








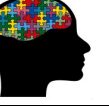





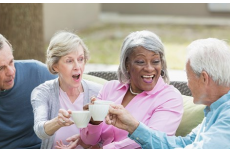







Selfhelp | 85 YEARS OF CARING



# BIG SIX TOWERS 2021 NORC NEWS



<p>2</p> 	<p>3 <b>COFFEE SOCIAL</b> 1:00 PM via ZOOM</p> 	<p>4 <b>Short Story</b> 11:30 AM VIA ZOOM</p> 	<p>5 <b>NORC NURSE: call for Appt.</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b></p>	<p>6 <b>CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p> 
<p>9 <b>Advisory Council</b> 12:00 PM via Zoom</p>	<p>10 <b>COFFEE SOCIAL</b> 1:00 PM via ZOOM</p> 	<p>11 <b>Short Story</b> 11:30 AM VIA ZOOM</p> <p><b>VIRTUAL TOUR 1:30 VIA ZOOM</b> <b>Guitar Factory</b></p> 	<p>12 <b>NORC NURSE: call for Appt.</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b></p> 	<p>13 <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p> 
<p>16 <b>TRIVIA</b></p> <p>11:00 AM Via Zoom</p>	<p>17 <b>COFFEE SOCIAL</b> 1:00 PM VIA ZOOM</p> 	<p>18 <b>Short Story</b>  11:30 AM VIA ZOOM</p> 	<p>19 <b>NORC NURSE: Call for Appt</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b></p>	<p>20 <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p> 
<p>23</p> 	<p>24 <b>COFFEE SOCIAL</b> 1:00 PM VIA ZOOM</p> 	<p>25 <b>Short Story Group</b> 11:30 AM VIA ZOOM</p> <p><b>VIRTUAL TOUR 1:30 VIA ZOOM</b> <b>SPAIN</b></p>	<p>26 <b>NORC NURSE: Call for Appt</b> <b>NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</b> <b>HEALTH CHAT 1:30</b> <b>MEN'S HEALTH</b></p>	<p>27 <b>CHAIR EXERCISES 11:00 AM VIA ZOOM</b> <b>BRAIN GAMES 1:00 PM VIA ZOOM</b></p> 
<p>30</p> 	<p>31 <b>COFFEE SOCIAL</b> 1:00 PM VIA ZOOM</p> 			<p><b>LOCATION KEY:</b> ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</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
COFFEE SOCIAL	569 009 0379

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

Passcode 914515

NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
SPECIAL PRESENTATIONS	695 052 8675
HEALTH CHATS	695 052 8675
SUPPORT GROUP	695 052 8675
ADVISORY COUNCIL	695 052 8675
CHAIR EXERCISES	695 052 8675

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

**THE NORC OFFICES WILL BE MOVING AS WE PREPARE TO RESUME LIMITED IN-PERSON SERVICES IN OUR NEW LOCATION. STAY TUNED FOR MORE INFORMATION.**

**As more and more people continue to receive the COVID-19 vaccine, we are beginning to plan for a return to in-person services. In order to assure safety of our staff, volunteers and the older adults we serve, we will be following precautions, requiring working in a different way than before. We are still working out the details and will continue to update you. We all look forward to seeing you in person again in the near future.**

**BIG SIX NORC OFFICE:**

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



**NURSE VANESSA'S CORNER**

**HEALTH CHAT  
UPDATE ON IMMUNIZATIONS**  
**Thursday, August 26th, 2021**  
**@ 1:30 PM via ZOOM**  
**Meeting ID: 695 052 8675**  
**Passcode: 914515**



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH  
Vaccines protect both adults and children from serious diseases throughout their lives. Check with your doctor or health care provider to make sure you and your family are up to date on your immunizations.



**The COVID-19 pandemic has highlighted the importance of vaccines and immunizations and how these can protect us and our community from serious illnesses. Join us on August 26th at 1:30 p.m for an important health chat and get updates on COVID-19 vaccines, precautions and guidelines for moving forward.**

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



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

**Are you 60+ and reside in Big 6 Towers?  
Want to contribute to your community?  
Want to be a part of a great organization?  
We are looking for people like you.**

**JOIN THE  
BIG 6 NORC  
ADVISORY COUNCIL**



**Call Dora Ziongas at 718-565-6569 for more information**

**TRAVEL AROUND THE WORLD WITH US**

**from the comfort of your homes.  
WEDNESDAY, August 11th, 2021  
at 1:30 P.M.**

**Tour of Guitar Making Factory**



**WEDNESDAY, August 25th, 2021  
at 1:30 P.M. to visit Spain**



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

**Do you enjoy cooking?  
Even more important, do you enjoy eating delicious food?  
Do you want to eat more healthy meals which are also delicious?  
Do you want to have fun with a great group of friends?  
JOIN US EVERY THURSDAY at 12:00 PM (NOON) via Zoom for**

**COOKING CLASSES  
with ANNA DIMAGGIO**



**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.

