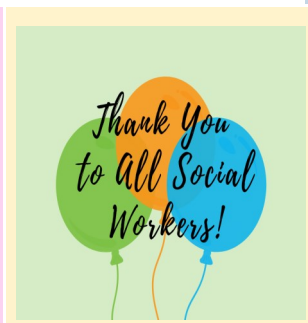




# BIG SIX TOWERS 2023 NORC NEWS

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



6  
Crochet/Knitting  
1:00 PM; Bldg 2  
  
**MOVIE: RBG**  
2:00 PM

7  
**MATTER OF BALANCE 11:00 AM**  
MAH JONGG w/  
1:00 PM; Bldg 2

13  
**ADVISORY COUNCIL 11:30 Zoom**  
Crochet/Knitting  
1:00 PM; Bldg 2  
**After-Oscar Party**  
1:00 PM, Bldg 2

14  
**MATTER OF BALANCE 11:00 AM**  
MAH JONGG  
1:00 PM; Bldg 2

20  
**DRAWING 10:30-12:30**  
Crochet/Knitting  
1:00 PM; Bldg 2  
**COLORED PENCIL Class**  
1:30-3:30

21  
**MATTER OF BALANCE 11:00 AM**  
MAH JONGG  
1:00 PM; Bldg 2

27  
**DRAWING 10:30-12:30**  
Crochet/Knitting  
1:00 PM; Bldg 2  
**COLORED PENCIL Class**  
1:30-3:30

28  
**MATTER OF BALANCE 11:00 AM**  
MAH JONGG  
1:00 PM; Bldg 2

1  
**Short Story 11:30 ZOOM**  
**Health Coach Hypertension**  
1:00-3:00

8  
**Short Story 11:30 VIA ZOOM**  
**UJA CONCERT 1:30 PM**  
*Int'l Women's Day*

15  
**Short Story 11:30**  
**Health Coach 1-3**  
**Irish Dancers 3:00 PM**

22  
**Short Story 11:30 ZOOM**  
**VIRTUAL TOUR 12:00**  
**Health Coach 1-3**

29  
**Short Story 11:30 ZOOM**  
**VIRTUAL TOUR 12:00**  
**HealthCoach 1:00-3:00**

2  
**Blood Pressure 11:00 am**  
**NUTRITION 12:00 PM**  
*Falls Prevention 2:00 PM*

9  
**HEALTH CHAT 11 AM; Blood Pressure 11:30**  
**NUTRITION 12:00 PM**  
**SU CASA 2-4**

16  
**Blood Pressure 11:00 am**  
**NUTRITION 12:00 PM**  
**SU CASA 2-4**

23  
**Blood Pressure 11:00 am**  
**NUTRITION 12:00 PM**  
**SU CASA 2-4**

30  
**Blood Pressure 11:00 am**  
**NUTRITION 12:00 PM**  
**SU CASA 2-4**

3  
**CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Bldg. 2**  
**Art Therapy/Bereavement-Group 1-2:00**

10  
**CHAIR EXERCISES 11:00 AM Bldg. 2**  
**Art Therapy/Bereavement-Group 1-2:00**

17  
**CHAIR EXERCISES 11:00 AM Bldg 2**  
**MOVIE: SUFFRAGETTE 2:00 PM**

24  
**CHAIR EXERCISES 11:00 AM Bldg 2**  
**Art Therapy/Bereavement-Group 1-2:00**

31  
**CHAIR EXERCISES 11:00 AM Bldg 2**  
**Art Therapy/Bereavement-Group 1-2:00**

**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:
	<a href="https://selfhelp.zoom.us/j/5690090379">https://selfhelp.zoom.us/j/5690090379</a>
	Passcode: 4812
SHORT STORIES	569 009 0379
	<a href="https://selfhelp.zoom.us/j/6950528675">https://selfhelp.zoom.us/j/6950528675</a>
	Passcode 914515
VIRTUAL TOURS	695 052 8675
SPECIAL PRESENTATIONS	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. For*

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

*We have an exciting variety of new programs and activities planned for March to help you stay healthy and happy. These include a falls prevention program, health coaching for those with hypertension as well as a group incorporating art to help you cope with losses you have experienced.*

