



MARCH



Selfhelp | 85 YEARS OF CARING



BIG SIX TOWERS 2022 NORC NEWS



	<p>1 MAH JONGG 1:00 PM; Bldg 2</p>	<p>2 Short Story 11:30 AM VIA ZOOM</p>	<p>3 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 Blood Pressure Screening 1-3</p>	<p>4 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>7 Crochet/Knitting 1:00 PM; Bldg 2</p>	<p>8 INTERNATIONAL WOMEN'S DAY MOVIE: SUFFRAGETTE 2:00 PM Building 2</p>	<p>9 Short Story 11:30 AM VIA ZOOM</p> <p>VIRTUAL TOUR SENECA FALLS 1:30 VIA ZOOM</p>	<p>10 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 Blood Pressure Screening 1-3</p>	<p>11 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>14 Advisory Council 11:30 via Zoom</p> <p>Crochet/Knitting 1:00 PM; Bldg 2</p>	<p>15 St. Patrick's Day Celebration Irish Dance Performance, 1:30 PM Building 2</p>	<p>16 Short Story 11:30 via Zoom</p> <p>HAPPY PURIM</p>	<p>17 NUTRITION 11:00 AM Building 2</p> <p>HEALTH CHAT 1:30 PM VIA ZOOM; Mental Health</p>	<p>18 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>21 WELCOME SPRING!</p> <p>Crochet-Knitting 1:00 PM; Bldg 2</p>	<p>22 MAH JONGG 1:00 PM; Bldg 2</p>	<p>23 Short Story 11:30 AM VIA ZOOM</p> <p>VIRTUAL TOUR IRELAND 1:30 VIA ZOOM</p>	<p>24 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 Blood Pressure Screening 1-3</p>	<p>25 CHAIR EXERCISES 11:00 AM VIA ZOOM</p> <p>BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>28 TRIVIA 11:00 AM via ZOOM</p> <p>Crochet-Knitting 1:00 PM; Bldg 2</p> <p>Support Grp 3:00-4:00; Bldg 2</p>	<p>29 MAH JONGG 1:00 PM; Bldg 2</p>	<p>30 Short Story 11:30 AM VIA ZOOM</p>	<p>31 NORC NURSE: call for Appt. NUTRITION 11:00 AM Building 2 Blood Pressure Screening 1-3</p>	<p>LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</p>

March zoom

We will continue to offer some NORC services and activities over the phone or via ZOOM as well as limited in-person activities. 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
BRAIN GAMES	569 009 0379
	https://selfhelp.zoom.us/j/6950528675 Passcode 914515
VIRTUAL TOURS	695 052 8675
SPECIAL PRESENTATIONS	695 052 8675
HEALTH CHATS	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

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

Our NORC returned to limited in-person services and activities, following COVID-19 safety protocols. In-person group activities (25% capacity) are held in Building 2. Preregistration is required as is prescreening, mask wearing and social distancing. Call 718-565-6569 to reserve

This month, we have many celebrations, including National Social Work Month, International Women's Day, St. Patrick's Day and Purim.

If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list to get the most up-to-date information.

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

NURSE VANESSA'S CORNER

HEALTH CHAT
Thurs., March 17h, 2022, 1:30 PM

**MANAGING-
MENTAL
HEALTH
ISSUES AS
WE AGE**



ZOOM Meeting ID: 695 052 8675
passcode 914515

**BLOOD PRESSURE
SCREENING**



By our NORC Nurses
THURSDAYS 1:00-3:00
Building 2, Comm. Rm.
59-15 47th Avenue

BY APPOINTMENT ONLY
Call 718-565-6569
MASKS REQUIRED

Join us for our Monthly Movie Matinee
**CELEBRATING INTERNATIONAL
WOMEN'S DAY**

Tues, MARCH 8th, 2022 at 2:00 p.m.
Building 2; Preregistration & Masks
Required;

Call 718-545-6569



**NORC HOUSEKEEPING
SERVICES RESUME**

Are you a resident
of Big 6 Towers, 60
years and older and
need some help with
light housekeeping
and/or shopping?



We offer partially
subsidized services
for those who qualify.

Call our office at 718-565-6569
and speak to one of our social
workers.

**SUPPORT GROUP: COPING WITH
THE NEW NORMAL**

The COVID-19 pandemic has thrust many
changes into our lives. Some have lost
loved ones, most have lost enjoyable as-
pects of lives like social connections, activi-
ties, etc. What is the best way to cope with
this new normal? Join us as we explore
and share coping strategies, experiences
and best ways to move ahead.

Monday, March 28—April 18th; 3-:004:00
p.m. Building 2; Preregistration required;
call 718-565-6569

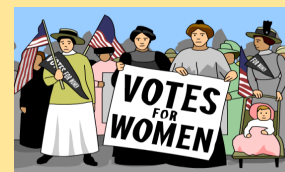
**JOIN US FOR A ST. PATRICK'S DAY
CELEBRATION**



Performance of IRISH DANCE by NIALL
O'LEARY SCHOOL OF IRISH DANCE
Tuesday, March 15, 2022 @ 1:30 PM
Preregistration Required
Call 718-565-6569

**TRAVEL AROUND THE WORLD
WITH US**

from the comfort of
your homes.
WED., March. 9th,
2022 1:30 P.M.
Seneca Falls, NY



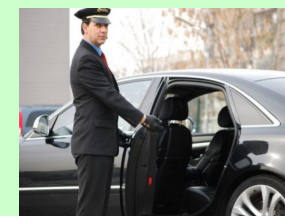
WED., March. 23rd
2022, 1:30 P.M.
Ireland



Via ZOOM Meeting ID:
695 052 8675; passcode 914515

**MEDICAL TRANSPORTATION
SERVICES AVAILABLE**

Do you need
transportation to
your medical
appointments?
Call the NORC of-
fice at 718-565-6569. We can
arrange partially subsidized
car service.

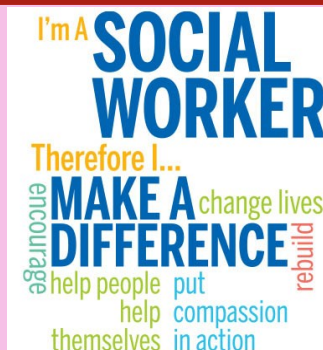


JOIN US EVERY THURSDAY at 11:00 AM
**NUTRITION AND HEALTHY
COOKING CLASSES**
with ANNA DIMAGGIO



**BACK IN-PERSON BUILDING 2,
COMMUNITY ROOM**
**PREREGISTRATION AND MASKS
REQUIRED**

**MARCH IS
NATIONAL
SOCIAL WORK
MONTH**



Celebrate our NORC
Social Workers:

Ruth Cassidy, LMSW
Gladys Ofori, MSW
Estefany Carbajal, MSW Intern

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 assist you with your housing
costs, if you qualify.
They may be able to help you apply
for social and health benefits.
Call our office at 718-565-6569 and
make an appointment today. They
will assess your needs and what re-
sources are available. Our services
are free; We respect your privacy.

