

Selfhelp



zoom



BIG SIX TOWERS 2024

# NORC NEWS



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<b>1</b> <b>NEW YEAR'S DAY</b>  <b>NORC CLOSED</b>	<b>2</b> <b>MAH JONGG</b> <b>1:00 PM</b> 	<b>3</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>Stress Management</b> <b>2:00 PM</b>	<b>4</b> <b>BP Monitoring</b> <b>11:00 a.m.</b> <b>NUTRITION</b> <b>12:30</b> <b>NEW YEAR CELEBRATION</b> <b>2:30</b>	<b>5</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> <b>SAIL 1:00 PM</b>
<b>8</b> <b>Jewelry 10:30 AM</b> <b>ADVISORY COUNCIL 11:30</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Drawing 1:30</b>	<b>9</b> <b>SAIL</b> <b>11:00 AM</b> <b>MAH JONGG</b> <b>1:00 PM</b>	<b>10</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>Stress Management</b> <b>2:00 PM</b>	<b>11</b> <b>NUTRITION</b> <b>12:30 PM</b> 	<b>12</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> <b>SAIL 1:00 PM</b> <b>NORC CLOSSES</b> <b>3:00 PM</b>
<b>15</b>  <b>NORC CLOSED</b>	<b>16</b> <b>SAIL</b> <b>11:00 AM</b> <b>MAH JONGG</b> <b>1:00 PM;</b>	<b>17</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30</b> <b>Stress Management</b> <b>2:00 PM</b>	<b>18</b> <b>NUTRITION</b> <b>12:30 PM</b> <b>MOVIE:</b> <b>RUSTIN</b> <b>2:30 PM</b>	<b>19</b> <b>TRIP to BEN'S DELI 11:45</b> <b>CHAIR EXERCISES 11:00</b> <b>SAIL 1:00 PM</b>
<b>22</b> <b>Jewelry 10:30</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Drawing 1:30</b>	<b>23</b> <b>SAIL</b> <b>11:00 AM</b> <b>MAH JONGG</b> <b>1:00 PM</b>	<b>24</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>NYPD—Safety Awareness</b> <b>1:00 PM</b>	<b>25</b> <b>NUTRITION</b> <b>12:30 PM</b> <b>VIDEO:</b> <b>NYC TALENT SHOW 2:30 PM</b>	<b>26</b> <b>CHAIR EXERCISES 11:00 AM</b> <b>SAIL 1:00 PM</b>
<b>29</b> <b>Jewelry 10:30</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Drawing 1:30</b>	<b>30</b> <b>SAIL</b> <b>11:00 AM</b> <b>MAH JONGG</b> <b>1:00 PM</b>	<b>31</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>MOVIE:</b> <b>1:00 PM</b> <b>MAESTRO</b>		<b>LOCATION KEY:</b> <b>INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.</b> <b>REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</b>

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

VIRTUAL TOURS 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.**  
**WISHING EVERYONE A**  
**HAPPY, HEALTHY AND**  
**PRODUCTIVE NEW YEAR**  
**Supporting members in**  
**staying healthy and active**  
**is our primary goal. We**  
**have a variety of exercise**  
**programs for all levels, in-**  
**cluding Chair Exercises,**  
**Zumba and a new evidence**  
**-based program SAIL (Stay**  
**Active and Independent for**  
**Life). Preregistration is**  
**required for SAIL so please**  
**call our office at 718-565-**  
**6569 and sign up today.**

For the most up-to-date information on NORC activities, sign up for our newsletter.



**BIG SIX NORC OFFICE:**

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

## Nurse's Corner

Tips to Staying Healthy in 2024

1. Exercise Regularly
2. Eat Right
3. Protect Yourself from COVID-19, Flu and RSV
4. Get Enough Sleep
5. Stick to Your Plan



Honoring Dr. Martin Luther King, Jr.

### MOVIE: RUSTIN

Colman Domingo & Chris Rock  
January 18th @ 2:30 PM



Bayard Rustin, advisor to Dr. Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights, worldwide democracy and helps change the course of Civil Rights history by orchestrating the 1963 March on Washington



Join us Nov 25 @ 2:30 p.m. to view NYC Talent Show of Spring 2023. Snacks & refreshments

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## MOVIE: MAESTRO

January 31st @ 1:00 pm

Maestro is a 2023 American film centered on the relationship between American composer Leonard Bernstein and his wife Felicia Montealegre. Starring Bradley Cooper as Leonard Bernstein.



Directed by Bradley Cooper, from a screenplay he wrote with Josh Singer. produced by Martin Scorsese, Steven Spielberg, and Cooper, among others.

Join us on January 4th, 2024  
2:30 PM for a

NEW YEAR'S PARTY and celebration of JANUARY BIRTHDAYS

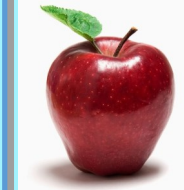


SNACKS AND BIRTHDAY CAKE  
Please RSVP:  
718-565-6569

JOIN US EVERY THURSDAY at 12:30 PM

## NUTRITION AND HEALTHY COOKING CLASSES

With ANNA DIMAGGIO  
Community Room, Bldg.2



TRIP to BEN'S KOSHER DELI in BAYSIDE, QUEENS  
(Each participant pays for their own lunch)

FRIDAY, January 19th 2024  
11:45 a.m.



CALL IN FOR RESERVATIONS:  
Call 718-565-6569

January 8 from 2:00-3:00 pm  
January 9 from 2:00-3:00 p.m.  
Reservations will not be accepted at any other times.

RESTAURANT ♦ DELICATESSEN ♦ CATERER



# NYPD

Stay SAFE in 2024

Safety Tips for Older Adults  
January 24th, 1:00 PM

ART CLASSES Mondays beginning January 8th, led by Donna Miskend



JEWELRY MAKING @ 10:30 AM

ADVANCED DRAWING @ 1:30 PM



Call 718-565-6569 for more details and to register. Materials provided

## EXERCISE PROGRAM



SAIL (Stay Active & Independent for Life) is an evidence based strength, balance, and flexibility fitness program for adults 65+

focuses on falls prevention Begins January 9th Tuesdays @ 11:00 am & Fridays @ 1:00 pm Preregistration required 718-565-6569

SAIL has been proven to help improve the quality of life if attended regularly

