



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	NUTRITION 11:00 AM Bldg 2 Winter Wellness Diane Cocoros 1:30 pm	2	CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Bldg. 2 WREATH MAKING 1:30 PM
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5	Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2
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6	Health Literacy 11:00 a.m. via Zoom MAH JONGG 1:00 PM; Bldg 2
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7	Short Story 11:30 VIA ZOOM REMEMBRANCE 1:00 PM Bldg 2 VIRTUAL TOUR 1:30 via Zoom
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8	NUTRITION 11:00 AM Bldg 2 Winter Wellness Diane Cocoros 1:30 pm	9	CHAIR EXERCISES 11:00 AM Bldg. 2 KARAOKE 1:00 PM Bldg 2
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12	ADVISORY COUNCIL 11:30 via Zoom Drawing 11:00 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00
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13	Health Literacy 11:00 am via Zoom MAH JONGG 1:00 PM; Bldg 2
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14	Short Story 11:30 via Zoom SAFETY PRESENTATION NYPD 1:30 PM
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15	NUTRITION 11:00 AM Bldg 2 Winter Wellness Diane Cocoros 1:30 pm	16	CHAIR EXERCISES CANCELLED HOLIDAY CONCERT and PARTY 1:30 PM
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19	Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2 HAPPY HANUKKAH
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20	Health Literacy 11 am via Zoom MAH JONGG 1:00 PM; Bldg 2
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21	Short Story 11:30 VIA ZOOM VIRTUAL TOUR 1:30 via Zoom Covid & Flu Shots 2-4;
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22	NUTRITION 11:00 AM Bldg 2 Winter Wellness Diane Cocoros 1:30 pm	23	CHAIR EXERCISES 11:00 AM Bldg 2 NORC CLOSSES 3:00 PM
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26	Merry Christmas  NORC CLOSED Happy KWANZAA
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27	Health Literacy 11 am via Zoom MAH JONGG 1:00 PM; Bldg 2
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28	Short Story 11:30 VIA ZOOM
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29	NUTRITION CANCELLED Winter Wellness Diane Cocoros 1:30 pm	30	CHAIR EXERCISES 11:00 AM Building 2 NORC CLOSSES 3:00 PM
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We will 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
NUTRITION	695 052 8675
ADVISORY COUNCIL	695 052 8675

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

NORC staff are now back in the office 5 days a week and can be reached by calling the NORC office at 718-565-6569. Please call the office phone and not the cell phones to speak to staff.



MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.
WISHING EVERYONE A HAPPY AND HEALTHY HOLIDAY SEASON
BEST WISHES FOR A HAPPY, HEALTHY AND PRODUCTIVE NEW YEAR



If you are 60 and over and live in Big Six Towers, join our NORC Program, make new friends, enjoy interesting activities and benefit from our services.

To receive the most up-to-date information on NORC activities, call 718-565-6569 and sign up for our e-newsletter

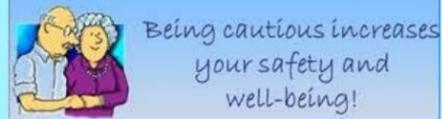
BIG SIX NORC OFFICE:

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

SAFETY TIPS FOR OLDER ADULTS

Presentation by NYC Police Department
December 14th at 1:30 PM
Community Room
Preregistration Required

Safety Tips For Senior Citizens



NEW PROGRAM

Health Literacy Series By Dr. Gail Lowenstein

4-week series

Tuesdays 11:00 a.m. Via Zoom
Meet in Community Room to view as a group

Dec. 6th: **Root Causes of Chronic Illness**

Dec. 13th: **Eating in a Healthy Way**

Dec. 20th: **Thinking in a Healthy Way**

Dec. 27th: **Health Care Options/Medications**



Health Literacy

Take time to ask.
Make time to listen

HOLIDAY CONCERT and PARTY, Friday Dec. 16th 1:30-3:30 PM

Join us for a fun-filled afternoon of music, good friends and fun filled activities

Holiday music by Concerts in Motion, 1:30-2:30



Ugly Sweater Contest

followed by fun filled activities including an **UGLY SWEATER CONTEST.**

Prizes for ugliest sweater.

STAY HEALTHY DURING WINTER MONTHS TIPS and EXERCISES WITH DIANE COCOROS, Thursdays, 1:30-3:30 p.m. Community Room, Building 2

NEW

LEARN MAH JONGG from an experienced teacher

December 6, 13, 20th
from 1:00-3:00 PM
Materials Provided

Preregistration Required
Call 718-565-6569



UPDATED COVID-19 BOOSTER SHOTS and FLU VACCINES

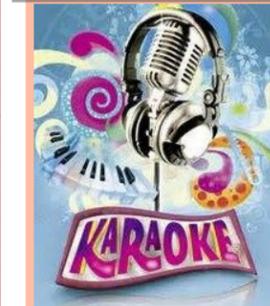
WED, DEC. 21, 2022 2:00-4:00 PM Community Room, Bldg 2
Offered by **WALGREENS PHARMACY**
PREREGISTRATION REQUIRED;
Call **NORC OFFICE: 718-565-6569**

TRAVEL AROUND THE WORLD from the comfort of your homes. WED., DEC 7th 2022 1:30 P.M. VIENNA

WED., DEC 21st, 2022, 1:30 P.M.
Via ZOOM

**HANUKKAH in JERUSALEM;
CHRISTMAS in BETHLEHEM
CELEBRATING KWANZAA**

Meeting ID: 695 052 8675;
Passcode 914515



**KARAOKE—Friday
Dec 9th at 1:00 p.m.**

Bring your friends and join us for a fun-filled afternoon

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

**NO CLASS DECEMBER 29th IN-PERSON
PREREGISTRATION AND MASKS REQUIRED; TAKE HOME SNACKS**

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 SCHE**, all of which help with housing costs, if you qualify. They may be able to help you apply for other social and health benefits.

Our services are free; We respect your privacy.

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

REMEMBRANCE DAY Join us to celebrate the lives and remember those we have lost this past year.
Dec. 7th 1:00 PM; Bldg 2

