



DECEMBER



Selfhelp | 85 YEARS OF CARING



BIG SIX TOWERS 2021 NORC NEWS

LOCATION KEY:
INPERSON ACTIVITIES:
BUILDING 2
COMMUNITY ROOM.

REMOTE ACTIVITIES
VIA ZOOM. CALL 718-
565-6569 FOR MORE
INFORMATION

		1 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM	2 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 11:00 AM Building 2 BP Screening 1-3PM, Building 2	3 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom BRAIN GAMES 1:00 PM VIA ZOOM
6 CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room Hispanic Outreach 2:00 p.m. Bldg 2 Community Room	7 MAH JONGG 2:30 PM Bldg 2 Community Room 	8 HOLIDAY PARTY 11:30 AM  Bldg 2 Community Room	9 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 HEALTH CHAT 1:30 pm via Zoom	10 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
13 Advisory Council 11:00 via Zoom CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room	14 NORC SOCIAL 1:00 PM Bldg 2; Comm Rm. MAH JONGG 2:30 PM Bldg 2, Comm Rm 	15 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM	16 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 11:00 AM Building 2 BP Screening 1-3PM, Building 2	17 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
20 TRIVIA 11:00 AM Bldg 2 Community Room CROCHET/KNITTING 1:00 PM, Bldg. 2 Community Room	21 MAH JONGG 2:30 PM Bldg 2 	22 Short Story 11:30 AM VIA ZOOM CONCERTS IN MOTION 1:30 PM Building 2 Community Room	23 NUTRITION CANCELLED BP Screening Cancelled NORC Office Closes at 3:00p.m.	24 CHRISTMAS EVE  NORC CLOSED
27 CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room 	28 NORC SOCIAL 1:00 PM Bldg 2, Comm. Rm MAH JONGG 2:30 PM Bldg 2	29 	30 NUTRITION CANCELLED BP Screening Cancelled NORC Office Closes at 3:00	31 NEW YEAR'S EVE  NORC CLOSED



We will continue to offer some NORC services and activities over the phone or via ZOOM while also continuing some in-person activities following safety protocols. 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.



MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.
INPERSON, INDOOR
ACTIVITIES AND SERVICES
We are continuing to offer
inperson, indoor group activities, held in the Community Room of Building #2 (59-15 47th Ave.) Safety of staff and participants is paramount and we follow COVID-19 screening and safety protocols. Preregistration is required, capacity is limited to 25 people, and participants are prescreened and must agree to wear masks. Refreshments and snacks will not be offered for safety purposes. Social Work and Nursing visits by appointment only. Call 718-365-6569 for more information and to preregister.

BIG SIX NORC OFFICE:

61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

NURSE VANESSA'S CORNER

HEALTH CHAT

DEC. 9th 2021 @ 1:30 PM VIA ZOOM
ARTHRITIS: WHAT YOU NEED TO KNOW

Meeting ID: 695 052 8675
Passcode: 914515

BLOOD PRESSURE SCREENING

By our NORC Nurses
THURSDAYS 1:00-3:00 p.m.
Community Room of Building 2
59-15 47th Avenue

BY APPOINTMENT ONLY
Call 718-565-6569
MASKS REQUIRED



NORC SOCIAL WORK SERVICES

Are you 60 years and older and reside in Big 6 Towers?
You may qualify for services our NORC offers including:

Subsidized Housekeeping
Subsidized Medical Transportation
Subsidized Personal Emergency Response Systems (PERS)

Our experienced social workers may also be able to help you apply for important benefits including **SCRIE, STAR and SCHIE**, all of which assist you with your housing costs, if you qualify.

They may be able to help you apply for social and health benefits.

Call our office at 718-565-6569 and make an appointment today. They will assess your needs and what resources are available. Our services are free; We respect your privacy.

JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR

CHAIR EXERCISES TO LATIN RHYTHMS

ZOOM Meeting ID: 695 052 8675
Passcode: 914515

HOLIDAY PARTY

DECEMBER 8th 2021
11:30 a.m.



Call 718-565-6569 to reserve a space. Capacity is limited.
PREREGISTRATION AND MASKS REQUIRED

CROCHET/KNITTING GET-TOGETHER



Every Monday at 1:00 p.m. Building 2 Community Room. All levels welcome.

NORC SOCIAL TWICE A MONTH, on a Tuesday at 1:00 p.m. Join us for a get-together and conversation. In the Community Room of Building 2. Preregistration required. Call 718-565-6569. Dates on calendar. **NO REFRESHMENTS**

MAH JONGG is Back
Every Tuesday at 2:30 PM
Community Room in Building 2
Call 718-565-6569 to register



TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.
WED., Dec. 1st, 2021 at 1:30 P.M.
WHAT IS HANNUKAH?
WHAT IS KWANZAA?



WED., Dec. 15th, 2021, 1:30 P.M.
SANTA'S WORKSHOP, NORTH POLE



Via ZOOM Meeting ID:
695 052 8675; passcode 914515

JOIN US FOR A HOLIDAY CONCERT BY CONCERTS IN MOTION

WED., DECEMBER 22, 2021 at 1:30 PM COMMUNITY ROOM, BLDG 2



JOIN US EVERY THURSDAY at 11:00 AM NUTRITION AND HEALTHY COOKING CLASSES with ANNA DIMAGGIO



COMMUNITY ROOM BLDG. 2
59-15 47th Avenue
PREREGISTRATION REQUIRED
Call 718-565-6569
CAPACITY LIMITED
MASKS REQUIRED

SAFETY PROTOCOLS FOR INPERSON, INDOOR NORC ACTIVITIES

We are excited to be returning to some in-person, indoor activities, which will be held in the Community Room of Building #2 (59-15 47th Ave). In order to make our events as safe as possible for all, we will be following COVID-19 safety protocols including requiring masks for all participants throughout the event, social distancing and limiting capacity to 25%. **PREREGISTRATION IS REQUIRED FOR ALL INPERSON ACTIVITIES.** Ongoing activities which will now be in person include Nutrition, NORC Social, Crochet/Knitting and Mah Jongg. **For safety reasons, snacks and refreshments will not be served until further notice.** Please call 718-565-6569 for more information and to preregister.