



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
NUTRITION
11:00 AM Bldg 2
Winter Wellness
Diane Cocoros
1:30 pm

2
CHAIR EXERCISES w/LATIN RHYTHM
11:00 AM Bldg. 2
WREATH MAKING
1:30 PM

5
Drawing Class
11:00 a.m. Bldg 2
Crochet/Knitting
1:00 PM; Bldg 2
Jewelry Making 2:00
Bldg 2

6
Health Literacy
11:00 a.m. via Zoom
MAH JONGG
1:00 PM; Bldg 2

7
Short Story
11:30 VIA ZOOM
REMEMBRANCE
1:00 PM Bldg 2
VIRTUAL TOUR
1:30 via Zoom

8
NUTRITION
11:00 AM Bldg 2
Winter Wellness
Diane Cocoros
1:30 pm

9
CHAIR EXERCISES
11:00 AM Bldg. 2
KARAOKE
1:00 PM Bldg 2

12
ADVISORY COUNCIL 11:30 via Zoom
Drawing 11:00
Crochet/Knitting
1:00 PM; Bldg 2
Jewelry Making 2:00

13
Health Literacy
11:00 am via Zoom
MAH JONGG
1:00 PM; Bldg 2

14
Short Story 11:30
via Zoom
SAFETY PRESENTATION NYPD
1:30 PM

15
NUTRITION
11:00 AM Bldg 2
Winter Wellness
Diane Cocoros
1:30 pm

16
CHAIR EXERCISES CANCELLED
HOLIDAY CONCERT and PARTY 1:30 PM


19
Drawing Class 11:00
a.m. Bldg 2
Crochet/Knitting 1:00
PM; Bldg 2 **Jewelry**
Making 2:00 Bldg 2
HAPPY HANUKKAH

20
Health Literacy
11 am via Zoom
MAH JONGG
1:00 PM; Bldg 2

21
Short Story
11:30 VIA ZOOM
VIRTUAL TOUR
1:30 via Zoom
Covid & Flu Shots 2-4;

22
NUTRITION
11:00 AM Bldg 2
Winter Wellness
Diane Cocoros
1:30 pm

23
CHAIR EXERCISES
11:00 AM Bldg 2
NORC CLOSSES
3:00 PM

26
Merry Christmas

NORC CLOSED
Happy KWANZAA

27
Health Literacy
11 am via Zoom
MAH JONGG
1:00 PM; Bldg 2

28
Short Story
11:30 VIA ZOOM

29
NUTRITION CANCELLED
Winter Wellness
Diane Cocoros
1:30 pm

30
CHAIR EXERCISES
11:00 AM
Building 2
NORC CLOSSES
3:00 PM

zoom



We will continue to offer some NORC services and activities over the phone or via ZOOM. 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

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

Passcode 914515

VIRTUAL TOURS 695 052 8675

SPECIAL PRESENTATIONS 695 052 8675

NUTRITION 695 052 8675

ADVISORY COUNCIL 695 052 8675

To access Zoom by phone,
call 1-646-876-9923
Enter the Meeting ID

NORC staff are now back in the office 5 days a week and can be reached by calling the NORC office at 718-565-6569. Please call the office phone and not the cell phones to speak to staff.



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

**WISHING EVERYONE A
HAPPY AND HEALTHY
HOLIDAY SEASON
BEST WISHES FOR A
HAPPY, HEALTHY AND
PRODUCTIVE NEW YEAR**



If you are 60 and over and live in Big Six Towers, join our NORC Program, make new friends, enjoy interesting activities and benefit from our services.

To receive the most up-to-date information on NORC activities, call 718-565-6569 and sign up for our e-newsletter

BIG SIX NORC OFFICE:

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

SAFETY TIPS FOR OLDER ADULTS

Presentation by NYC Police Department
December 14th at 1:30 PM
Community Room
Preregistration Required

Safety Tips For Senior Citizens



Being cautious increases your safety and well-being!

NEW PROGRAM

Health Literacy Series By Dr. Gail Lowenstein

4-week series

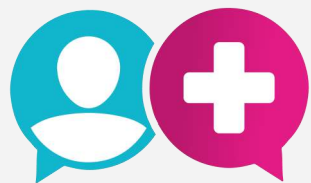
Tuesdays 11:00 a.m. Via Zoom
Meet in Community Room to view as a group

Dec. 6th: **Root Causes of Chronic Illness**

Dec. 13th: **Eating in a Healthy Way**

Dec. 20th: **Thinking in a Healthy Way**

Dec. 27th: **Health Care Options/Medications**



Health Literacy

Take time to ask.
Make time to listen

HOLIDAY CONCERT and PARTY, Friday Dec. 16th 1:30-3:30 PM

Join us for a fun-filled afternoon of music, good friends and fun filled activities

Holiday music by Concerts in Motion, 1:30-2:30



Ugly Sweater Contest

followed by fun filled activities including an **UGLY SWEATER CONTEST.**

Prizes for ugliest sweater.

STAY HEALTHY DURING WINTER MONTHS TIPS and EXERCISES WITH DIANE COCOROS, Thursdays, 1:30-3:30 p.m. Community Room, Building 2

NEW

LEARN MAH JONGG from an experienced teacher

December 6, 13, 20th
from 1:00-3:00 PM
Materials Provided

Preregistration Required
Call 718-565-6569



UPDATED COVID-19 BOOSTER SHOTS and FLU VACCINES

WED, DEC. 21, 2022 2:00-4:00 PM Community Room, Bldg 2
Offered by **WALGREENS PHARMACY**
PREREGISTRATION REQUIRED;
Call **NORC OFFICE: 718-565-6569**

TRAVEL AROUND THE WORLD from the comfort of your homes. WED., DEC 7th 2022 1:30 P.M. VIENNA

WED., DEC 21st, 2022, 1:30 P.M.
Via ZOOM

HANUKKAH in JERUSALEM; CHRISTMAS in BETHLEHEM CELEBRATING KWANZAA

Meeting ID: 695 052 8675;
Passcode 914515



**KARAOKE—Friday
Dec 9th at 1:00 p.m.**

Bring your friends and join us for a fun-filled afternoon

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

**NO CLASS DECEMBER 29th IN-PERSON
PREREGISTRATION AND MASKS REQUIRED; TAKE HOME SNACKS**

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 SCHE**, all of which help with housing costs, if you qualify. They may be able to help you apply for other social and health benefits.

Our services are free; We respect your privacy.

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

REMEMBRANCE DAY Join us to celebrate the lives and remember those we have lost this past year.
Dec. 7th 1:00 PM; Bldg 2

