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BIG SIX TOWERS 2023 NORC NEWS APRIL

3 DRAWING 10:30-12:30 Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	4 MATTER OF BALANCE 11:00 AM MAH JONGG w/ 1:00 PM; Bldg 2	5 Short Story 11:30 ZOOM UJA CONCERT 1:00 PM Health Coach 2:00-4:00 pm	6 Blood Pressure 11 am NUTRITION CANCELLED Elder Abuse 12 SU CASA 2-4	7 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Bldg. 2
10 DRAWING 10:30-12:30 ADVISORY COUNCIL 11:30 Zoom Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	11 MATTER OF BALANCE 11:00 AM MAH JONGG w/ 1:00 PM; Bldg 2	12 Short Story 11:30 VIA ZOOM Health Coach Hypertension 1:00-3:00	13 Blood Pressure 11:00 NUTRITION CANCELLED Pizza Party-12 SU CASA 2-4	14 CHAIR EXERCISES 11:00 AM Bldg. 2
17 DRAWING 10:30-12:30 Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	18 MATTER OF BALANCE 11:00 AM MAH JONGG 1:00 PM Walkathon 2-4	19 Short Story 11:30 VIRTUAL TOUR 12:00 Health Coaches 1-3	20 Blood Pressure 11 am NUTRITION 12:00 PM SU CASA 2-4	21 CHAIR EXERCISES 11:00 AM MOVIE: ELVIS 1:00 PM
24 DRAWING 10:30-12:30 Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	25 MATTER OF BALANCE 11:00 AM MAH JONGG 1:00 PM Walkathon 2-4	26 Short Story 11:30 ZOOM VIRTUAL TOUR 12:00 Health Coach 1-3	27 Blood Pressure 11 am NUTRITION 12:00 PM SU CASA 2-4	28 CHAIR EXERCISES 11:00 AM Bldg 2



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

zoom

We 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
ADVISORY COUNCIL	695 052 8675

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

Information in this newsletter is as accurate as possible at the time of printing. 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 activity.

MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.
Best wishes for a wonderful holiday season for all those celebrating this month.



Do you qualify for SCRIE, SNAP or other benefits? We can help with this and other services.

Call the NORC office at 718-565-6569 for more information on our services and programs.

For the most up-to-date information on NORC activities, sign up for our e-newsletter.

BIG SIX NORC OFFICE:
 61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

Nurse's Corner

Welcome Nurse

Juna Martinez, RN who will be onsite every Monday and Tuesday. She will be available for blood pressure screenings and to answer your health questions in the Community Room, Bldg. 2

Mondays 11:00 am-12:00 pm & 1:00-2:00 pm
Tuesdays: 1:00-2:00 PM



Presentation by Arnold Raphael, Injury Prevention Program Coordinator, JAMAICA

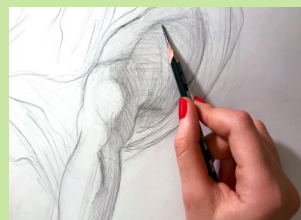
HOSPITAL CENTER ELDER ABUSE

April 6th , 12:00 pm



ARTS PROGRAMMING:

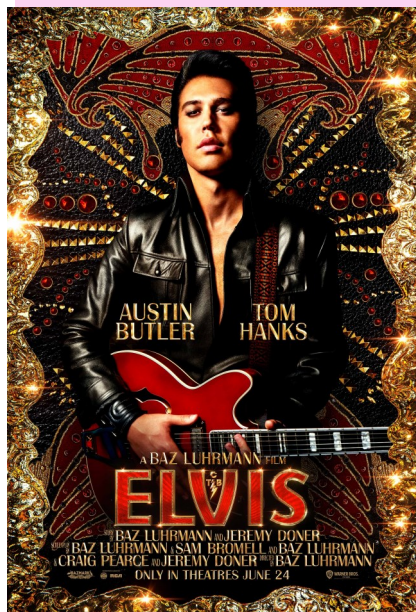
DRAWING: Mon. 10:30 a.m.



COLORED PENCIL: Mon, 1:30 pm

SU CASA—PHOTO ARCHIVING and POETRY, Thursdays from 2:00-4:00 p.m.

MOVIE at 1:00 PM: Friday, April 20, 2023



Elvis's story through the prism of the complicated relationship with his enigmatic manager, Colonel Tom Parker. against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis's life, Priscilla Presley

Starring Austin Butler & Tom Hanks

NEW PROGRAMS IN APRIL:

BIG APPLE WALK-A-THON

Every Tues, beginning April 18th at 2:00 p.m. Prizes awarded to each Walking Club that completes program; Pedometers provided.

A fun, easy way to exercise, enjoy time with friends and the outdoors. PREREGISTRATION REQUIRED: call 718-565-6569 for more information.



TRAVEL AROUND THE WORLD from the comfort of your homes. WED., April 19th 2023, 12:00 P.M. CELEBRATING PASSOVER & EASTER



WED., April 26th, 2023, 12:00 P.M., CELEBRATING RAMADAN.



Why is Ramadan a special time?

Via ZOOM Meeting ID: 695 052 8675; Passcode 914515



JOIN US EVERY THURSDAY at 12:00 PM (NOON) NUTRITION AND HEALTHY COOKING CLASSES With ANNA DIMAGGIO

Community Room, Bldg.2 CANCELLED on APRIL 6th and April 13th



Special PROGRAM April 20: Planting an Herb Garden learn about the many benefits of herbs and plant your own to take home; Materials provided

CONCERT featuring students from Queens College Aaron Copland School of Music Funded by a UJA Jeannette Solomon Intergenerational Art Grant

Wed. April 5th 1:00 PM Community Room, Bldg. 2



Barefoot Bossa is completely dedicated to any kind of Latin-American (inspired) music: anything between Antonio Carlos Jobim's world-famous standards and Chick Corea's fusion compositions. No matter in which line-up the group performs, one thing is clear, you'll sway away in smooth chord progressions and the sound of foreign languages

**vocals: Tabea Koloska
flute: Danielle Sopchack
guitar: Lee Kaufman**



Join us for a Pizza Party Thursday, April 13, 2023 at 12:00 noon. Space is limited. Please call 718-565-6569 to reserve.