



# DECEMBER



Selfhelp | 85 YEARS OF CARING



# BIG SIX TOWERS 2021 NORC NEWS

LOCATION KEY:  
INPERSON ACTIVITIES:  
BUILDING 2  
COMMUNITY ROOM.  
  
REMOTE ACTIVITIES  
VIA ZOOM. CALL 718-  
565-6569 FOR MORE  
INFORMATION

		<b>1</b> Short Story 11:30 AM VIA ZOOM  VIRTUAL TOUR 1:30 VIA ZOOM	<b>2</b> NORC NURSE: call for Appt.  NUTRITION w/Anna DiMaggio 11:00 AM Building 2 BP Screening 1-3PM, Building 2	<b>3</b> CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom  BRAIN GAMES 1:00 PM VIA ZOOM
<b>6</b> CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room Hispanic Outreach 2:00 p.m. Bldg 2 Community Room	<b>7</b> MAH JONGG 2:30 PM Bldg 2 Community Room 	<b>8</b> HOLIDAY PARTY 11:30 AM  Bldg 2 Community Room	<b>9</b> NORC NURSE: call for Appt.  NUTRITION 11:00 AM Building 2 HEALTH CHAT 1:30 pm via Zoom	<b>10</b> CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
<b>13</b> Advisory Council 11:00 via Zoom  CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room	<b>14</b> NORC SOCIAL 1:00 PM Bldg 2; Comm Rm.  MAH JONGG 2:30 PM Bldg 2, Comm Rm 	<b>15</b> Short Story 11:30 AM VIA ZOOM  VIRTUAL TOUR 1:30 VIA ZOOM	<b>16</b> NORC NURSE: call for Appt.  NUTRITION w/Anna DiMaggio 11:00 AM Building 2 BP Screening 1-3PM, Building 2	<b>17</b> CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
<b>20</b> TRIVIA 11:00 AM Bldg 2 Community Room CROCHET/KNITTING 1:00 PM, Bldg. 2 Community Room	<b>21</b> MAH JONGG 2:30 PM Bldg 2 	<b>22</b> Short Story 11:30 AM VIA ZOOM  CONCERTS IN MOTION 1:30 PM Building 2 Community Room	<b>23</b> NUTRITION CANCELLED BP Screening Cancelled NORC Office Closes at 3:00p.m.	<b>24</b> CHRISTMAS EVE  NORC CLOSED
<b>27</b> CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room 	<b>28</b> NORC SOCIAL 1:00 PM Bldg 2, Comm. Rm  MAH JONGG 2:30 PM Bldg 2	<b>29</b> 	<b>30</b> NUTRITION CANCELLED BP Screening Cancelled  NORC Office Closes at 3:00	<b>31</b> NEW YEAR'S EVE  NORC CLOSED



We will continue to offer some NORC services and activities over the phone or via ZOOM while also continuing some in-person activities following safety protocols. 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

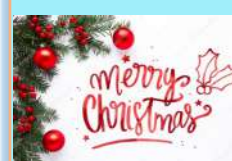
SPECIAL PRESENTATIONS 695 052 8675

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.



**MESSAGE FROM THE DIRECTOR**  
**Theodora (Dora) Ziongas, M.A.**  
**INPERSON, INDOOR**  
**ACTIVITIES AND SERVICES**  
**We are continuing to offer**  
**inperson, indoor group activities,**  
**held in the Community**  
**Room of Building #2 (59-15**  
**47th Ave.) Safety of staff**  
**and participants is para-**  
**mount and we follow COVID-**  
**19 screening and safety pro-**  
**ocols. Preregistration is re-**  
**quired, capacity is limited to**  
**25 people, and participants**  
**are prescreened and must**  
**agree to wear masks. Re-**  
**freshments and snacks will**  
**not be offered for safety pur-**  
**poses. Social Work and Nurs-**  
**ing visits by appointment on-**  
**ly. Call 718-365-6569 for more**  
**information and to preregister.**

