



BIG SIX TOWERS 2022 NORC NEWS



<p>1 Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>2 TAI CHI 11:00 Bldg 2  MAH JONGG 1:00 PM; Bldg 2</p>	<p>3 Short Story 11:30 VIA ZOOM </p>	<p>4 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2  WALKING CANCELLED</p>	<p>5 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Building 2 MOVIE 1-3:00 PM Blg 2 NORC Closes at 4:00 pm</p>
<p>8 Drawing Class 11:00 a.m. Blg 2 Advisory Council 11:30 via Zoom Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>9 TAI CHI 11:00 Bldg 2  MAH JONGG 1:00 PM; Bldg 2 COVID TEST VAN</p>	<p>10 Short Story 11:30 VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM FIJI ISLANDS COVID TEST VAN</p>	<p>11 NORC NURSE: call for Appt. NUTRITION CANCELLED WALKING 2-4 PM Diane Bldg. 2 COVID TEST VAN</p>	<p>12 CHAIR EXERCISES 11:00 AM Building 2 MOVIE 1-3:00 PM Blg 2 NORC Closes at 4:00 pm COVID TEST VAN</p>
<p>15 Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>16 TAI CHI 11:00 Bldg 2  MAH JONGG 1:00 PM; Bldg 2</p>	<p>17 Short Story 11:30 via Zoom </p>	<p>18 NORC NURSE: call for Appt. HEALTH CHAT 11:00 AM NUTRITION CANCELLED WALKING 2-4 PM Diane Bldg 2</p>	<p>19 CHAIR EXERCISES 11:00 AM Building 2 MOVIE 1-3:00 PM Blg 2 NORC Closes at 4:00 pm</p>
<p>22 Drawing Class 11:00 a.m. Bldg 2 Crochet-Knit 1:00 PM; Jewelry Making 2:00 Bldg 2</p>	<p>23 PRIMARY ELECTION, Comm. Rm. Bldg. 2 NORC EVENTS CANCELLED</p>	<p>24 Short Story 11:30 VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM VIETNAM</p>	<p>25 NORC NURSE: call for App  NUTRITION 11:00 AM Building 2 WALIKING 2-4 PM Diane Bldg. 2</p>	<p>26 CHAIR EXERCISES 11:00 AM Building 2 MOVIE 1-3:00 PM Blg 2 NORC Closes at 4:00 pm</p>
<p>29 Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>30 TAI CHI 11:00 Bldg 2  MAH JONGG 1:00 PM; Bldg 2</p>	<p>31  Short Story 11:30 VIA ZOOM</p>	<p>LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</p> 	



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
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

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.
I hope everyone is enjoying the summer. Remember to stay safe in the heat and sun. Our NORC is expanding and we welcome new staff including Lisa Norton, Outreach Worker, Diane Cocores and Dilshad Keshwani, Exercise Instructors and Clare Natel, RN, NORC Nurse for 2 days a week joining Vanessa Kochupaul, RN who will continue one day a week. New programming this month includes weekly movies, drawing classes and return of jewelry classes. If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list

BIG SIX NORC OFFICE:

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

NURSE'S CORNER

WELCOME NEW NORC NURSE

Please join us in welcoming our new NORC Nurse, Clare Natel, RN who joined our NORC on Tuesday, July 19th. She will be available every week on Tuesdays and Thursdays to support our health programming as well as to provide individual education and support for your health care needs. Vanessa Kochupaul will also continue one day a week.

BLOOD PRESSURE SCREENING

By our NORC Nurse
Tuesdays, 1:00 p.m.
Bldg 2, Comm. Room
59-15 47th Avenue

Call 718-565-6569
MASKS REQUIRED



EXERCISE PROGRAMMING

TAI CHI FOR ARTHRITIS

Led by Dilshad Kishwani

Tuesdays @ 11 a.m.



WALK with EASE Led by Diane Cocores
Thursdays @ 2:00 p.m.

Building 2, Community Room

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



NEW ACTIVITY

JOIN US FOR WEEKLY MOVIE AFTERNOONS

every Friday in August from 1:00-3:00 p.m. in Community Room of Building 2 **Masks Required**

Fri. 8/5: HOUSE OF GUCCI

Fri. 8/12: RESPECT

Fri. 8/19: BEING THE RICARDOS

Fri. 8/26: LICORICE PIZZA



PRIMARY ELECTIONS

Tuesday, August 23rd, 2022
Community Room, Building 2
Remember to come and vote.



NORC Activities are cancelled that day

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 program
Call 718-565-6569



TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.
WED. August 10th, 2022
1:30 P.M.

FIJI ISLANDS



WED. August 24th, 2022, 1:30 P.M.
VIETNAM

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



IN-PERSON BUILDING 2 COMMUNITY ROOM
PREREGISTRATION AND MASKS REQUIRED; TAKE HOME SNACKS

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.

MEDICAL TRANSPORTATION SERVICES AVAILABLE



Do you need transportation to your medical appointments? The NORC staff can help.

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)

