



Selfhelp | 85 YEARS OF CARING



# BIG SIX TOWERS 2022 NORC NEWS



LOCATION KEY:  
INPERSON ACTIVITIES:  
BUILDING 2  
COMMUNITY RM.  
  
REMOTE ACTIVITIES  
VIA ZOOM. CALL 718-  
565-6569 FOR MORE  
INFORMATION



1  
CHAIR EXERCISES  
w/LATIN RHYTHM  
11:00 AM via Zoom



BRAIN GAMES  
1:00 PM VIA ZOOM

4  
Crochet/Knitting 1:00  
PM; Bldg 2



Support Grp 3:00-  
4:00; Bldg 2

5  
Blood Pressure  
11-12:00 Bldg. 2



MAH JONGG  
1:00 PM; Bldg 2

VIRTUAL TOUR  
PORTUGAL  
1:30 VIA ZOOM

NUTRITION  
11:00 AM  
Building 2



8  
CHAIR EXERCISES  
11:00 AM VIA ZOOM



BRAIN GAMES  
1:00 PM VIA ZOOM

11  
Advisory Council  
11:30 via Zoom

Crochet/Knitting  
1:00 PM; Bldg 2

Support Grp 3:00-4:00;  
Bldg 2

12  
Blood Pressure  
11-12:00 Bldg. 2

MAH JONGG  
1:00 PM; Bldg 2

Jewelry Making 2:30  
Bldg 2

13  
Short Story  
11:30 via Zoom



14  
NUTRITION  
11:00 AM  
Building 2



Concerts in Mo-  
tion - Broadway  
Standards 1:30—  
Bldg 2

15  
CHAIR EXERCISES  
11:00 AM VIA ZOOM



BRAIN GAMES  
1:00 PM VIA ZOOM

18  
Crochet-Knitting 1:00  
PM; Bldg 2



Memoir Writing 2:30  
Bldg 2

19  
Blood Pressure  
11-12:00 Bldg. 2

MAH JONGG  
1:00 PM; Bldg 2

Jewelry Making 2:30  
Bldg 2

20  
Short Story  
11:30 AM VIA  
ZOOM

VIRTUAL TOUR  
CROATIA  
1:30 VIA ZOOM

21  
NORC NURSE: call  
for Appt.

NUTRITION  
11:00 AM  
Building 2



HEALTH CHAT  
1:00 Bldg 2

22  
CHAIR EXERCISES  
11:00 AM VIA ZOOM



BRAIN GAMES  
1:00 PM VIA ZOOM

25  
TRIVIA  
11:00 AM via ZOOM

Crochet-Knitting 1:00  
PM; Bldg 2

Memoir Writing 2:30  
Bldg 2

26  
Blood Pressure  
11-12:00 Bldg. 2

MAH JONGG  
1:00 PM; Bldg 2

Jewelry Making 2:30  
Bldg 2

27  
Short Story  
11:30 AM VIA  
ZOOM



UJA CONCERT  
1:30 PM, Bldg 2

28  
NORC NURSE:  
call for Appt.

NUTRITION  
11:00 AM  
Building 2



29  
CHAIR EXERCISES  
11:00 AM VIA ZOOM



BRAIN GAMES  
1:00 PM VIA ZOOM

zoom



We will continue to offer some NORC services and activities over the phone or via ZOOM as well as limited in-person activities. 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  
CHAIR EXERCISES 695 052 8675

To access Zoom by phone,  
call 1-646-876-9923  
Enter the Meeting ID

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

**We wish everyone who celebrates this month, a joyous holiday.**

The NORC is continuing to develop its programming while also following COVID-19 safety protocols. We have several new and exciting programs this month. In-person group activities are held in Building 2. Preregistration is required as is prescreening, mask wearing and social distancing.

Staff are in the office on a staggered schedule so please call to make an appointment.

**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**

**We welcome our new NORC Nurse, Lyona Howard, RN She will be working onsite Mondays and Tuesdays.**

**Vanessa Kochupaul, RN, has been our NORC Nurse for the past two years and will continue working with us on Thursdays remotely**

## **BLOOD PRESSURE SCREENING**

By our NORC Nurse  
Tuesday 11:00 to 1:00  
Building 2, Comm. Rm.  
59-15 47th Avenue

Call 718-565-6569

**MASKS REQUIRED**



## **NEW PROGRAMMING Beginning in April**

**Including**

**JEWELRY-MAKING CLASSES**  
begins April 12, @ 2:30

**WRITING A MEMOIR** begins  
April @18 @ 2:30

Building 2, Community Room

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



## **SUPPORT GROUP:**

### **COPING WITH THE NEW NORMAL**

Join us as we explore and share coping strategies, experiences and best ways to move ahead.

Monday, March 28—  
April 11th; 3-:00  
p.m. Building 2; Pre-  
registration required;  
call 718-565-6569



## **CONCERTS IN MOTION**

April 14th 2022 at 1:30 PM

### **BROADWAY STANDARDS**

Building 2



**CONCERT** with students from  
Queens College Aaron  
School of Music  
Funded by UJA Jeanette  
Solomon Fund



April 28 @ 1:30 PM, Bldg. 2

### **NEW PROGRAM BEGINNING APRIL 8th 2022**

#### **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 our new program  
Call 718-565-6569



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

from the comfort of your homes.  
WED., April 6th 2022  
1:30 P.M.

### **PORTUGAL**



WED., April 20th  
2022, 1:30 P.M.

### **CROATIA**



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**

## **NORC HOUSEKEEPING and SHOPPING SERVICES**

Are you a resident of Big 6 Towers, 60 years and older and need some help with light housekeeping and/or light shopping?

We offer partially subsidized services for those who qualify.

Call our office at 718-565-6569 and speak to one of our social workers.



## **MEDICAL TRANSPORTATION SERVICES AVAILABLE**



Do you need transportation to your medical appointments?  
Call the NORC office at 718-565-

6569. We can arrange partially subsidized car service.

## **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)

