
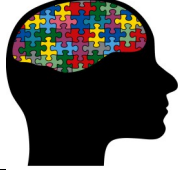






BIG SIX TOWERS 2020 NORC NEWS



<p>1 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>2 Short Story 11:30 AM VIA ZOOM</p> <p>VIRTUAL TOUR 1:30 via ZOOM</p>	<p>3 NORC NURSE: Call for Appt</p> <p>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p>4 BRAIN GAMES 1:00 PM VIA ZOOM</p> 
<p>7 TRIVIA 1:00 PM Via Zoom</p>	<p>8 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>9 Short Story Group 11:30 AM via Zoom</p>	<p>10 NORC NURSE: NUTRITION 12:00 PM VIA ZOOM HEALTH CHAT 1:30 via ZOOM HAPPY HANUKKAH</p> 
<p>14 Advisory Council 12:00 PM via Zoom ***** TRIVIA 1:00 PM via Zoom</p>	<p>15 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>16 Short Story Group 11:30 AM VIA ZOOM</p> <p>VIRTUAL TOUR 1:30 via ZOOM</p>	<p>17 NORC NURSE: Call for Appt</p> <p>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM HOLIDAY PARTY 1:30 via ZOOM</p> 
<p>21 TRIVIA 1:00 PM Via Zoom</p>	<p>22 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>23 Short Story Group 11:30 AM VIA ZOOM</p>	<p>24 NORC NURSE: Call for Appt.</p> <p>NUTRITION CANCELLED</p>  <p>NORC CLOSED</p>
<p>28 TRIVIA 1:00 PM Via Zoom</p>	<p>29 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>30 Short Story Group 11:30 AM VIA ZOOM</p>	<p>31 NORC NURSE: Call for Appt</p> <p>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p> <p>LOCATION KEY: ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFOR- MATION</p>

zoom



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
ADVISORY COUNCIL	569 009 0379
https://selfhelp.zoom.us/j/6950528675	
NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
CONCERTS	695 052 8675

DECEMBER

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

BEST WISHES FROM THE NORC TEAM FOR A HAPPY AND HEALTHY HOLIDAY SEASON

Join us on Thursday, December 17, 2020 at 1:30 p.m. for a **VIRTUAL HOLIDAY CELEBRATION via ZOOM**

<https://selfhelp.zoom.us/j/6950528675>
or call via phone : 1-646-876-9923

Meeting ID: 695 052 8675



Call 718-565-6569 for information.

BIG SIX NORC OFFICE:
59-55 47th Avenue, Apt. 2G, Woodside, NY, 11377/ 718-565-6569

NURSE VANESSA'S CORNER

Wishing everyone a safe, happy and healthy holiday season. Here are some tips from the National Council on Aging for staying safe during this unusual holiday season:

Unfortunately, over the past few weeks, COVID-19 cases, hospitalizations, and deaths have increased in almost all states. The daily case numbers are the highest they have been since the pandemic started in February. With these alarming increases, it's important to stay vigilant and protect yourself and those you love from contracting coronavirus during the holidays and beyond.

Celebrating with members of your household or virtually with members of your extended family pose the lowest risk for spread. As always, we all must adhere to the very important safety precautions during the holidays and beyond:

- **Wear face masks at all times in public and when around people not in your household**
- **Keep 6 feet apart from people not in your household**
- **Wash hands frequently**

By following these guidelines, we can enjoy a happy AND healthy holiday season.



How to Stay Safe from Coronavirus this Holiday

The Centers for Disease Control and Prevention (CDC) recently issued guidelines for staying safe during the holidays. These are meant to supplement—not replace—state and local health and safety laws and rules.

First and foremost, people with or exposed to COVID-19 should not host or participate in any in-person festivities. Also, if you're aged 65+ and/or have a chronic health condition such as heart disease, high blood pressure, or diabetes, it's best to avoid in-person gatherings with people who do not live in your household. Consider activities with lower risk, such as:

- **Having a small dinner with only people who live in your household.**
- **Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others.**
- **Hosting or participating in a virtual dinner and sharing favorite recipes with friends and family.**



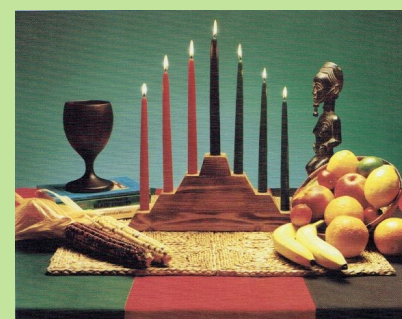
TRAVEL AROUND THE WORLD WITH US

Join us twice a month, the first and third Wednesday of each month, as we travel around the world from the comfort of our homes. Join us in December as we celebrate the holiday season.

WEDNESDAY, DECEMBER 2nd at 1:30 P.M.

WEDNESDAY, DECEMBER 16th at 1:30 P.M.

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.

