









Short Story 11:30 AM VIA

ZOOM Concerts in Motion: Chinese Music 1:00 via **ZOOM**

Short Story

ZOOM

KENYA

11:30 AM VIA



CHAIR EXERCISES W/LATIN RHYTHM 11:00 AM via Zoom



BRAIN GAMES 1:00 PM VIA ZOOM



NORC NURSE:

call for Appt.

CHAIR EXERCISES 11:00 AM VIA ZOOM



VIRTUAL TOUR NUTRITION 11:00 AM via ZOOM





BRAIN GAMES 1:00 PM VIA ZOOM



Advisory Council 11:30 via Zoom **VALENTINE'S** DAY CELEBRA-TION 1:00 PM via Zoom

16 **Short Story** 11:30 via Zoom Concerts in Motion Jazz/Blues 1:30. Call NORC for update

1:30 VIA ZOOM

NORC NURSE: call for Appt.

CHAIR EXERCISES 11:00 AM VIA ZOOM



BRAIN GAMES 1:00 PM VIA ZOOM



NORC NURSE:

11:00 AM

call for Appt. NUTRITION

CHAIR EXERCISES 11:00 AM VIA ZOOM



BRAIN GAMES 1:00 PM VIA ZOOM



CALL NORC FOR UPDATE

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VIRTUAL TOUR ETHIOPIA 1:30 VIA ZOOM

Short Story 11:30 AM VIA

ZOOM

HEALTH CHAT 1:30 PM

LOCATION KEY:

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



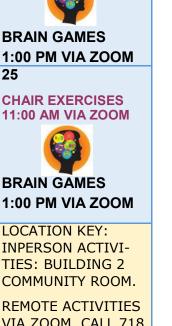
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11:00 AM via ZOOM









BIG SIX TOWERS 2022



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:**

https://selfhelp.zoom.us/i/5690090379 Passcode: 4812

SHORT STORIES 569 009 0379 **BRAIN GAMES** 569 009 0379 COFFEE SOCIAL 569 009 0379

https://selfhelp.zoom.us/i/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.

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 Enewsletter 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

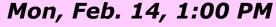
NURSE VANESSA'S CORNER

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





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/ i/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 of-



fice 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:

- Type in <u>www.zoom.us</u> 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.











All services are available to seniors 60+ residing in Big 6 Towers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regardless of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.