




BIG SIX TOWERS 2023 NORC NEWS



LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION	1 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM	2 Short Story 11:30 ZOOM VIRTUAL TOUR 1:00 PM Managing Stress 2-4	3 NUTRITION 12:00 PM 	4 CHAIR EXERCISES 11:00 AM NORC closes at 4:00	
	7 Jewelry 10:30 Crochet/Knitting 1:00 PM; Bldg 2 Drawing 1:30	8 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM	9 Short Story 11:30 VIA ZOOM Managing Stress CANCELLED	10 NUTRITION 12:00 PM 	11 CHAIR EXERCISES 11:00 AM NORC closes at 4:00
	14 Jewelry 10:30 ADVISORY COUNCIL 11:30 Crochet/Knitting 1:00 PM; Bldg 2 Drawing 1:30	15 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM;	16 Short Story 11:30 Managing Stress 2-4	17 HEALTH CHAT Vaccine News 11:00 AM NUTRITION 12:00 PM	18 CHAIR EXERCISES 11:00 Birthday Party 12:30 NORC closes 4:00
	21 Jewelry 10:30 Crochet/Knitting 1:00 PM; Bldg 2 Drawing 1:30	22 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM	23 Short Story 11:30 ZOOM Managing Stress 2-4	24 NUTRITION CANCELLED CONCERT: BROADWAY TUNES 1:30 PM	25 CHAIR EXERCISES 11:00 AM KARAOKE 1:00 PM NORC closes at 4:00
28 Jewelry 10:30 Crochet/Knitting 1:00 PM; Bldg 2 Drawing 1:30	29 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM	30 Short Story 11:30 ZOOM Managing Stress 2-4 TRIP: WEGMAN'S	31 NUTRITION CANCELLED MOVIE: A MAN CALLED OTTO 1:30 PM		

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
NUTRITION	695 052 8675
ADVISORY COUNCIL	695 052 8675
TAI CHI & BINGOCIZE	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.
August is National Immunization Awareness Month (NIAM), an annual observance held in August to highlight the importance of routine vaccination for people of all ages. Speak to your doctor about what vaccines they recommend. You can always also speak to one of our NORC Nurses if you have any questions or want more information. Also, come of our health chat on August 17th at 11:00 a.m. with any questions you have. 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

Community Room, Bldg. 2
During July and August
JUNA MARTINEZ, RN, NORC Nurse, will be working Mondays & Fridays and is available in the Community Room
Mondays 11:00 am-12:00 pm & 1:00-2:00 pm
and
Fridays: 12:00-1:00 PM

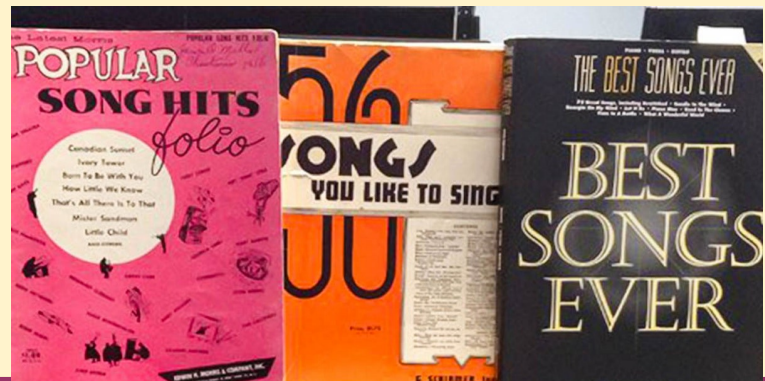
HEALTH CHAT w/ Vanessa Kochupaul, RN, NORC Nurse
August 17th at 11:00 a.m.

VACCINE NEWS



Concerts in Motion Celebrate with Broadway Standards

Thurs August 24 at 1:30 p.m.
Call 718-565-6569 to RSVP



MONTHLY BIRTHDAY PARTIES



Join us as we commemorate those celebrating birthdays that month

August 18th, @ 12:30 PM
Please RSVP: 718-565-6569

MOVIE: A MAN CALLED OTTO

starring Tom Hanks
Aug. 31st @ 1:30 PM

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.
Snacks served



Friday,
August 25th
1:00 PM
Snacks served

TRAVEL AROUND THE WORLD from the comfort of your homes.

ALASKA

WED., August 2nd 2023, 1:00 P.M.

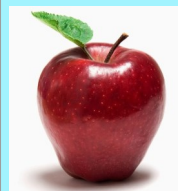


Via ZOOM Meeting ID: 695 052 8675; Passcode 914515

JOIN US EVERY THURSDAY at 12:00 PM)

NUTRITION AND HEALTHY COOKING CLASSES

With ANNA DIMAGGIO
Community Room, Bldg.2



CANCELLED AUGUST 24th and AUGUST 31st

SHOPPING TRIP TO WEGMAN'S (Brooklyn)

Tentatively scheduled for Wednesday, August 30th

CALL 718-565-6569 for updated information

Do you have arthritis? Are you looking for a program to help you manage the symptoms.

TAI CHI FOR ARTHRITIS is an effective evidence-based program that can help. Join us every Tues, 10:30 a.m.
Community Room
Call 718-565-6569 to register.

ART CLASSES Every Monday led by Donna Miskend

JEWELRY CLASS 10:30 AM
DRAWING: 1:30 PM

Call 718-565-6569 to Register

STRESS: THE GOOD, THE BAD AND THE UGLY

Led by Diane Cocoros

Stress is a part of life
It can help mobilize us but it can also have harmful effects; How can we tell the difference? How can we manage the harmful effects of stress? Learn about tips, tools and techniques to help us address and transform harmful effects.

Wednesdays, at 2:00-4:00
Cancelled August 9th only
Call 718-565-6569 to RSVP

