



February



Selfhelp | 85 YEARS OF CARING

BIG SIX TOWERS 2022

NORC NEWS



	1 HAPPY FEBRUARY Short Story 11:30 AM VIA ZOOM <i>Concerts in Motion: Chinese Music 1:00 via ZOOM</i>	2 Short Story 11:30 AM VIA ZOOM <i>Concerts in Motion: Chinese Music 1:00 via ZOOM</i>	3 NORC NURSE: call for Appt. NUTRITION 11:00 AM via ZOOM	4 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom BRAIN GAMES 1:00 PM VIA ZOOM
	7 LET'S HAVE A GOOD DAY! Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR KENYA 1:30 VIA ZOOM	8 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR KENYA 1:30 VIA ZOOM	9 NORC NURSE: call for Appt. NUTRITION 11:00 AM via ZOOM	10 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
14 Advisory Council 11:30 via Zoom VALENTINE'S DAY CELEBRATION 1:00 PM via Zoom	15 Short Story 11:30 via Zoom <i>Concerts in Motion Jazz/Blues 1:30. Call NORC for update Celebration 2:30</i>	16 Short Story 11:30 via Zoom <i>Concerts in Motion Jazz/Blues 1:30. Call NORC for update Celebration 2:30</i>	17 NORC NURSE: call for Appt. NUTRITION 11:00 AM via ZOOM	18 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
21 Presidents' Day NORC CLOSED	22 MOVIE: SELMA 2:00 PM CALL NORC FOR UPDATE	23 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR ETHIOPIA 1:30 VIA ZOOM	24 NORC NURSE: call for Appt. NUTRITION 11:00 AM HEALTH CHAT 1:30 PM	25 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
28 11:00 AM via ZOOM	 BLACK HISTORY MONTH			LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY ROOM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION

zoom



We will continue to offer NORC services and activities over the phone or via ZOOM until circumstances allow us to return to 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:
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
COFFEE SOCIAL	569 009 0379
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

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

Passcode: 4812

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

Passcode 914515

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

Enter the Meeting ID

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

As of the printing of this newsletter, NORC services and activities are still being offered remotely until further notice. To get the most current information, please sign up to receive our new E-newsletter which will be sent to your email address twice a month. If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list.

This month, we are celebrating Black History Month with special activities throughout the month.

We also wish a Happy Lunar New Year to those who celebrate this holiday

BIG SIX NORC OFFICE:

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

NURSE VANESSA'S CORNER

HEALTH CHAT
Thurs., February 24th, 2022
at 1:30 PM
HEART HEALTH



ZOOM Meeting ID:
695 052 8675;
passcode 914515

JOIN US FOR A VIRTUAL VALENTINE'S DAY CELEBRATION



Mon, Feb. 14, 1:00 PM

Via ZOOM Meeting ID:
695 052 8675;
passcode 914515

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 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 CONCERTS IN MOTION
for a celebration of
Lunar New Year
Wed, February 2, 2022
1:00 p.m. via ZOOM

Zoom link:
<https://us02web.zoom.us/j/82906881632>
Meeting ID is: 829 0688 1632

To dial in by phone: +1-646-558-8656



Enter the Meeting ID, followed by #. When asked for a participant ID, skip this by pressing # again.

Join us for our Monthly Movie Matinee

Tues, Feb. 22nd, 2022
2:00 p.m.

Featuring the movie SELMA

Call NORC Office for update



BLACK HISTORY MONTH CELEBRATION
JAZZ CONCERT
by **CONCERTS IN MOTION**
Wed., February 16, 2022 @ 1:30 PM



Followed by presentation in honor of Black History Month at 2:30 PM
Call NORC office for Update on location

TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.
WED., Feb. 9th, 2022
1:30 P.M.
KENYA



WED., Feb. 23rd
2022, 1:30 P.M.
ETHIOPIA



Via ZOOM Meeting ID:
695 052 8675; passcode 914515

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.



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



Via ZOOM until further notice
Meeting ID: 695 052 8675;
passcode 914515

INSTRUCTIONS FOR JOINING BIG 6 NORC ZOOM ACTIVITIES/MEETINGS

FROM A COMPUTER:

1. Type in **www.zoom.us** in your browser window.
2. When the site loads go to the Resources tab.
3. When prompted, enter the Meeting ID Number (without spaces).
4. You will then join the meeting

FROM A MOBILE DEVICE: You may join the meeting by using your web browser on your mobile device and following the instructions above or by downloading the application directly to your mobile device. To download the application:

1. Login to your account in the Apple Store (IOS) or Google Play (Android).
2. Search for the Zoom application.
3. Download the application and follow the directions after installation.
4. When prompted enter the Meeting ID Number (without spaces).
5. You will then join the meeting.

TO JOIN THE MEETING VIA TELEPHONE (AUDIO ONLY):

1. Call 646-876-9923
2. When prompted enter the Meeting ID Number (without spaces).
3. You will then join the meeting.