*We also have some new fun and creative activities including a fun-filled After Oscars Party, A St. Patrick's Day celebration, movies, drawing classes, as well as a new photography program funded by a Su Casa grant.*

*Call the NORC office at 718-565-6569 for more information and to sign up.*

**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

We welcome **Juna Martinez, RN**, our new NORC Nurse who will be onsite every Monday and Tuesday

### Join us for a

**HEALTH CHAT** by our nurses, Thursday, March 9th, 11:00 AM  
**TAKE THE PRESSURE OFF**  
Get Tips for Managing your High Blood Pressure  
Community Rm. Bldg. 2  
Followed by Blood Pressure Monitoring

## FALLS PREVENTION

Arnold Raphael,  
Injury Prevention  
Program Coord.,  
JAMAICA HOSPITAL CENTER,  
March 2, 2:00 pm, Bldg. 2



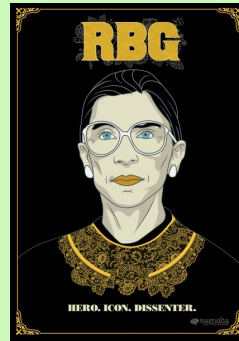
**CONCERT - Wednesday, MARCH 8th, 2022 at 1:00 p.m.**  
for a concert featuring **Bridget Kinneary** (violin & voice) & **Dexter Stanley Tanvao** (drums, guitar & vocals)

Funded by UJA Jeanette Solomon Grant



## MOVIES at 2:00 PM:

Monday, March 6, 2023



Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg -- including her career-defining work in gender-discrimination law -- this engaging documentary charts her journey to becoming a justice on America's highest court.

Friday, March 17, 2023

Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement. But when the peaceful protests of the suffragettes accomplish nothing, they're driven to more radical methods of effecting change.



### NEW PROGRAMS IN MARCH:

**A MATTER OF BALANCE:** Falls Prevention Program, Tues, 11:00 AM

**HEALTH COACHING FOR HYPERTENSION,** Wednesdays, 1:00 to 3:00 PM

**ART THERAPY & BEREAVEMENT,** Fridays @ 1:00-2:00 p.m.

**SU CASA PROGRAM: PHOTO ARCHIVE AND POETRY SERIES,** Thursdays from 2:00-4:00 PM

**PREREGISTRATION REQUIRED: call 718-565-6569 for more information and to register**

**TRAVEL AROUND THE WORLD** from the comfort of your homes.  
WED., March 22, 2023 at 12:00 P.M.  
**Celebrating HOLI**

WED., March 29, 2023, 12:00 P.M.  
**Celebrating PURIM**  
Via ZOOM Meeting ID: 695 052 8675; Passcode 914515



**ST. PATRICK'S DAY CELEBRATION**  
**IRISH SONG & DANCERS**

March 15th, 3:00 p.m.



Join us for a fun-filled After Oscars Party—  
Mon, March

13th 1:00 p.m.  
Surprise Program!!!!



### Art Therapy & Bereavement Group

Have you experienced loss and need support?

Join Alice Hennessy and Gladys Ofori for a 4 week

Therapeutic Arts and Bereavement Support Group. We will be using creative art as a form of expression to cope with grieving.

Fridays, 3/3, 3/10, 3/24, 3/31; 1:00-2:00 p.m.  
Community Room, Building 2

RSVP to 718-565-6569. Limited to 10 people



## MARCH IS NATIONAL SOCIAL WORK MONTH

We thank and honor our social workers for their dedication:

Gladys Ofori, MSW, Big 6 social worker: "I decided to

become a gerontology social worker because I love everything about older adults. This is a generation that is overlooked at times and is growing rapidly each and every day. I enjoy helping those in need within the community and making a difference in their lives. The best part is the advice/knowledge that I receive from them. I am all about selfcare. I enjoy eating out, traveling, listening to music and volunteering during my free time."

Alice Hennessy, Intern:

"Alice Hennessy is a graduate student at NYU Silver School of Social Work, studying to receive her MSW degree. Alice chose to enter social work because she is a strong believer in building and supporting communities to create a more inclusive and just society. Beyond her work here at Selfhelp, Alice has an arts background and actively makes art on the weekends and is a book lover."

**NEW PHOTO ARCHIVE & POETRY PROGRAM** March 9, 2-4 PM