



Selfhelp



BIG SIX TOWERS 2023

NORC NEWS




LOCATION KEY:
INPERSON ACTIVITIES: BUILDING 2
 COMMUNITY RM.
REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION



5 **DRAWING 10:30-12:30**
ADVISORY COUNCIL 11:30 Zoom
 Crochet/Knitting 1:00 PM; Bldg 2
COLORED PENCIL Class 1:30-3:30

6 **EXERCISE CLASSES CANCELLED**
Meet & Greet 11 MAH JONGG 1:00

7 **Short Story 11:30 VIA ZOOM**
UJA CONCERT 1:00 PM
PICNIC 2:00 PM


1 **NUTRITION 12:00 PM**

 SU CASA 2-4

2 **CHAIR EXERCISES w/LATIN**
Phone Sign-Up for Trips 10 am & 2 pm

12 **DRAWING 10:30-12:30**
 Crochet/Knitting 1:00 PM; Bldg 2
COLORED PENCIL Class 1:30-3:30

13 **EXERCISE CLASSES CANCELLED**
Fraud Prevention 11:00 AM MAH JONGG 1:00 PM;

14 **Short Story 11:30**
VIRTUAL TOUR 1:00
History of FLAG DAY

15 **NUTRITION 12:00 PM**

 SU CASA 2-4

16 **CHAIR EXERCISES 11:00 AM**
NORC CLOSURES 3:00 PM

19 **JUNETEENTH NORC CLOSED**


20 **Tai Chi 10 Bingocize 11:30 MAH JONGG 1:00 PM**

21 **Short Story 11:30 ZOOM**
 TRIP 10 AM
SU CASA EXHIBITION 4-6:00 PM

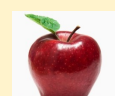
22 **NUTRITION 12:00 PM**
MOVIE 2:30 PM

23 **CHAIR EXERCISES 11:00 AM**
FATHER'S DAY CELEBRATION 1:00 PM

26 **Crochet/Knitting 1:00 PM; Bldg 2**
CULMINATING EVENT—Drawing & Colored Pencil 1:30-3:30

27 **Tai Chi 10 Bingocize 11:30 MAH JONGG 1:00 PM**

28 **Short Story 11:30 ZOOM**
VIRTUAL TOUR 1:00
History of JUNETEENTH

29 **NUTRITION 12:00 PM**


30 **CHAIR EXERCISES 11:00 AM Bldg 2**


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

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.

Staffing Update at the NORC

I want to welcome and introduce our new Social Worker, Sandra Casillas, MSW, who joined the NORC staff on May 1st, 2023. Sandy is an energetic and enthusiastic new member of our team and she will be reaching out and introducing herself to many of you shortly. Join us on June 6 at 11:00 a.m. for a Meet & Greet. I also want to thank Ruth Cassidy, LMSW, who was a member of the NORC Staff for close to 15 years, for her many years of dedicated service to the community. I know you all join me in wishing Ruth the best in this new chapter of her life.

Call the NORC office at 718-565-6569 for more information on our services and programs.

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

JUNA MARTINEZ, RN, NORC Nurse, is available in the Community Room
Mondays 11:00 am-12:00 pm & 1:00-2:00 pm
and
Tuesdays: 1:00-2:00 PM

BLOOD PRESSURE MONITORING, Tuesdays at Noon (12:00 PM), Community Room of Building 2



DRAWING AND COLORED PENCIL CLASSES

CULMINATION EVENT
Join us on Monday, June 26th, 1:30-3:30

SU CASA — PHOTO ARCHIVING & POETRY

CULMINATING EXHIBITION-
Wednesday, June 21st from 4:00-6:00 p.m.

Community Room, Bldg. 2
Join us for a celebration of the work of the talented participants in this year's program
Call 718-565-6569 to RSVP

CELEBRATING PRIDE MONTH

Thurs., June 22nd @ 2:30 pm.
If These Walls Could Talk 2

When Abby Hedley (Marian Seldes) dies of a stroke, her surviving partner of fifty years, Edith Tree (Vanessa Redgrave), must silently face heartbreak and the denial of her status as "family" by the hospital and Abby's heirs



FATHER'S DAY CELEBRATION

Friday, June 23, 2023 1:00 p.m.
Light lunch



Presentation by **Arnold Raphael**
Injury Prevention Program Coordinator
JAMAICA HOSPITAL CENTER FRAUD PREVENTION
Tuesday, JUNE 13, 2023 at 11:00 a.m.

TRAVEL AROUND THE WORLD from the comfort of your homes.
TIME MOVED BACK TO 1:00 PM

WED., June 14 2023, 1:00 P.M.
HISTORY OF FLAG DAY



JUNETEENTH
Celebrate Freedom
JUNE 19
WED., June 28 2023, 1:00 P.M.
History of JUNETEENTH

Via ZOOM Meeting ID: 695 052 8675; Passcode 914515

JOIN US EVERY THURSDAY at 12:00 PM (NOON)
NUTRITION AND HEALTHY COOKING CLASSES
With ANNA DIMAGGIO
Community Room, Bldg.2



JUNE 8th — Class will be via ZOOM; All other classes will be in person
Meeting ID: 695 052 8675; Passcode 914515

TAI CHI AND BINGOCIZE CLASSES CANCELLED on TUESDAY, JUNE 6th & JUNE 13th

JOIN US FOR A MEET AND GREET of new NORC Staff, SANDRA (Sandy) CASILLAS, MSW and JUNA MARTINEZ, RN (NORC NURSE), Tues., June 6, 2023, 11:00 a.m., Comm. Rm, Bldg. 2 Light snacks & refreshments

CONCERT featuring students from Aaron Copland School of Music

Wed. JUNE 7th at 1:00 p.m. Outdoors, between Building 6 and 7 (rainplan: Community Room, Building 2)

GAMELON GROUP—Music of Indonesia
Followed by NORC Picnic

Funded by a UJA Jeannette Solomon Intergenerational Art Grant

TRIPS ARE BACK

JUNE 9th and JUNE 21st TRIP TO TRADER JOE'S

SPACE IS LIMITED

PREREGISTRATION REQUIRED
CALL 718-565-6569

Preregistration will open on Friday, June 2nd at 10:-11:00 a.m and again at 2:00-3:00 p.m.

RULES

Only calls during this time will be accepted

First Come, First Served;

Those not able to get on list will be placed on waiting list

You must speak to a NORC Staff member, no messages

You can only call for yourself

If you cannot attend, you must cancel 24 hours prior to trip

Those on list who do not show up will be barred from trips for 3 months



All services are available to seniors 60+ residing in Big 6 Towers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regardless of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.