

BIG SIX TOWERS 2023 NORC NEWS



<p>3 Crochet/Knitting 1:00 PM; Bldg 2</p> <p>NORC CLOSSES AT 3:00 PM</p>	<p>4</p>  <p>NORC OFFICE CLOSED</p>	<p>5 Short Story 11:30 ZOOM</p> <p>Managing Stress 2-4</p>	<p>6 Health Chat 11:00 MentalHealth</p> <p>NUTRITION 12:00 PM</p>	<p>7 CHAIR EXERCISES w/LATIN RHYTHM</p> <p>NORC closes at 4:00</p>
<p>10 Jewelry 10:30</p> <p>Crochet/Knitting 1:00 PM; Bldg 2</p> <p>Drawing 1:30</p>	<p>11 Tai Chi 10 Bingocize 11:30</p> <p>MAH JONGG 1:00 PM</p>	<p>12 Short Story 11:30 VIA ZOOM</p> <p><i>NO Managing Stress session</i></p>	<p>13 NUTRITION 12:00 PM</p> <p>CONCERT by Concerts in Motion 2:00 PM—Big Band</p>	<p>14 CHAIR EXERCISES 11:00 AM via ZOOM</p> <p>NORC closes at 4:00</p>
<p>17 Jewelry 10:30</p> <p>Crochet/Knitting 1:00 PM; Bldg 2</p> <p>Drawing 1:30</p>	<p>18 Tai Chi 10 Bingocize 11:30</p> <p>MAH JONGG 1:00 PM;</p>	<p>19 Short Story 11:30</p> <p>VIRTUAL TOUR 1:00 Managing Stress 2-4</p>	<p>20 NUTRITION 12:00 PM</p> 	<p>21 CHAIR EXERCISES 11:00</p> <p>Karaoke 1 PM Medications 2 NORC closes 4:00</p>
<p>24 Jewelry 10:30</p> <p>ADVISORY COUNCIL 11:30 Zoom</p> <p>Crochet/Knitting 1:00 PM; Bldg 2</p> <p>Drawing 1:30</p>	<p>25 Tai Chi 10 Bingocize 11:30</p> <p>MAH JONGG 1:00 PM</p>	<p>26 Short Story 11:30 ZOOM</p> <p>VIRTUAL TOUR 1:00 Managing Stress 2-4</p>	<p>27 NUTRITION 12:00 PM</p> 	<p>28 CHAIR EXERCISES 11:00 AM</p> <p>Birthday Party 12:30 NORC closes at 4:00</p>
<p>31 Jewelry 10:30</p> <p>Crochet/Knitting 1:00 PM; Bldg 2</p> <p>Drawing 1:30</p>	 <p>Thankful you are finally here!</p>			<p>LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.</p> <p>REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</p>

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
VIRTUAL TOURS	695 052 8675
NUTRITION	695 052 8675
ADVISORY COUNCIL	695 052 8675
TAI CHI & BINGOCIZE	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.

HAPPY SUMMER

A time to relax, celebrate and socialize, something we all need after the difficult past few years. Join us for our new activities, including monthly birthday parties as we cut a cake for those with birthdays that month. We have a new program to help you channel stress into something positive. We have several exercise programs as well as arts programming. Our NORC Nurse will lead a session helping you review your medications, how to dispose of them properly and hand out useful tools. We will also be planning new trips—stay tuned.

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



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

Nurse's Corner

Community Room, Bldg. 2
During July and August
JUNA MARTINEZ, RN, NORC
Nurse, will be working Mondays & Fridays and is available in the Community Room
Mondays 11:00 am-12:00 pm & 1:00-2:00 pm
and
Fridays: 12:00-1:00 PM
CUNY NURSES WILL CHECK BLOOD PRESSURE MONITORING, Tuesdays at Noon (12:00 PM) in the Community Room

HEALTH CHAT

JULY 6th at 11:00 a.m.

Looking Out for our Mental Health: Caring for our Mind & Body

Join us for an interactive fun session incorporating a Bingo game

MEDICATION REVIEW by NORC NURSE,
Juna Martinez, RN



Do you have questions about your medications, want to review what you are taking? Want to know how to dispose of them properly? Bring them to the Community Room
Friday July 21st at 2:00 p.m.
Receive a free pill box and medication disposal bag.

MONTHLY BIRTHDAY PARTIES



Celebrate with us each month as we commemorate those with birthdays that month
Beginning July 28, 12:30 PM
Please RSVP: 718-565-6569



Celebrate with music from the Big Band Era
Concerts in Motion
Thursday July 13 at 2:00 p.m.
Call 718-565-6569 to RSVP

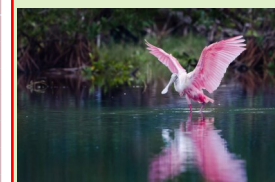
CHAIR EXERCISES,
FRIDAY JULY 14th will be via ZOOM

zoom



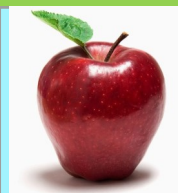
TRAVEL AROUND THE WORLD from the comfort of your homes.
1:00 PM

WONDERS OF U.S. NATIONAL PARKS
WED., July 19th 2023, 1:00 P.M.



FLORIDA EVER-GLADES WED., July 26th, 2023, 1:00 P.M.

Via ZOOM Meeting ID: 695 052



JOIN US EVERY THURSDAY at 12:00 PM (NOON)
NUTRITION AND HEALTHY COOKING CLASSES
With ANNA DIMAGGIO



July 21st, 2023 at 1:00 p.m.
SNACKS & Refreshments

Please RSVP: 718-565-6569

Do you have arthritis? Are you looking for a program to help you manage the symptoms.
TAI CHI FOR ARTHRITIS is an effective evidence-based program that can help. Join us every Tues, 10:30 a.m.
Community Room
Call 718-565-6569 to register.

NEW CLASSES Every Monday beginning Monday July 10th

JEWELRY CLASS 10:30 AM

DRAWING: 1:30 PM

Call 718-565-6569 to Register

NEW PROGRAM!!!!

STRESS: THE GOOD, THE BAD AND THE UGLY
Led by Diane Cocoros

Stress is a part of life

It can help mobilize us but it can also have harmful effects; How can we tell the difference? How can we manage the harmful effects of stress? Learn about tips, tools and techniques to help us address and transform harmful effects.



Wednesdays, at 2:00-4:00
Call 718-565-6569 to RSVP