



Selfhelp



BIG SIX TOWERS 2022 NORC NEWS



3 Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2	4 TAI CHI 11:00 Bldg 2  MAH JONGG 1:00 PM; Bldg 2	5 YOM KIPPUR  Short Story 11:30 VIA ZOOM	6 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2  WALK W/EASE 2-4 PM Bldg 2	7 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Building 2 
10 Crochet-Knit 1:00 PM; 	11 TAI CHI 11:00 Bldg 2  MAH JONGG 1:00 PM; Bldg 2	12 Community Rm Closed 12-5 pm Short Story 11:30 VIA ZOOM VIRTUAL TOUR 1:30 via Zoom Mexico	13 NUTRITION 11:00 AM Building 2 HEALTH CHAT 1:30 AM WALK W/EASE 2-4 PM CONCERT 3:00 PM Bldg 2	14 CHAIR EXERCISES 11:00 AM Building 2 MOVIE: Addams Family Values 1:30PM 
17 ADVISORY COUNCIL 11:30 via Zoom Crochet-Knit 1:00 PM; CULMINATING EVENT Jewelry & Drawing 2:00 PM	18 TAI CHI 11:00 Bldg 2 BLOOD PRESSURE 12:15 Bldg 2 MAH JONGG 1:00 PM; Bldg 2	19 Short Story 11:30 via Zoom NY FIRE DEPT. PRESENTATION 1:30 PM; Comm Rm Bld 2	20 NORC NURSE: call for Appt. NUTRITION 11 AM VIA ZOOM WALK W/EASE 2-4 PM Bldg. 2	21 CHAIR EXERCISES 11:00 AM Building 2 BRAIN GAMES 1:00 PM Bldg 2 
24 Crochet-Knit 1:00 PM;	25 TAI CHI 11:00 Bldg 2 BLOOD PRESSURE 12:15 Bldg 2 MAH JONGG 1:00 PM; Bldg 2	26 Short Story 11:30 VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM Puerto Rico	27 NORC NURSE: call for Appt. SAFETY PRESEN- TATION by QUEENS DA OFFICE WALK WITH EASE 2-4 PM Outside	28 CHAIR EXERCISES 11:00 AM Building 2 
31  HALLOWEEN Party 1:30 PM Bldg 2			LOCATION KEY: INPERSON ACTIVI- TIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVI- TIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFOR- MATION	

zoom



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

NUTRITION 695 052 8675

ADVISORY COUNCIL 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.

Our NORC Program staff, Advisory Council and members wish to express our sadness and offer our condolences to the family of Kevin Doyle who passed away in September 2022. As past President of the Board for several years, Kevin was always very supportive of the NORC program and its many activities.

Join us as we CELEBRATE HISPANIC HERITAGE MONTH with events highlighting Hispanic cultures and peoples throughout the month.

October is also Breast Cancer Awareness Month and a good time to schedule your mammogram if you haven't already.

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 HEALTH CHAT

Thursday, October 13, 2022
1:30 PM, Comm. Room, Bldg. 2
MANAGING DIABETES

The risk for diabetes increases with age, making diabetes common in older adults. Approximately 25% of adults over 60 have diabetes



BLOOD PRESSURE SCREENING

10/6, 10/13, 10/18, 10/25

By NORC Nurses
12:15 p.m.
Bldg 2, Comm. Room
59-15 47th Avenue
Call 718-565-6569
MASKS REQUIRED



WALK WITH EASE

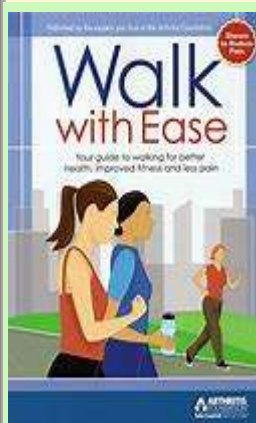
6-week evidence-based falls prevention program

Led by Diane Cocores

Thursdays @ 2:00 p.m.

Building 2, Community Room and outdoors

Call 718-565-6569 for more information and to reserve a space. Capacity is limited.
PREREGISTRATION AND MASKS REQUIRED



SAFETY TIPS AND FRAUD PREVENTION FOR OLDER ADULTS

Special Presentation by Queens District Attorney's Office
Thursday, October 27th, 2022 from 11:00-1:00 p.m.

Community Room, Building 2
Lunch provided; Space limited
Call 718-565-6569 for more information (Nutrition Class cancelled that day)

NY FIRE DEPT PRESENTATION
Wed. Oct. 19th @ 1:30 PM Comm Room, Bldg. 2



FIRE SAFETY TIPS

Call 718-565-6569 for more info.

MOVIE

ADDAMS FAMILY VALUES

Oscar nominated comedy

Fri., Oct. 14th, 1:30-3:30 p.m.



HONORING HISPANIC HERITAGE MONTH

Nutrition Class Oct. 13th,
VIVA SPANISH HERITAGE

Virtual Tours, Wed., Oct 12th and Oct 26th, 1:30 PM, Mexico and Puerto Rico

Concert by Concerts in Motion featuring Latin Music Oct. 13th @ 3:00 p.m.

Brain Games, October 21st, 1:00 PM

JOIN US FOR AN AFTERNOON OF FUN

HALLOWEEN PARTY

Oct 31st, 1:30 PM, Comm Rm, Bldg. 2 Costumes encouraged



TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.

WED., Oct. 12, 2022
1:30 P.M. MEXICO



WED., Oct. 26, 2022,
1:30 P.M. PUERTO RICO
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
SNACKS TO TAKE HOME

Oct. 6th: DIET & IMMUNE HEALTH
Chickpea & Tuna Wrap; Tangerines

Oct. 13th VIVA SPANISH HERITAGE
Mexican Bean Burrito & Mango

Oct. 20th: PROMOTING REGULARITY AND BETTER BOWEL HABITS
Minestrone & Bean Soup; Baked Fruits

Oct. 27th: Class CANCELLED



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 SCHE, 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.

They will assess your needs and what resources are available. Our services are free; We respect your privacy.

Do you have internet service?
You might qualify for the Affordable Connectivity Program

The Affordable Connectivity Program helps connect families and households struggling to afford internet service. It provides up to \$30/month discount for broadband service; and A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

For more info and assistance, call 718-565-6569 and ask to speak to a NORC social worker