





CALL 718-565-6569

FOR MORE INFORMATION

1 TRIVIA 1:00 PM Via Zoom	2 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***********************************	3 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 via ZOOM SUPPORT GROUP: COPING WITH LOSS; 3:00 p.m. VIA ZOOM	A  NORC NURSE: call for Appt.  NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM	5 BRAIN GAMES 1:00 PM VIA ZOOM WEAR RED DAY
Advisory Council 12:00 PM via Zoom ***********************************	9  LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ****************** COFFEE SOCIAL 1:00 PM VIA ZOOM	10 Short Story 11:30 AM VIA ZOOM SUPPORT GROUP: COPING WITH LOSS; 3:00 p.m. VIA ZOOM	NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM	BRAIN GAMES 1:00 PM VIA ZOOM
PRESIDENTS DAY  NORC CLOSED	16  LATIN RHYTHMS 11:00 AM VIA ZOOM COFFEE SOCIAL 1:00 PM VIA ZOOM VALENTINES DAY CELEBRATION 2:00 VIA ZOOM	17 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM SUPPORT GROUP: COPING WITH LOSS; 3:00 p.m.	18  NORC NURSE: Call for Appt  NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM HEALTH CHAT 1:30 via ZOOM	BRAIN GAMES 1:00 PM VIA ZOOM
TRIVIA 1:00 PM Via Zoom	23  LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***********************************	24 Short Story Group 11:30 AM VIA ZOOM	25 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM BLACK HISTORY MONTH CELETRA- TION 1:30 PM VIA ZOOM	BRAIN GAMES 1:00 PM VIA ZOOM
		BLACK		LOCATION KEY: ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY.

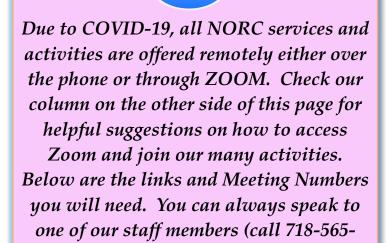




#### **BIG SIX TOWERS 2020**

# NORC NEWS

# zoom



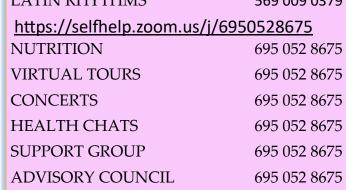
help in learning how to use ZOOM. BIG 6 NORC ACTIVITIES VIA ZOOM

**MEETING ID:** 

**ACTIVITY/MEETING** 

6569) if you have any questions or need

https://selfhelp.zoom.us/j/5690090379			
TRIVIA	569 009 0379		
SHORT STORIES	569 009 0379		
BRAIN GAMES	569 009 0379		
LATIN RHYTHMS	569 009 0379		
https://selfhelp.zoom.us/j/6950528675			
NUTRITION	695 052 8675		
VIRTUAL TOURS	695 052 8675		





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

#### **COVID-19 VACCINES**

A major effort is under way to make the COVID-19 vaccines as widely available as possible throughout the city and state. Obtaining information and navigating the registration process can be a challenge. The NORC staff is here to provide information and assistance. If you need help navigating the system, please call our office, leave a message and someone will reach out to you. Below are some valuable resources if you are able to register on your own:

#### **NYC Vaccine Command Center:**

nyc.gov/vcc

**NYC DOHMH** vaccine website:

nyc.gov/covidvaccine

Vaccine site locations for eligible New Yorkers:

https://vaccinefinder.nyc.gov/ Vaccine appointment phone number:

NORC OFFICE: 718-565-6569

**1-877-VAX4NYC** (1-877-829-4692)

#### **BIG SIX NORC OFFICE:**

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

#### NURSE VANESSA'S CORNER GO RED ON FEBRUARY 5th. RAISE AWARENESS OF HEART HEALTH FOR WOMEN

Every year the first Friday of February has been dedicated to National Go Red Day as an awareness day for American women to understand their number one health threat - heart disease. The day encourages women to know their Blood pressure, HDL cholesterol and total cholesterol levels, as well as their body mass index (BMI) to better understand their health risk for heart disease. It is not just a man's disease.

Here is what it means to Go Red:

**G: GET YOUR NUMBERS** 

Ask your doctor to check your blood pressure and cholesterol

#### O: OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy. It is up to you. No one can do it for you

#### R: REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women

#### E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family. Teach your kids the importance of staying active

<u>D: DON'T BE SILENT</u>

Tell every woman you know that heart disease is our No. 1 killer.





Join us on Thursday, February 18th, 2021 at 1:30 p.m. for a HEALTH CHAT: WHAT YOU NEED TO KNOW ABOUT HEART HEALTH

Via ZOOM Meeting ID: 695 052 8675

# HAPPY VALENTINE'S DAY CELEBRATION

TUESDAY, FEBRUARY 16th, 2021 at 2:00 P.M. Via ZOOM meeting ID 695 052 8675



### SUPPORT GROUP VIA ZOOM COPING WITH OUR LOSSES

The restrictions imposed during COVID-19 have been very challenging for all. We can't help but feel a sense of loss in many ways, a loss of our independence, relationships, social connections, control, etc. This can be especially difficult for those living alone.

Join us for a special weekly Zoom group meeting, facilitated by NORC Social Worker,



Gladys Ofori, MSW, beginning Wednesday, Jan. 27th through Feb. 17th at 3:00 –4:00p.m. Meet with other NORC

members, share experiences, strategies, and support each other during this unusual and challenging time.

Preregistration is required. Call Gladys Ofori or Ruth Cassidy for more information at 718-565-6569.









# TRAVEL AROUND THE WORLD WITH US

Join us, on the first and third Wednesday of each month, as we travel around the world from the comfort of our homes.

WEDNESDAY, FEBRUARY 3, 2021 at 1:30 P.M. For a visit to the HARLEM, NYC

WEDNESDAY, FEBRUARY 17, 2021 at 1:30 P.M. to visit NEW ORLEANS, LOUISIANA

Via ZOOM Meeting ID: 695 052 8675

JOIN US ON THURS., FEBRUARY 25th, 1:30 p.m. BLACK HISTORY MONTH CELEBRATION

To commemorate and celebrate the contributions to our nation made by people of African descent.

via ZOOM Meeting ID: 695 052 8675,



American historian Carter G. Woodson established Black History Week nearly a century ago. The event was first celebrated during the second week of February 1926, selected because it coincides with the birthdays of both Abraham Lincoln (February 12) and abolitionist/writer Frederick Douglass (February 14). In 1976 as part of the nation's bicentennial, it was expanded to a month.

#### 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:

- 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.



All services are available to seniors 60+ residing in Big 6 Towers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regardless of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.



