



Selfhelp | 85 YEARS OF CARING



BIG SIX TOWERS 2022 NORC NEWS



3 IN-PERSON CROCHET SUSPENDED	4 IN-PERSON MAH JONGG SUSPENDED	5 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM	6 NORC NURSE: call for Appt  NUTRITION 11:00 AM VIA ZOOM	7 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom  BRAIN GAMES 1:00 PM VIA ZOOM
10 <i>Advisory Council 11:00 via Zoom</i> IN-PERSON CROCHET SUSPENDED	11 IN-PERSON MAH JONGG SUSPENDED	12 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM	13 NORC NURSE: call for Appt  NUTRITION 11:00 AM VIA ZOOM	14 CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
17 MLK BIRTHDAY  NORC CLOSED	18 MAH JONGG 2:30 PM Bldg 2, Comm Rm 	19 Short Story 11:30 AM VIA ZOOM MOVIE: SELMA 2:30-4:30 Bldg 2	20 NORC NURSE: call for Appt.  NUTRITION 11:00 AM Building 2	21 CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
24 TRIVIA 11:00 AM Bldg 2 Community Room CROCHET/KNITTING 1:00 PM, Bldg. 2 Community Room	25 MAH JONGG 2:30 PM Bldg 2 Comm Rm 	26 HEALTH CHAT 11:00 am Bldg 2 Hispanic Outreach 2:00 p.m. Bldg 2 Community Rm	27 NORC NURSE: call for Appt.  NUTRITION 11:00 AM Building 2	28 CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
31 CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room 	Happy last day of January. Only 48 days until Spring! 			
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 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

NUTRITION 695 052 8675

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

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

HAPPY NEW YEAR!!

We hope everyone living and working in Big 6 Towers has a happy, healthy and productive new year.

Just as we were expanding our inperson activities, the Omicron variant of COVID-19 sent the number of cases increasing dramatically. This necessitated suspending all of our in-person activities and services again until further notice. We will continue to provide NORC services remotely. We will resume inperson activities once the situation permits.

Safety is our Priority!!!!
Call 718-365-6569 for more information and services.

BIG SIX NORC OFFICE:

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

NURSE VANESSA'S CORNER

**HEALTH CHAT (IN PERSON
If Circumstances Allow. Please call
718-565-6569 to confirm)**

JANUARY 26th, 2021 @ 11:00 AM

WOMEN'S HEALTH



**Join us for a presentation by
our NORC Nurse,
Vanessa Kochupaul, R.N.
Building 2, Community Room
Followed by Blood Pressure
Screening**

**PREREGISTRATION AND
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.
We will assess your needs and what
resources are available. Services
are free; We respect your privacy.**

NORC HOUSEKEEPING SERVICES WILL RESUME

**Are you a resident of Big 6
Towers, 60 years and older
and need some
help with light
housekeeping
and/or shopping?**



**We will offer par-
tially subsidized
services for those
who qualify and
once we are back onsite.**

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

MEDICAL TRANSPORTATION SERVICES AVAILABLE

**Do you need
transportation to
your medical
appointments?**



**Call the NORC
office at 718-565-6569. We
can arrange a partially subsi-
dized car service for you.**



**In honor of Martin Luther
King Day, we plan to show
the movie SELMA on Wed.
January 19th at 2:30 p.m.
in Comm. Rm of Building 2.
Call 718-565-6569 for
updated information and
to preregister.**

TRAVEL AROUND THE WORLD WITH US

**from the comfort of your homes.
WED., Jan. 5th, 2021
at 1:30 P.M.**

NIAGARA FALLS



**WED., Jan. 12th, 2021,
1:30 P.M.**

WASHINGTON, D.C.



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

MAH JONGG

**Suspended until further
notice Please call 718-565-
6569 for updated infor-
mation**



CROCHET/KNITTING GET-TOGETHER

Suspended until further notice.



**Please call 718-565-
6569 for updated
information**

JOIN US EVERY THURSDAY at 11:00 AM

**NUTRITION AND HEALTHY
COOKING CLASSES
with ANNA DIMAGGIO**



**VIA ZOOM UNTIL FURTHER
NOTICE**

**Via ZOOM Meeting ID:
695 052 8675; passcode 914515
Please call 718-565-6569 for
updated information on resump-
tion of in-person sessions.**

IN PERSON NORC ACTIVITIES SUSPENDED UNTIL FURTHER NOTICE

**With the rise in COVID
cases due to the Omicron
variant, we have had to
suspend all in-person activ-
ities and services. Staff
will continue to serve you
remotely.**

**At the time of printing this
newsletter, we hope to
return in late January and
have listed in-person activ-
ities on the calendar for the
last weeks of January.**

**THIS MAY CHANGE if
COVID CASES CONTINUE
TO REMAIN HIGH**

**SINCE PREREGISTRATION IS
REQUIRED FOR ALL INPERSON
ACTIVITIES, please call the
NORC Office at 718-565-6569
for more up-to-date infor-
mation and to preregister if we
do resume in-person activities.**