




BIG SIX TOWERS 2021 NORC NEWS



1 TRIVIA 1:00 PM Via Zoom	2 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM	3 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 via ZOOM	4 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM	5 BRAIN GAMES 1:00 PM VIA ZOOM 
8 Advisory Council 12:00 PM via Zoom ***** TRIVIA 1:00 PM via Zoom	9 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM	10 Short Story 11:30 AM VIA ZOOM	11 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM	12 BRAIN GAMES 1:00 PM VIA ZOOM 
15 TRIVIA 1:00 PM Via Zoom	16 LATIN RHYTHMS 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM	17 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM HAPPY SAINT PATRICK'S DAY	18 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM JAZZ CONCERT 1:30 PM VIA ZOOM	19 BRAIN GAMES 1:00 PM VIA ZOOM 
22 TRIVIA 1:00 PM Via Zoom	23 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM	24 Short Story Group 11:30 AM VIA ZOOM NAME THAT TUNE 1:30 PM VIA ZOOM	25 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM HEALTH CHAT 1:30 via ZOOM	26 BRAIN GAMES 1:00 PM VIA ZOOM 
29 TRIVIA 1:00 PM Via Zoom	30 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM	31 Short Story Group 11:30 AM VIA ZOOM 	LOCATION KEY: ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION	



Due to COVID-19, all NORC services and activities are offered remotely either over the phone or through ZOOM. Check our column on the other side of this page for helpful suggestions on how to access Zoom and join our many activities. Below are the links and Meeting Numbers 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.

BIG 6 NORC ACTIVITIES VIA ZOOM

ACTIVITY/MEETING	MEETING ID:
TRIVIA	569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
LATIN RHYTHMS	569 009 0379
https://selfhelp.zoom.us/j/6950528675	
NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
CONCERTS	695 052 8675
HEALTH CHATS	695 052 8675
NAME THAT TUNE	695 052 8675
ADVISORY COUNCIL	695 052 8675

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

March is the month of spring, hope, and new beginnings. The release of new vaccines is giving us hope. In addition we celebrate increasing daylight hours, the coming of warmer weather,

Women's History Month, and National Social Work Month.

I wanted to take this opportunity to acknowledge our

NORC Social Workers, Ruth Cassidy, LMSW, and Gladys Ofori, MSW. They are essential members of the team and we thank them for their dedication, compassion and resourcefulness. This is especially critical during this difficult time.



BIG SIX NORC OFFICE:

59-55 47th Avenue, Apt. 2G, Woodside, NY, 11377/ 718-565-6569

NURSE VANESSA'S CORNER

More and more New Yorkers are getting vaccinated. Navigating the system can be challenging, especially for those without a computer. We are here to help. If you need help signing up to get vaccinated, please call the NORC Office at 718-565-6569 and leave a message. Someone will call you back and assist you. Below are some useful sites if you wish to search yourself.

NYC Vaccine Command Center:
nyc.gov/vcc
NYC DOHMH vaccine website:
nyc.gov/covidvaccine
Vaccine site locations for eligible New Yorkers:
<https://vaccinefinder.nyc.gov/>
Vaccine appointment phone number:
1-877-VAX4NYC (1-877-829-4692)
NORC OFFICE: 718-565-6569

Join us on Thursday, March 11th, 2021 at 1:30 p.m. for a HEALTH CHAT on KIDNEY HEALTH AWARENESS
Via ZOOM Meeting ID: 695 052 8675

REMINDER:
DEADLINE FOR FILING INCOME TAXES IS APRIL 15, 2021.

REMINDER:
CHANGE CLOCKS
One Hour Ahead
March 14th at
2:00 A.M.



March is the National Social Work Month
SOCIAL WORK
FORGING SOLUTIONS
OUT OF CHALLENGES

March is a time to celebrate the profession of social work. Social workers are essential to community well-being.

As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They work to effect positive change with individuals, families, groups and entire communities.

Ruth Cassidy, LMSW has worked at Big 6 Towers NORC for the past 10 years. She received her Masters in Social Work degree from Hunter College and has always wanted to work in the field of aging. Ruth provides individual social work services as well as facilitating remote NORC activities such as Brain Games, Name that Tune.

Gladys Ofori, MSW started working at Big Six NORC in May 2019. She was born in Ghana, West Africa and raised in the Bronx, NY. Gladys received her MSW degree at New York University. In addition to providing individual social work services, Gladys has organized NORC activities including a Support Group, presentation on Black History Month as well as weekly remote Coffee Social Hour via Zoom. Gladys enjoys listening to music during her free time. During quarantine, she spent a lot of time learning new dishes but enjoys eating more than making them.

TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.

WEDNESDAY, MARCH 3, 2021 at 1:30 P.M.

For a visit to the
SENECA FALLS, NY
In honor of Women's History Month

WEDNESDAY, MARCH 17, 2021 at 1:30 P.M. to visit

IRELAND
In honor of St. Patrick's Day

Via ZOOM Meeting ID:
695 052 8675

VIRTUAL JAZZ CONCERT

MARCH 18, 2021 at 1:30 PM

Featuring
Elliott Alexander Brown (brass)
Dylan Defeo (keyboards)

Via ZOOM Meeting ID:
695 052 8675



This concert series is funded by the UJA Jeannette Solomon Fund

NAME THAT TUNE Virtual Event

WED., MARCH 24th, 2021 at 1:30 PM

Join friends and neighbors in listening to some of your favorite tunes. How well can you name the song and singer.

Via ZOOM Meeting ID:
695 052 8675

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.

