



Selfhelp



# BIG SIX TOWERS 2023 NORC NEWS

<p>2</p> <p><b>NORC CLOSED</b></p>	<p>3</p> <p><b>TAI CHI FOR ARTHRITIS</b> 11:00 AM</p> <p>MAH JONGG w/ teacher 1:00 PM; Bldg 2</p>	<p>4</p> <p><b>Short Story</b> 11:30 VIA ZOOM</p> <p><b>VIRTUAL TOUR</b> 1:30 via Zoom</p>	<p>5</p> <p><b>NUTRITION</b> 11:00 AM Bldg 2</p> <p>Winter Wellness &amp; DANCERCISE Diane Cocoros 1:30 pm</p>	<p>6</p> <p><b>CHAIR EXERCISES w/LATIN RHYTHM</b> 11:00 AM Bldg. 2</p> <p><b>BRAIN GAMES</b> 1:00 PM</p>
<p>9</p> <p><b>ADVISORY COUNCIL</b> 11:30 via Zoom</p> <p><b>Drawing</b> 11:00</p> <p><b>Crochet/Knitting</b> 1:00 PM; Bldg 2</p> <p><b>Jewelry Making</b> 2:00</p>	<p>10</p> <p><b>TAI CHI FOR ARTHRITIS</b> 11:00 AM</p> <p>MAH JONGG 1:00 PM; Bldg 2</p>	<p>11</p> <p><b>Short Story</b> 11:30 VIA ZOOM</p> <p><b>Covid &amp; Flu Shots</b> 1-3; Bld2</p>	<p>12</p> <p><b>NUTRITION</b> 11:00 AM Bldg 2</p> <p>Winter Wellness &amp; DANCERCISE Diane Cocoros 1:30 pm</p>	<p>13</p> <p><b>CHAIR EXERCISES</b> 11:00 AM Bldg. 2</p> <p><b>NORC CLOSSES</b> 3:00 PM</p>
<p>16</p> <p><b>NORC CLOSED</b></p>	<p>17</p> <p><b>TAI CHI FOR ARTHRITIS</b> 11:00 AM</p> <p>MAH JONGG 1:00 PM; Bldg 2</p>	<p>18</p> <p><b>Short Story</b> 11:30 via Zoom</p> <p><b>VIRTUAL TOUR</b> 1:30 via Zoom</p>	<p>19</p> <p><b>NUTRITION</b> 11:00 AM Bldg 2</p> <p>Winter Wellness &amp; DANCERCISE Diane Cocoros 1:30 pm</p>	<p>20</p> <p><b>CHAIR EXERCISES</b> 11 AM Bldg 2</p> <p><b>MOVIE: HIDDEN FIGURES</b> 1:30 PM</p>
<p>23</p> <p><b>Drawing Class</b> 11:00 a.m. Bldg 2</p> <p><b>Crochet/Knitting</b> 1:00 PM; Bldg 2</p> <p><b>Jewelry Making</b> 2:00 Bldg 2</p>	<p>24</p> <p><b>TAI CHI FOR ARTHRITIS</b> 11:00 AM</p> <p>MAH JONGG 1:00 PM; Bldg 2</p>	<p>25</p> <p><b>Short Story</b> 11:30 VIA ZOOM</p> <p><b>CONCERTS IN MOTION</b> 1:30 PM</p>	<p>26</p> <p><b>NUTRITION</b> 11:00 AM Bldg 2</p> <p>Winter Wellness &amp; DANCERCISE Diane Cocoros 1:30 pm</p>	<p>27</p> <p><b>CHAIR EXERCISES</b> 11:00 AM Bldg 2</p> <p><b>MOVIE: DIARY OF ANNE FRANK</b>, 1:30 PM</p>
<p>30</p> <p><b>Drawing Class</b> 11:00 a.m. Bldg 2</p> <p><b>Crochet/Knitting</b> 1:00 PM; Bldg 2</p> <p><b>Jewelry Making</b> 2:00 Bldg 2</p>	<p>31</p> <p><b>TAI CHI FOR ARTHRITIS</b> 11:00 AM</p> <p>MAH JONGG 1:00 PM; Bldg 2</p>			<p><b>LOCATION KEY:</b> INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</p>

