



February



Selfhelp | 85 YEARS OF CARING

BIG SIX TOWERS 2022

NORC NEWS



	1 HAPPY FEBRUARY Short Story 11:30 AM VIA ZOOM Concerts in Motion: Chinese Music 1:00 via ZOOM	2 Short Story 11:30 AM VIA ZOOM Concerts in Motion: Chinese Music 1:00 via ZOOM	3 NORC NURSE: call for Appt. NUTRITION 11:00 AM via ZOOM	4 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom BRAIN GAMES 1:00 PM VIA ZOOM
	7 LET'S HAVE A GOOD DAY! Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR KENYA 1:30 VIA ZOOM	8 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR KENYA 1:30 VIA ZOOM	9 NORC NURSE: call for Appt. NUTRITION 11:00 AM via ZOOM	10 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
14 Advisory Council 11:30 via Zoom VALENTINE'S DAY CELEBRATION 1:00 PM via Zoom	15 Short Story 11:30 via Zoom Concerts in Motion Jazz/Blues 1:30. Call NORC for update Celebration 2:30	16 Short Story 11:30 via Zoom Concerts in Motion Jazz/Blues 1:30. Call NORC for update Celebration 2:30	17 NORC NURSE: call for Appt. NUTRITION 11:00 AM via ZOOM	18 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
21 Presidents' Day NORC CLOSED	22 MOVIE: SELMA 2:00 PM CALL NORC FOR UPDATE	23 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR ETHIOPIA 1:30 VIA ZOOM	24 NORC NURSE: call for Appt. NUTRITION 11:00 AM 	25 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM
28 TRIVIA 11:00 AM via ZOOM	 BLACK HISTORY MONTH		LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY ROOM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION	

zoom



We will continue to offer NORC services and activities over the phone or via ZOOM until circumstances allow us to return to limited in-person activities. 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
COFFEE SOCIAL	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

Enter the Meeting ID

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

As of the printing of this newsletter, NORC services and activities are still being offered remotely until further notice. To get the most current information, please sign up to receive our new E-newsletter which will be sent to your email address twice a month. If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list.

This month, we are celebrating Black History Month with special activities throughout the month.

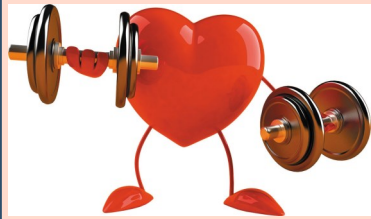
We also wish a Happy Lunar New Year to those who celebrate this holiday

BIG SIX NORC OFFICE:

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

NURSE VANESSA'S CORNER

HEALTH CHAT
Thurs., February 24th, 2022
at 1:30 PM
HEART HEALTH



ZOOM Meeting ID:
695 052 8675;
passcode 914515

**JOIN US FOR A VIRTUAL
VALENTINE'S DAY CELEBRATION**



Mon, Feb. 14, 1:00 PM

Via ZOOM Meeting ID:
695 052 8675;
passcode 914515

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
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 re-
sources are available. Our services
are free; We respect your privacy.**

**Join CONCERTS IN MOTION
for a celebration of
Lunar New Year**
Wed, February 2, 2022
1:00 p.m. via ZOOM

Zoom link:
[https://us02web.zoom.us/
j/82906881632](https://us02web.zoom.us/j/82906881632)
Meeting ID is: 829 0688 1632

To dial in by phone: +1-646-558-8656



**Enter the
Meeting ID,
followed by #.
When asked for
a participant
ID, skip this by
pressing #
again.**

Join us for our Monthly Movie Matinee

**Tues, Feb.
22nd, 2022
2:00 p.m.**

**Featuring the
movie SELMA**

**Call NORC Office
for update**



**BLACK HISTORY MONTH CELEBRATION
JAZZ CONCERT
by CONCERTS IN MOTION**
Wed., February 16, 2022 @ 1:30 PM



**Followed by presentation in honor of
Black History Month at 2:30 PM
Call NORC office for Update on location**

**TRAVEL AROUND THE WORLD
WITH US**

from the comfort of your homes.
WED., Feb. 9th, 2022
1:30 P.M.
KENYA



WED., Feb. 23rd
2022, 1:30 P.M.
ETHIOPIA



Via ZOOM Meeting ID:
695 052 8675; passcode 914515

**MEDICAL TRANSPORTATION
SERVICES AVAILABLE**

**Do you need
transportation to
your medical
appointments?**

**Call the NORC of-
fice at 718-565-6569. We can
arrange partially subsidized
car service.**



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



**Via ZOOM until further notice
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.