**BIG SIX NORC OFFICE:**

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

### **NURSE VANESSA'S CORNER**

#### **HEALTH CHAT**

**DEC. 9th 2021 @ 1:30 PM VIA ZOOM**  
**ARTHRITIS: WHAT YOU NEED TO KNOW**

**Meeting ID: 695 052 8675**  
**Passcode: 914515**

### **BLOOD PRESSURE SCREENING**

By our NORC Nurses  
**THURSDAYS 1:00-3:00 p.m.**  
Community Room of Building 2  
59-15 47th Avenue

**BY APPOINTMENT ONLY**  
Call 718-565-6569  
**MASKS REQUIRED**



### **NORC SOCIAL WORK SERVICES**

Are you 60 years and older and reside in Big 6 Towers?  
You may qualify for services our NORC offers including:

**Subsidized Housekeeping**  
**Subsidized Medical Transportation**  
**Subsidized Personal Emergency Response Systems (PERS)**

Our experienced social workers may also be able to help you apply for important benefits including **SCRIE, STAR and SCHIE**, all of which assist you with your housing costs, if you qualify.

They may be able to help you apply for social and health benefits.

Call our office at 718-565-6569 and make an appointment today. They will assess your needs and what resources are available. Our services are free; We respect your privacy.

JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR

### **CHAIR EXERCISES TO LATIN RHYTHMS**

**ZOOM Meeting ID: 695 052 8675**  
**Passcode: 914515**

### **HOLIDAY PARTY**

**DECEMBER 8th 2021**  
**11:30 a.m.**



Call 718-565-6569 to reserve a space. Capacity is limited.  
**PREREGISTRATION AND MASKS REQUIRED**

### **CROCHET/KNITTING GET-TOGETHER**



Every Monday at 1:00 p.m. Building 2 Community Room. All levels welcome.

**NORC SOCIAL TWICE A MONTH**, on a Tuesday at 1:00 p.m. Join us for a get-together and conversation. In the Community Room of Building 2. Preregistration required. Call 718-565-6569. Dates on calendar. **NO REFRESHMENTS**

**MAH JONGG is Back**  
Every Tuesday at 2:30 PM  
Community Room in Building 2  
Call 718-565-6569 to register



### **TRAVEL AROUND THE WORLD WITH US**

from the comfort of your homes.  
**WED., Dec. 1st, 2021 at 1:30 P.M.**  
**WHAT IS HANNUKAH?**  
**WHAT IS KWANZAA?**



**WED., Dec. 15th, 2021, 1:30 P.M.**  
**SANTA'S WORKSHOP, NORTH POLE**



Via ZOOM Meeting ID:  
**695 052 8675; passcode 914515**

### **JOIN US FOR A HOLIDAY CONCERT BY CONCERTS IN MOTION**

**WED., DECEMBER 22, 2021 at 1:30 PM COMMUNITY ROOM, BLDG 2**



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



**COMMUNITY ROOM BLDG. 2**  
59-15 47th Avenue  
**PREREGISTRATION REQUIRED**  
Call 718-565-6569  
**CAPACITY LIMITED**  
**MASKS REQUIRED**

### **SAFETY PROTOCOLS FOR INPERSON, INDOOR NORC ACTIVITIES**

We are excited to be returning to some in-person, indoor activities, which will be held in the Community Room of Building #2 (59-15 47th Ave). In order to make our events as safe as possible for all, we will be following COVID-19 safety protocols including requiring masks for all participants throughout the event, social distancing and limiting capacity to 25%. **PREREGISTRATION IS REQUIRED FOR ALL INPERSON ACTIVITIES.** Ongoing activities which will now be in person include Nutrition, NORC Social, Crochet/Knitting and Mah Jongg. **For safety reasons, snacks and refreshments will not be served until further notice.** Please call 718-565-6569 for more information and to preregister.