zoom



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

CHAIR EXERCISES 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, HEALTHY AND PRODUCTIVE NEW YEAR**

*Keeping you as healthy as possible is our top priority. COVID-19 and the flu are increasing unfortunately. Getting vaccinated, booster shots and wearing masks when indicated are still some of the best ways to protect yourselves. For those of you who have not received the updated COVID-19 booster, Walgreens Pharmacy will be onsite Jan. 11th providing the updated booster shots as well as the flu shot. Call the NORC Office at 718-565-6569 for more information and to preregister.*

**BIG SIX NORC OFFICE:**

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



## Nurse's Corner

### **UPDATED COVID-19 BOOSTER SHOTS and FLU VACCINES**

**WED, January 11, 2023**

**1:00-3:00 PM**

**Community Room, Bldg 2 offered by WALGREENS PHARMACY**

**PREREGISTRATION REQUIRED**  
**Call NORC OFFICE:**  
**718-565-6569**

**Big Six Towers NORC is partnering with NYC Dept. of Health and Walgreens Pharmacy to offer the updated bivalent COVID-19 vaccine boosters.**

**The updated vaccines are specifically designed to protect you against both the original COVID-19 virus and the omicron subvariants BA.4 and BA.5.**



**You can get this updated booster at the same time as your flu shot and both will be available.**

## **MOVIES at 1:30 PM:**

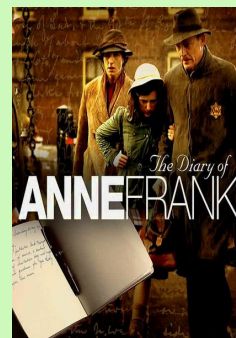
**Friday, January 20th, 2023**



### **HIDDEN FIGURES**

**In the race to space between the United States and the Soviet Union during the Cold War, 3 black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth**

**Friday, January 27th, 2023: MASTERPIECE CLASSIC: THE DIARY OF ANNE FRANK**



**In this production based on the classic book, Anne Frank tells, in her own words, how she and her Jewish family hid from the Nazis during World War II. As time drags on, they must balance the fear of their situation and "normal" family life**

**CONCERTS IN MOTION, Wed, Jan. 25,**

**2023, 1:30 PM** Join us in celebrating Lunar New Year with a concert featuring traditional folk music originating in China.



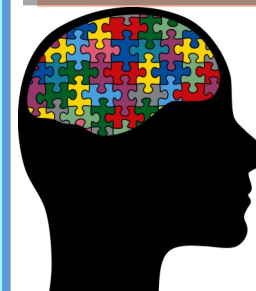
### **WINTER WELLNESS & DANCING**

**Join us every Thursday at 1:30 for a fun afternoon. Dancing is great exercise and lots of fun. Get tips on winter wellness by Diane Cocoros.**



**TRAVEL AROUND THE WORLD** from the comfort of your homes. **WED., January 4, 2023 at 1:30 P.M.** Via ZOOM **Celebrating life of DR. MARTIN LUTHER KING**

**WED., January 18, 2023, 1:30 P.M. CELEBRATING LUNAR NEW YEAR around the world**  
**Meeting ID: 695 052 8675;**  
**Passcode 914515**



**BRAIN GAMES** Friday Jan 6th, 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. To receive the most up-to-date information on NORC activities, call 718-565-6569 & sign up for our e-newsletter**



## **NUTRITION**

**JOIN US EVERY THURSDAY at 11:00 AM**

## **NUTRITION AND HEALTHY COOKING CLASSES**

**with ANNA DIMAGGIO 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.**

**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.**