



Selfhelp | 85 YEARS OF CARING



BIG SIX TOWERS 2021 NORC NEWS



	<p>1 CHAIR YOGA 11:00 AM via Zoom COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>2 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM SUPPORT GROUP 3:00 via Zoom</p>	<p>3 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM QUEENS LIBRARY 1:30 VIA ZOOM</p>	<p>4 CHAIR EXERCISES Marcelo Rodriquez 11:00 AM via Zoom BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>7 CONCERTS IN MOTION 1:30 via ZOOM BROADWAY STANDARDS</p>	<p>8 CHAIR YOGA 11:00 AM via Zoom COFFEE SOCIAL 1:00 PM via ZOOM</p>	<p>9 Short Story 11:30 AM VIA ZOOM RANKED CHOICE VOTING 1:30 SUPPORT GROUP 3:00 via Zoom</p>	<p>10 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM PRIDE MONTH EVENT 1:30</p>	<p>11 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>14 Advisory Council 12:00 PM via Zoom</p>	<p>15 CHAIR YOGA 11:00 AM via Zoom COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>16 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM SUPPORT GROUP 3:00 via Zoom</p>	<p>17 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM KIMBERLY ROTH 1:30 VIA ZOOM</p>	<p>18 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>21 TRIVIA 11:00 AM Via Zoom</p>	<p>22 CHAIR YOGA 11:00 AM via Zoom COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>23 Short Story Group 11:30 AM VIA ZOOM</p>	<p>24 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM HEALTH CHAT 1:30 MEN'S HEALTH</p>	<p>25 CHAIR EXERCISES 11:00 AM VIA ZOOM BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>28 CONCERTS IN MOTION 1:30 via ZOOM ROCK/POP/RB</p>	<p>29 CHAIR YOGA 11:00 AM via Zoom COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>30 Short Story Group 11:30 AM VIA ZOOM</p>	<p> LOCATION KEY: ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</p>	



Due to COVID-19, all NORC services and activities are offered either over the phone or via ZOOM. Information on how to access Zoom is on the other side of this page. 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

TRIVIA	569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
COFFEE SOCIAL	569 009 0379

<https://selfhelp.zoom.us/j/6950528675>

Passcode 914515

NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
SPECIAL PRESENTATIONS	695 052 8675
HEALTH CHATS	695 052 8675
SUPPORT GROUP	695 052 8675
ADVISORY COUNCIL	695 052 8675
CHAIR EXERCISES	695 052 8675

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

We wish a Happy Father's Day to all who celebrate this month. We also commemorate Pride Month and Juneteenth.

This is an election year for New York and the first year that a Ranked Choice Voting system will be used. Learn more about how this system works and don't forget to vote in November. A representative of Rank the Vote will explain this new system. Join us via Zoom on June 9th at 1:30 p.m. Bring your questions and join us.

Help our NORC program build a stronger community. Join our advisory council and us build a stronger program. Call 718-365-6569 for more information.

BIG SIX NORC OFFICE:

59-55 47th Avenue, Apt. 2G, Woodside, NY, 11377/ 718-565-6569

NURSE VANESSA'S CORNER

**HEALTH CHAT
MEN'S HEALTH**

**Thursday, June 24th, 2021 @
1:30 PM via ZOOM**
Meeting ID: 695 052 8675
Passcode: 914515

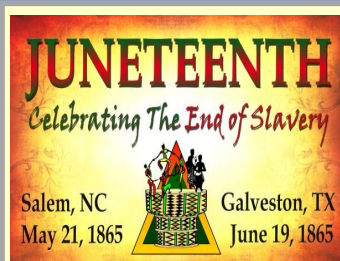
MEN'S HEALTH AWARENESS MONTH

This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment

This is the first year that New York will be implementing a RANKED CHOICE VOTING system for elections including primaries and this year's Mayoral Election.

JOIN US ON JUNE 9th @ 1:30 PM for a presentation by the organization Rank the Vote on RANKED CHOICE VOTING

Bring your questions and join us
Zoom Meeting ID: 695 052 8675
Passcode: 914515



JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR

**CHAIR EXERCISES TO
LATIN RHYTHMS**
WITH MARCELO RODRIGUEZ



ZOOM Meeting ID: 695 052 8675
Passcode: 914515

YOGA EXERCISE PROGRAM
TUESDAYS AT 11:00 AM VIA ZOOM



**CHAIR AND FLOOR YOGA LED BY
JEANNETE SANGENITO**

ZOOM Meeting ID: 695 052 8675
Passcode: 914515

**JOIN THE NORC
ADVISORY COUNCIL**
Are you 60+ and reside in Big 6 Towers?

Want to contribute to your Community?
Want to be a part of a great organization? Call Dora Ziongas at 718-565-6569 for information

TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.
WEDNESDAY, June 2nd, 2021 at 1:30 P.M.
For a tour of ICELAND



WEDNESDAY, June 16th, 2021 at 1:30 P.M. to visit to ALASKA



**Via ZOOM Meeting ID:
695 052 8675; passcode 914515**

CONCERTS IN MOTION
MONDAY, JUNE 7th at 1:30
BROADWAY STANDARDS
MONDAY, JUNE 28th at 1:30
ROCK/POP/R&B



VIA ZOOM
Meeting ID: 695 052 8675
Passcode: 914515

QUEENS LIBRARY PRESENTATION

Join is on Thursday, JUNE 3rd at 1:30 PM via ZOOM Meeting ID 695 052 8675
Hear all about the library's services and special programs.

KIMBERLY-ROTH PRESENTATION

Thursday, June 17th at 1:30 PM via ZOOM
YOUR LIFE, YOUR LEGACY
Hear what you need to know about planning ahead and what not doing so can mean for your family.

**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.

