



Selfhelp | 85 YEARS OF CARING

BIG SIX TOWERS 2022 NORC NEWS



2 Crochet/Knitting 1:00 PM; Bldg 2 <i>Memoir Writing 2:30 Bldg 2</i>	3 MAH JONGG 12:00 PM; Bldg 2 <i>Jewelry Making 2:00 Bldg 2</i>	4 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM PERU	5 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 	6 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Building 2  BRAIN GAMES 1:00 PM VIA ZOOM
9 Advisory Council 11:30 via Zoom Crochet/Knitting 1:00 PM; Bldg 2 <i>Memoir Writing 2:30 Bldg 2</i>	10 MAH JONGG 12:00 PM; Bldg 2 <i>Jewelry Making 2:00 Bldg 2</i>	11 Short Story 11:30 AM VIA ZOOM Mother's Day Celebration with UJA CONCERT 1:00 PM Build.2	12 NORC NURSE: call for Appt. NUTRITION 11:00 AM STAR & MOON CHOIR 1:30 PM Building 2	13 CHAIR EXERCISES 11:00 AM Building 2  BRAIN GAMES 1:00 PM VIA ZOOM
16 Crochet/Knitting 1:00 PM; Bldg 2 CONCERTS IN MOTION—Bluegrass 1:30 Bldg 2 <i>Memoir Writing 2:30 Bldg 2</i>	17 MAH JONGG 12:00 PM; Bldg 2 <i>Jewelry Making 2:00 Bldg 2</i>	18 Short Story 11:30 via Zoom CONCERTS IN MOTION—KLEZMER 1:30 Building 2	19 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 Health Chat  1:00 p.m. Bld 2	20 CHAIR EXERCISES 11:00 AM Building 2  BRAIN GAMES 1:00 PM VIA ZOOM
23 TRIVIA 11:00 AM Bldg 2 Crochet-Knitting 1:00 PM; Bldg 2 <i>Memoir Writing 2:30 Bldg 2</i>	24 MAH JONGG 12:00 PM; Bldg 2 <i>Jewelry Making 2:00 Bldg 2</i>	25 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM SOUTHWEST	26 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 	27 CHAIR EXERCISES 11:00 AM Building 2  BRAIN GAMES 1:00 PM VIA ZOOM
30 Happy Memorial Day NORC CLOSED	31 MAH JONGG 12:00 PM; Bldg 2 <i>Jewelry Making 2:00 Bldg 2</i>	 Happy May Day!	 HAPPY Mother's DAY	LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. 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 as well as 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/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

To access Zoom by phone, call 1-646-876-9923
Enter the Meeting ID

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

HAPPY MOTHER'S DAY

Our NORC program continues to expand inperson activities while continuing to offer activities via Zoom. We will also begin adding new activities via Zoom so that those who are either homebound or prefer to continue participating from home, will have more activities to choose from. As always, safety is our priority: we continue to prescreen, encourage mask wearing and social distancing.

If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list to get the most up-to-date information.

BIG SIX NORC OFFICE:
61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

NURSE'S CORNER

Our NORC Nurse is available to assist you with health related matters: providing information, monitoring blood pressure and helping coordinate your care with your health care team. She is available via phone as follows:

Vanessa Kochupaul, RN, (also speaks Spanish) on Thursdays

HEALTH CHAT

Thur, May 19th at 1:00 p.m.
COMMUNITY ROOM BLDG 2



MANAGING OUR MENTAL HEALTH AS WE AGE

followed by discussion on

COVID-19 HOME TESTS: HOW TO USE THEM

Attendees will receive a free COVID-19 HOME TEST and free tote bag filled with PPE

Preregistration required:
718-545-5459

NEW CLASSES WITH Teaching Artist Donna Miskend

JEWELRY-MAKING every Tuesday @ 2:00 pm

WRITING A MEMOIR every Monday @ 2:30 pm

Building 2, Community Room

**Call 718-565-6569 to register
Materials provided**

Join us to celebrate Mother's Day with a CONCERT



Classical performance by students from Queens College
Aaron Copland School of Music
Wed. May 11th at 1:00 p.m.,
Community Room, Building 2

Preregistration required: 718-565-6569

Funded by UJA Jeanette Solomon Fund

Join us for several wonderful musical events this month: All in Community Room of Building 2

Preregistration Required:
Call 718-565-6569

May 11th at 1:00 PM—
Classical by Queens College
May 12th at 1:30 PM by Self-help's STARS & MOON CHOIR

MAY 16th at 1:30 PM
Bluegrass Music by Concerts in Motion

May 18th at 1:30 PM—
Klezmer Music by CIM

NEW PROGRAM TELEPHONE REASSURANCE

Are you homebound most of the time, would like a call from a friendly voice. Our trained volunteers will provide companionship, conversation and check on your well-being. Call the NORC office and ask our social workers about our new program
Call 718-565-6569



TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.

WED., May 4th 2022
1:30 P.M.

PERU



WED., May 21st 2022,
1:30 P.M.

SOUTHWEST USA

Via ZOOM Meeting
ID: 695 052 8675;
Passcode 914515



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

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



**IN-PERSON BUILDING 2
COMMUNITY ROOM
PREREGISTRATION AND MASKS
REQUIRED**

NORC HOUSEKEEPING and SHOPPING SERVICES

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

We offer partially subsidized services for those who qualify.

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 partially subsidized car service.

PERSONALIZED EMERGENCY RESPONSE SYSTEM

Do you live alone and worried you will not be able to contact help if you need it in case of an emergency?

Speak to one of our social workers about a partially subsidized Personalized Emergency Response System (PERS)

