

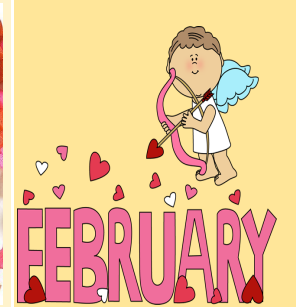


# BIG SIX TOWERS 2024 NORC NEWS

**FEBRUARY**

**LOCATION KEY:**  
INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.

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



**1**  
**NUTRITION**  
**12:30 PM**



**2**  
**CHAIR EXERCISES**  
**11:00 AM**  
**SAIL 1:00 PM**  
**Calligraphy**  
**2:00-4:00**

**5**  
**Jewelry 10:30**  
**Crochet/Knitting**  
**1:00 PM; Bldg 2**  
**Drawing 1:30**

**6**  
**SAIL**  
**11:00 AM**  
**MAH JONGG**  
**1:00 PM**

**7**  
**ZUMBA 11:00**  
**Short Story**  
**11:30 ZOOM**  
**CONCERT 1:00 PM for Lunar New Year**


**8**  
**NUTRITION**  
**12:30 PM**  
**BOOK CLUB—**  
**first meeting**  
**2:30 PM**

**9**  
**CHAIR EXERCISES**  
**11:00 AM**  
**SAIL 1:00 PM**  
**Trip:NY Historical Society 10:45**

**12**  
**Jewelry 10:30**  
**ADVISORY COUNCIL 11:30**  
**Crochet/Knitting**  
**1:00 PM; Bldg 2**  
**Drawing 1:30**

**13**  
**SAIL**  
**11:00 AM**  
**MAH JONGG**  
**1:00 PM;**

**14**  
**ZUMBA 11:00**  
**Short Story**  
**11:30**  
**Valentine's Day PARTY**  
**1:00 PM**



**15**  
**NUTRITION**  
**12:30 PM**

**16**  
**CHAIR EXERCISES 11:00 am**  
**SAIL Cancelled**  
**JAZZ CONCERT**  
**1:00 PM**

**19**  
**Jewelry 10:30**  
**Crochet/Knitting**  
**1:00 PM; Bldg 2**  
**Drawing 1:30**

**20**  
**MAH JONGG**  
**1:00 PM**  
**SAIL 11:00 AM VIA Zoom**  
**TRIP: BEN'S DELI BAYSIDE 11:45 AM**

**21**  
**ZUMBA 11:00**  
**Short Story**  
**11:30 ZOOM**  
**LIVE ON NY BENEFITS**  
**1:00 PM**

**22**  
**NUTRITION CANCELLED**  
**MOVIE: OPPENHEIMER**  
**1:00 PM**

**23**  
**CHAIR EXERCISES 11:00 AM**  
**SAIL**  
**1:00 PM**

**26**  
**Crochet/Knitting**  
**1:00 PM; Bldg 2**  
**CULMINATING EVENT**  
**2:30 PM**


**27**  
**MAH JONGG**  
**1:00 PM**  
**SAIL**  
**11:00 AM**

**28**  
**ZUMBA 11:00**  
**Short Story**  
**11:30 ZOOM**

**29**  
**NUTRITION**  
**12:30 PM**  
**Black History Month Event**  
**2:30 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

SAIL (Remote)                              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

*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.*

**FEBRUARY IS HEART HEALTH AWARENESS MONTH**

**Wear red on February 2nd, 2024 to raise awareness about cardiovascular disease and help save lives. Why? Because losing even one woman to cardiovascular disease is too many.**

\*\*\*\*\*

**We welcome our new NORC Nurse, Milagros (Mila) Dolores, RN, who joined our NORC program on January 2nd, 2024. She is onsite Tuesdays and Fridays and can be reached by calling the NORC office at 718-565-6569. She is also in the Community Room Tuesdays, 11:00-noon and Fridays from Noon -1:00 p.m.**

