRAIN GAMES 569 009 0379

<https://selfhelp.zoom.us/j/6950528675>

Passcode 914515

VIRTUAL TOURS 695 052 8675

SPECIAL PRESENTATIONS 695 052 8675

HEALTH CHATS 695 052 8675

ADVISORY COUNCIL 695 052 8675

CHAIR EXERCISES 695 052 8675

To access Zoom by phone,
call 1-646-876-9923

Enter the Meeting ID

MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.

We wish everyone who celebrates this month, a joyous holiday.

The NORC is continuing to develop its programming while also following COVID-19 safety protocols. We have several new and exciting programs this month. In-person group activities are held in Building 2. Preregistration is required as is prescreening, mask wearing and social distancing.

Staff are in the office on a staggered schedule so please call to make an appointment.

If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list to get the most up-to-date information.

BIG SIX NORC OFFICE:

61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

NURSE'S CORNER

We welcome our new NORC Nurse, Lyona Howard, RN She will be working onsite Mondays and Tuesdays.

Vanessa Kochupaul, RN, has been our NORC Nurse for the past two years and will continue working with us on Thursdays remotely

BLOOD PRESSURE SCREENING

By our NORC Nurse
Tuesday 11:00 to 1:00
Building 2, Comm. Rm.
59-15 47th Avenue



Call 718-565-6569

MASKS REQUIRED

NEW PROGRAMMING Beginning in April

Including

JEWELRY-MAKING CLASSES
begins April 12, @ 2:30

WRITING A MEMOIR begins
April @18 @ 2:30

Building 2, Community Room

Call 718-565-6569 for more
information and to reserve a space.
Capacity is limited.



SUPPORT GROUP:

COPING WITH THE NEW NORMAL

Join us as we explore and share coping strategies, experiences and best ways to move ahead.

Monday, March 28—
April 11th; 3-:00
p.m. Building 2; Pre-
registration required;
call 718-565-6569



CONCERTS IN MOTION

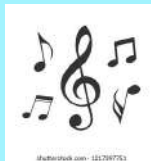
April 14th 2022 at 1:30 PM

BROADWAY STANDARDS

Building 2



CONCERT with students from
Queens College Aaron
School of Music
Funded by UJA Jeanette
Solomon Fund



April 28 @ 1:30 PM, Bldg. 2

NEW PROGRAM BEGINNING APRIL 8th 2022

TELEPHONE REASSURANCE

Are you homebound most of the time, would like a call from a friendly voice. Our trained volunteers will provide companionship, conversation and check on your well-being. Call the NORC office and ask our social workers about our new program
Call 718-565-6569



TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.
WED., April 6th 2022
1:30 P.M.

PORTUGAL



WED., April 20th
2022, 1:30 P.M.

CROATIA



Via ZOOM
Meeting ID: 695 052 8675;
Passcode 914515

Information in this newsletter is as accurate as possible at the time of printing. We do our best to adhere to the schedule published but sometimes there are circumstances beyond our control requiring a change. It is always best to call the NORC office at 718-565-6569 and confirm the day and time of an event or activity

JOIN US EVERY THURSDAY at 11:00 AM
**NUTRITION AND HEALTHY
COOKING CLASSES**
with ANNA DIMAGGIO



**IN-PERSON BUILDING 2
COMMUNITY ROOM
PREREGISTRATION AND MASKS
REQUIRED**

NORC HOUSEKEEPING and SHOPPING SERVICES

Are you a resident of Big 6 Towers, 60 years and older and need some help with light housekeeping and/or light shopping?

We offer partially subsidized services for those who qualify.

Call our office at 718-565-6569 and speak to one of our social workers.



MEDICAL TRANSPORTATION SERVICES AVAILABLE



Do you need transportation to your medical appointments?
Call the NORC office at 718-565-

6569. We can arrange partially subsidized car service.

PERSONALIZED EMERGENCY RESPONSE SYSTEM

Do you live alone and worried you will not be able to contact help if you need it in case of an emergency?

Speak to one of our social workers about a partially subsidized Personalized Emergency Response System (PERS)

