

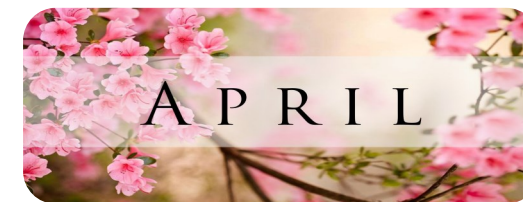


# APRIL NEWSLETTER



Selfhelp | 85 YEARS OF CARING

# BIG SIX TOWERS 2021 NORC NEWS



<p><b>LOCATION KEY:</b> ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</p>			<p><b>1</b> <b>NORC NURSE: call for Appt.</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b></p>	<p><b>2</b> <b>CHAIR EXERCISES Marcelo Rodriquez 11:00 AM via Zoom</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p>
<p><b>5</b> <b>TRIVIA</b> <b>1:00 PM Via Zoom</b></p>	<p><b>6</b> <b>COFFEE SOCIAL 1:00 PM VIA ZOOM</b></p>	<p><b>7</b> <b>Short Story 11:30 AM VIA ZOOM</b> <b>VIRTUAL TOUR 1:30 VIA ZOOM</b></p>	<p><b>8</b> <b>NORC NURSE: call for Appt.</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b> <b>ELDER LAW 1:30 PM VIA ZOOM</b></p>	<p><b>9</b> <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p>
<p><b>12</b> <b>Advisory Council 12:00 PM via Zoom *****</b> <b>TRIVIA 1:00 PM via Zoom</b></p>	<p><b>13</b> <b>COFFEE SOCIAL 1:00 PM VIA ZOOM</b></p>	<p><b>14</b> <b>Short Story 11:30 AM VIA ZOOM</b> <b>CONCERT 1:30 PM VIA ZOOM</b></p>	<p><b>15</b> <b>NORC NURSE: Call for Appt</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b></p>	<p><b>16</b> <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p>
<p><b>19</b> <b>TRIVIA</b> <b>1:00 PM Via Zoom</b></p>	<p><b>20</b> <b>COFFEE SOCIAL 1:00 PM VIA ZOOM</b></p>	<p><b>21</b> <b>Short Story Group 11:30 AM VIA ZOOM</b> <b>VIRTUAL TOUR 1:30 VIA ZOOM</b></p>	<p><b>22</b> <b>NORC NURSE: Call for Appt</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b> <b>HEALTH CHAT 1:30 VIA ZOOM</b></p>	<p><b>23</b> <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p>
<p><b>26</b> <b>TRIVIA</b> <b>1:00 PM Via Zoom</b></p>	<p><b>27</b> <b>COFFEE SOCIAL 1:00 PM VIA ZOOM</b></p>	<p><b>28</b> <b>Short Story Group 11:30 AM VIA ZOOM</b> <b>YOU THINK YOU'RE A SMARTY PANTS ? 1:30 PM VIA ZOOM</b></p>	<p><b>29</b> <b>NORC NURSE: call for Appt.</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b></p>	<p><b>30</b> <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></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

TRIVIA	569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
CHAIR EXERCISES	569 009 0379

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

Passcode 914515

NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
CONCERTS	695 052 8675
HEALTH CHATS	695 052 8675
SMARTY PANTS	695 052 8675
ADVISORY COUNCIL	695 052 8675

**MESSAGE FROM THE DIRECTOR Theodora (Dora) Ziongas, M.A.**  
*As more and more of us become vaccinated, we look to the future with increasing hope. The safety of our staff and the seniors we serve continues to be our most important priority. We continue offering new and more virtual programming as well as our individual services.*

*This month there are major holidays for many of us. We wish the members of our community who celebrate, a happy and blessed Passover, Easter and Ramadan. The diversity of our city is our strength.*



**BIG SIX NORC OFFICE:**

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

## **NURSE VANESSA'S CORNER**

This past year has been a difficult one as we navigate various stages of the COVID-19 pandemic. Staying home and being isolated can bring many challenges. Taking care of ourselves is especially important under these circumstances.

Join me on April 22nd for this month's HEALTH CHAT and get tips on staying physically and emotionally healthy during this time. Here are some symptoms to watch out for.

If any of these are persistent and troubling, you can always give me a call to discuss

- Trouble focusing on daily activities
- Anxiety that turns into feelings of being out of control
- Strong feelings that interfere with daily activities
- Having emotions that become difficult to manage
- Feelings of hopelessness or helplessness

**Join us on Thursday, April 22, 2021 at 1:30 p.m. for a HEALTH CHAT: SELF CARE**  
Via ZOOM Meeting ID: 695 052 8675  
Passcode: 914515

### **REMINDER:**

**IRS EXTENDS DEADLINE FOR FILING FEDERAL INCOME TAX RETURNS TO MAY 17, 2021**

### **HAPPY HOLIDAYS:**

**PASSOVER: March 27-April 4, 2021**  
**EASTER, April 4, 2021**  
**RAMADAN: April 12-May 12, 2021**

## **JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR CHAIR EXERCISES TO LATIN RHYTHMS WITH MARCELO RODRIGUEZ**



**ZOOM Meeting ID: 695 052 8675**  
**Passcode: 914515**

### **HAVE QUESTIONS REGARDING WILLS, POWER OF ATTORNEY, HEALTH CARE PROXY, ETC.?**



**JOIN US FOR AN INFORMATIVE DISCUSSION WITH ELDER LAW ATTORNEYS MARK C. LEAVITT, ESQ., and TALI B. SEHALI, ESQ.**

**APRIL 8th, 2021 at 1:30 P.M.**

**Via ZOOM Meeting ID: 695 052 8675**  
**Passcode: 914515**

## **TRAVEL AROUND THE WORLD WITH US**

*from the comfort of your homes.*

**WEDNESDAY, APRIL 7, 2021 at 1:30 P.M.**

**For a visit to PUERTO RICO**



**WEDNESDAY, APRIL 21, 2021 at 1:30 P.M. to visit**

**SANTA FE, NEW MEXICO**



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

### **VIRTUAL CONCERT**

**APRIL 14, 2021 at 1:30 PM**

**Anna Tanasijevic flute, piccolo**

**Joseph Bartolozzi organ, keyboard/piano**



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

*This concert series is funded by the UJA Jeannette Solomon Fund*

### **SO YOU THINK YOU'RE A SMARTY PANTS? Virtual Event**

**WED., APRIL 28th, 2021 at 1:30 PM**

**Join friends and neighbors to test your knowledge in various areas.**

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

## **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.