\*\*\*\*\*

**We celebrate Black History Month & Lunar New Year this month with various NORC Activities. Check the calendar or call 718-565-6569 for more information**

**BIG SIX NORC OFFICE:**  
61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

## Nurse's Corner

Community Room, Bldg. 2 We welcome our new NORC Nurse, **Milagros Dolores, RN**, She will be working **Tuesdays & Fridays** She is available in the **Community Room**  
Tues. 11:00 am-12:00 pm  
Fridays: 12:00-1:00 PM



## MOVIE: **OPPENHEIMER**

Thursday, February 22nd 2024 @ 1:00 PM  
Christopher Nolan's award-winning film about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr., and Florence Pugh.



## TRIP: NY HISTORICAL SOCIETY Special Guided Tour of the exhibition **RUNNING FOR CIVIL RIGHTS:**

The NY Pioneer Club, 1936-76  
February 9th, 2024  
10:45 am  
Sign-Up: Monday, February 5th, 2:00-3:00 PM only  
718-565-6569



## Jazz/Blues Concert by Concerts in Motion

Friday, February 16th, 2024 @ 1:00 PM



## ART CLASS

Introducing the Ancient Art of Calligraphy  
February 2, 2024, 2-4:00 pm  
led by artist Eugenie Chao



Materials Provided  
Call 718-565-6569 to register

## CONCERT by CONCERTS IN MOTION celebrating LUNAR NEW YEAR, Feb 7th @ 1:00 pm



## BLACK HISTORY MONTH EVENT

Special Program by Alice Scott  
Thursday, February 29th, 2024 @ 2:30 p.m.

## VALENTINES'S DAY PARTY

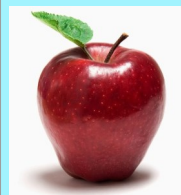
February 14th @ 1:00 PM  
also celebrating February birthdays

SNACKS AND DESSERT

Please RSVP: 718-565-6569



## JOIN US EVERY THURSDAY at 12:30 PM NUTRITION AND HEALTHY COOKING CLASSES



With ANNA DIMAGGIO  
Community Room, Bldg.2

- 2/1: Plastics and other food & drink contaminants
- 2/8: Water: How much and which type, A review of alkalinity, flouridation, and most recent recommendations
- 2/15: Heart Health and Diet: What matters the most
- 2/22: President's Week **NO CLASS**
- 2/29: Lectins and Nightshades, What are they? How to Apply this Information

**NEW** BOOK CLUB: First Meeting, February 8, 2024 @ 2:30 pm.  
Call 718-565-6569 to register.

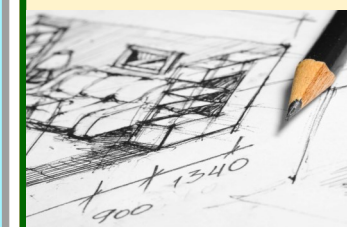
TUESDAY, FEBRUARY 20, 2024 @ 11:45 AM



TRIP RESCHEDULED FROM JANUARY 2024.  
Only those who had originally signed up are eligible for this trip  
(Each person pays for their lunch)

## ART CLASSES every Monday led by Donna Miskend

Jewelry Making @ 10:30 AM



Drawing @ 1:30 PM

Call 718-565-6569 for more details and to Register

CULMINATING EVENT Monday February 26th 2024 @ 2:30 PM

## BENEFITS UPDATE **LiveOn NY** Making New York a better place to age

Do you have questions on benefits you might qualify for? Join us for a presentation by Kim Lerner from LIVE ON NY February 21st, 2024 @ 1:00 PM

To include information on  
SNAP  
SCRIE/DRIE  
STAR PROGRAM  
MEDICARE SAVINGS PROGRAM  
MEDICAID  
AFFORDABLE CONNECTIVITY PROGRAM  
EMERGENCY ASSISTANCE  
(One-Shot Deal)