



Selfhelp | 85 YEARS OF CARING

BIG SIX TOWERS 2021 NORC NEWS



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| <p>LOCATION KEY: ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</p> | | | | <p>1 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p> |
| <p>4</p> | <p>5 COFFEE SOCIAL 1:00 PM VIA ZOOM</p> | <p>6 Walk with Ease 10 am Bldg 2 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM</p> | <p>7 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p> | <p>8 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p> |
| <p>11 Advisory Council 12:00 PM via Zoom</p> | <p>12 COFFEE SOCIAL 1:00 PM VIA ZOOM</p> | <p>13 Walk with Ease check in 10 am BLDG 2 Short Story 11:30 AM VIA ZOOM</p> | <p>14 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p> | <p>15 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p> |
| <p>18 TRIVIA 11:00 AM Via ZOOM</p> | <p>19 COFFEE SOCIAL 1:00 PM VIA ZOOM</p> | <p>20 Walk with Ease 10 am Bldg 2 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM</p> | <p>21 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM HEALTH CHAT 1:30 via ZOOM</p> | <p>22 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p> |
| <p>25</p> | <p>26 COFFEE SOCIAL 1:00 PM VIA ZOOM</p> | <p>27 Walk with Ease 10 am Bldg 2 Short Story 11:30 AM VIA ZOOM CONCERTS IN MOTION—Latin Music 1:30 pm Comm.Rm #2</p> | <p>28 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p> | <p>29 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p> |



Due to COVID-19, all NORC services and activities are offered either over the phone or via ZOOM. Information on how to access Zoom is on the other side of this page. 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

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|---------------|--------------|
| TRIVIA | 569 009 0379 |
| SHORT STORIES | 569 009 0379 |
| BRAIN GAMES | 569 009 0379 |
| COFFEE SOCIAL | 569 009 0379 |

<https://selfhelp.zoom.us/j/6950528675>

Passcode 914515

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|-----------------------|--------------|
| NUTRITION | 695 052 8675 |
| VIRTUAL TOURS | 695 052 8675 |
| SPECIAL PRESENTATIONS | 695 052 8675 |
| HEALTH CHATS | 695 052 8675 |
| SUPPORT GROUP | 695 052 8675 |
| ADVISORY COUNCIL | 695 052 8675 |
| CHAIR EXERCISES | 695 052 8675 |

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

In September, the NORC began holding some outdoor activities. In October we will begin holding some indoor, inperson activities, following required safety protocols. We will begin with an indoor concert celebrating Hispanic Heritage Month on October 27th at 12:30 in Community Room of Building #2. Call 718-565-6569 for more information and to reserve a spot. Attendance is limited to 25 people and masks will be required. In November we will begin more inperson activities. We all look forward to seeing you in person again soon.

BIG SIX NORC OFFICE:

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

NURSE VANESSA'S CORNER

HEALTH CHAT

Breast Cancer

Thursday, October 21st, 2021

@ 1:30 PM via ZOOM

Meeting ID: 695 052 8675

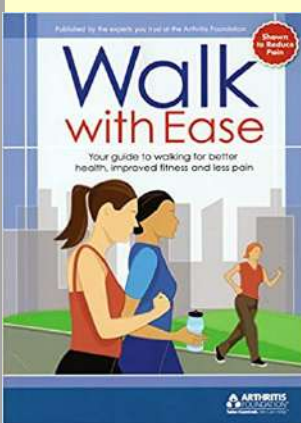
Passcode: 914515

October is BREAST CANCER AWARENESS MONTH

Finding breast cancer early and getting state-of-the-art cancer treatment are the most important strategies to prevent deaths from breast cancer. Breast cancer that's found early, when it's small and has not spread, is easier to treat successfully. Getting regular screening tests is the most reliable way to find breast cancer early. Join us for important information and updates on October 21st at 1:30 p.m.

WALK WITH EASE

Meet every Wednesday at 10:00 AM



outdoors in the circle outside Building #2. Join fellow walkers, check in, do warm up exercises together. Snacks and water provided. Call 718-565-6569

**JOIN US EVERY FRIDAY
MORNING AT 11:00 AM FOR**

CHAIR EXERCISES TO LATIN RHYTHMS

ZOOM Meeting ID: 695 052 8675

Passcode: 914515



**JOIN US ON
WEDNESDAY
OCTOBER 27TH
AT 12:30 PM
COMMUNITY
ROOM**

**BUILDING #2
LIVE CONCERT
WITH LATIN
MUSIC. Call**

718-565-6569 to reserve a space.

Space is limited.

MASKS REQUIRED

Refreshments will be provided.

**Are you 60+ and reside in Big
6 Towers?**

**Want to contribute to your
community?**

**Want to be a part of a great
organization?**

**We are looking for people
like you.**



**JOIN THE
BIG 6 NORC
ADVISORY
COUNCIL**

**Call Dora Ziongas at 718-565-
6569 for more information**

TRAVEL AROUND THE WORLD WITH US

**from the comfort of your homes.
WEDNESDAY, October 6th, 2021
at 1:30 P.M.**

NEW ZEALAND



WED., Oct. 20th, 2021, 1:30 P.M.

PAPUA NEW GUINEA



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

Do you enjoy cooking?

**Even more important, do you enjoy
eating delicious food?**

**Do you want to eat more healthy meals
which are also delicious?**

**Do you want to have fun with a great
group of friends?**

**JOIN US EVERY THURSDAY at 12:00 PM
(NOON) via Zoom for**

**COOKING CLASSES
with ANNA DIMAGGIO**



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

BENEFITS

**Do you qualify for benefits you
might not be aware of? Are you
60 years and over and reside in
Big 6 Towers. The NORC staff can
help you review and apply for
benefits including the following:**

SCRIE—Senior Citizen Rent In-
crease Exemption, helps eligible
older adults stay in affordable
housing with a rent freeze.

DRIE— Disability Rent Increase
Exemption—Local governments
and school systems grant a reduc-
tion on the amount of property
taxes paid by persons with disa-
bilities who qualify by submitting
documented evidence of their dis-
ability and meet certain income
and other requirements.

Enhanced STAR exemption re-
duces the school tax liability for
qualifying senior citizens by ex-
empting a portion of the value of
their home from the school tax

SNAP—Supplementary Nutrition
Assistance Program provides nu-
trition benefits to supplement the
food budget of those who qualify.

**The NORC Social Workers may
help you review and apply for
benefits. Call 718-565-6569,
leave a message and someone will
call you back.**