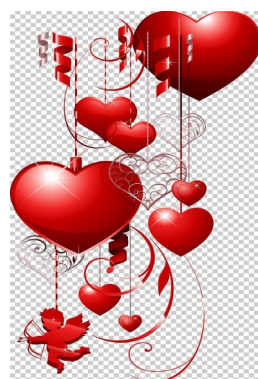


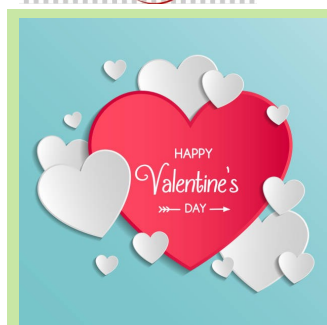
FEBRUARY



BIG SIX TOWERS 2023 NORC NEWS




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6
Crochet/Knitting
1:00 PM; Bldg 2
Drawing and Jewelry Making
CULMINATING EVENT 2:00 PM
WEAR RED DAY


7
TAI CHI FOR ARTHRITIS
11:00 AM
MAH JONGG w/
1:00 PM; Bldg 2


1
Short Story
11:30 VIA ZOOM

2
Blood Pressure
11:00 am
NUTRITION
12:00 PM
Bldg 2 

3
CHAIR EXERCISES w/LATIN RHYTHM
11:00 AM Bldg. 2
BRAIN GAMES
1:00 PM

8
Short Story
11:30 VIA ZOOM
VIRTUAL TOUR 1:30 via Zoom


9
Blood Pressure
11:00 am
NUTRITION
12:00 PM
Bldg 2 

10
CHAIR EXERCISES
11:00 AM Bldg. 2


13
ADVISORY COUNCIL 11:30 via Zoom
Crochet/Knitting
1:00 PM; Bldg 2

14
TAI CHI FOR ARTHRITIS
11:00 AM
MAH JONGG
1:00 PM; Bldg 2

15
Short Story
11:30 via Zoom
VIRTUAL TOUR 1:30 via Zoom


16
Blood Pressure
11:00 am
NUTRITION
12:00 PM
Bldg 2 

17
CHAIR EXERCISES
11 AM via ZOOM
MOVIE: 1:30 pm:
42, The Jackie Robinson Story

20
Crochet/Knitting
1:00 PM; Bldg 2


21
TAI CHI FOR ARTHRITIS
11:00 AM
MAH JONGG
1:00 PM; Bldg 2

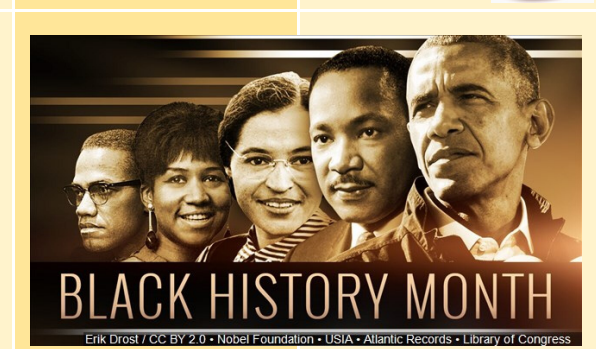
22
Short Story
11:30 ZOOM
CONCERT: BLACK HISTORY MONTH EVENT 1:00

23
Blood Pressure
11:00 am
NUTRITION
12:00 PM
Bldg 2 

24
CHAIR EXERCISES
11:00 AM Bldg 2
MOVIE: 1:30 pm
HARRIET

27
Crochet/Knitting
1:00 PM; Bldg 2


28
TAI CHI FOR ARTHRITIS
11:00 AM
MAH JONGG
1:00 PM; Bldg 2



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



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
ADVISORY COUNCIL	695 052 8675
CHAIR EXERCISES	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.

FEBRUARY is HEART HEALTH MONTH and a good time to focus on evaluating your lifestyle and making changes to promote a healthy heart.



We are shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke. Have your blood pressure checked each Thursday this month at 11:00 a.m. in the Community Room of Building 2. Our nurses will be available. Stay around for our wonderful Nutrition classes and take home some healthy snacks.

Join us on February 6th for **WEAR RED DAY** highlighting Heart Health in Women.

Call the NORC Office at 718-565-6569 for more information and to preregister.

BIG SIX NORC OFFICE:

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

Nurse's Corner

AN EVERYDAY HEALTH INFOGRAM

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

Source: American Heart Association

everydayHEALTH

JOIN US ON Wednesday, February 22, 2022 at 1:00 p.m. for a jazz concert celebration in honor of Black History Month

By **Concerts in Motion**



MOVIES at 1:30 PM:

Friday, February 17, 2023

42, The Jackie Robinson Story, starring Chadwick Boseman & Harrison Ford

focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey, who signed Robinson and in 1947 made him the first black Major League Baseball player of the modern era



Friday, February 24, 2023:

HARRIET, the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.



NOTICE: CHANGES TO SCHEDULE: Beginning in February

NUTRITION CLASS—MOVED TO NOON (12:00 PM) on Thursdays, Bldg 2 Community Room

NO WINTER WELLNESS IN FEBRUARY: Classes led by Diane will return in March with **HEALTH COACHING FOR HYPERTENSION-SERIES** on WEDNESDAYS, Noon to 2:00 PM

NEW PROGRAMS STARTING IN MARCH:

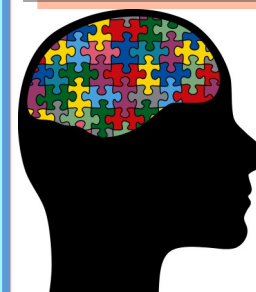
A MATTER OF BALANCE: Falls Prevention Program will begin in March, Tuesdays at 11:00 AM

HEALTH COACHING FOR HYPERTENSION, Wednesdays, Noon to 2:00 PM

PREREGISTRATION REQUIRED: call 718-565-6569 for more information and to register

TRAVEL AROUND THE WORLD from the comfort of your homes. **WED., Feb. 8th, 2023 at 1:30 P.M. TOUR OF CHOCOLATE FACTORY**

WED., Feb. 15th, 2023, 1:30 P.M. History of VALENTINE'S DAY Via ZOOM Meeting ID: 695 052 8675; Passcode 914515



BRAIN GAMES Fri., Feb 3rd, 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. To receive the most up-to-date information on NORC activities, call 718-565-6569 & sign up for our e-newsletter



NUTRITION

NEW TIME: JOIN US EVERY THURSDAY at 12:00 PM (NOON)

NUTRITION AND HEALTHY COOKING CLASSES with ANNA DIMAGGIO IN-PERSON, Bldg 2 Community Rm PREREGISTRATION AND MASKS REQUIRED; TAKE HOME SNACKS

NORC SOCIAL WORK SERVICES

Are you 60 years and older and reside in Big 6 Towers?

Our experienced social workers may 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.

NORC HOUSE-KEEPING SERVICES are temporarily unavailable. Once they resume we will reach out to those who had been receiving them to reschedule



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.