



BIG SIX TOWERS 2024 NORC NEWS



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



4
Tech Hour 11 am
Crochet/Knitting
1:00 PM; Bldg 2

5
SAIL
Cancelled
MAH JONGG
1:00 PM

6
ZUMBA 11:00
Short Story
11:00 ZOOM
12 ElderLaw
Mark Leavitt
Support Group
2:00 -3:00 pm

7
NUTRITION
Cancelled
Free Tax Prep
1:00 pm
Pedestrian
Safety 2:30

8
CHAIR EXERCISES
11:00 AM
SAIL 1:00 PM
Women's/Social
Work Celebration
2:30 pm

11
MET Art Box 10:30
Tech Hour 11 am
ADVISORY
COUNCIL 11:30
Crochet/Knitting
1:00 PM; Bldg 2

12
SAIL
11:00 AM
MAH JONGG
1:00 PM;

13
ZUMBA 11:00
Short Story
11:30 ZOOM
Irish Dancers
1:00 PM
Support Group
2:00 -3:00 pm

14
NUTRITION
12:30 PM
UJA Concert
2:00 PM

15
CHAIR EXERCISES
11:00 am
SAIL 1:00 PM
HAT MAKING
2:30

18
Tech Hour 11 am
Crochet/Knitting
1:00 PM; Bldg 2

19
SAIL
11:00 AM
MAH JONGG
1:00 PM
First Day of
Spring

20
ZUMBA 11:00
Short Story
11:30 ZOOM
Support Group
2:00 -3:00 pm
Managing
Stress 2-4 pm

21
BP Monitor-
ing 11:00 AM
NUTRITION
12:30 PM
Birthday
Party 2:30

22
CHAIR EXER-
CISES 11:00 AM
SAIL
1:00 PM

25
MET Art Box 10:30
Tech Hour 11 am
Crochet/Knitting
1:00 PM; Bldg 2
DRAWING 1:30 PM

26
SAIL
11:00 AM
MAH JONGG
1:00 PM

27
ZUMBA 11:00
Short Story
11:30 ZOOM
Support Group
2:00 -3:00 pm
Movie 1:30
SHIRLEY

28
BP Monitor-
ing 11:00 AM
NUTRITION
12:30 PM
ELDER ABUSE
2:30 PM

29
CHAIR EXER-
CISES 11:00 AM
SAIL
1:00 PM

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

SAIL 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.

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

MARCH is WOMEN'S HISTORY MONTH and also SOCIAL WORK MONTH

We welcome Justyna Wyrwas, MSW, who joined our NORC on February 19th as a social worker, joining Ziona Powell, LMSW, Social Duke-Mosier, MSW Intern and NORC Director, Theodora Ziongas, M.A. in providing social work services to the community. Join us on March 8th at 2:30 p.m, to celebrate International Women's Day and our Social Workers

HAPPY HOLIDAYS FOR ALL THOSE WHO CELEBRATE THIS MONTH

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



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


Nurse's Corner
 Community Room, Bldg. 2
 Milagros Dolores, RN, NORC
 Nurse, will be working Tues-
 days & Fridays and is available
 in the Community Room
 Tuesdays 11:00 am-12:00 pm & 1:00-
 2:00 pm
 Fridays: 12:00-1:1:00 PM

 **Arnold Raphael**
 Injury Prevention
 Program Coordinator
JAMAICA HOSPITAL CENTER
PEDESTRIAN SAFETY
 March 7th, 2024, @ 2:30 pm


Hat-Making Event
 Friday March 15 @ 2:30 p.m.
 Create your own
 special bonnet
 Materials provided
 Preregistration
 Required
 Call 718-565-6569



MOVIE: SHIRLEY March
 27 @ 1:30 p.m. tells the story of
 the first Black congresswoman, politi-
 cal icon Shirley Chisholm, and her
 trailblazing run for president in 1972




UJA Jeannette Solomon
Intergenerational Program
CONCERT
 March 14, 2024
 @ 2:00 p.m.
 In collaboration with
 Queens College Aaron
 Copland School of Music
SARA STROZZO featur-
 ing classical music and
 some Irish tunes



 **TECH HOUR**
 with Sophia
 Duke-Mosier
 Mondays @ 11:00
 Community
 Room, Bldg. 2
 Bring your phone, tablet
 laptop & tech questions.



March 6th @12:00 p.m.
MARK LEAVITT, Esq.. &
TALI B. SEHATI, Esq.,
ELDER LAW ATTORNEYS
 What you need to know about
 advance planning, wills, POA, etc.
 Presentation will be in
 -person but also avail-
 able via Zoom




Presentation on
ELDER ABUSE
 by Sunnyside Community Services
 Elder Justice Program
 March 28, 2024 @ 2:30



ART CLASSES led by
Donna Miskend
DRAWING Mondays @ 1:30
 Begins March 25th

MET ART BOXES– 2 Mondays/
 month begins March 11th and
 March 25th @ 10:30 a.m.
 Preregistration Required
 Call 718-565-6569 for more
 information and to register

JOIN US EVERY THURSDAY at 12:30 PM)
NO CLASS MARCH 7th
NUTRITION AND HEALTHY
COOKING CLASSES
 With ANNA DIMAGGIO
 Community Room,
 Bldg.2




NIALL O'LEARY
 Irish Dance
 Troupe
 March 13 2024
 @ 1:00 PM



FREE TAX PREP PRESENTATION BY
Miriam Aldana
 Senior Community Affairs Associate
 NYC Department of Consumer and
 Worker Protection
 March 7th 2024 @ 1:00 p.m.



CAREGIVERS SUPPORT GROUP
 facilitated by Sophia Duke-Mosier
 Wednesdays, March 6,
 13, 20 & 27, @ 2-3:00 PM
 Preregistraton Required:
 718-565-6569



MARCH IS WOMEN'S HISTORY MONTH and SOCIAL WORK MONTH, March 8th
 NORC Social Workers
 assess needs, refer
 and assist applying
 for benefits, help co-
 ordinate care with
 your health care team and support
 aging in place.



NORC Social Work Team includes:

Ziona Powell, LMSW
 joined the NORC September 2024
 "I love the social work profession as it al-
 lows you to empower and assist those in
 need. I learn more from my clients every
 day and am very thankful to have gotten
 to play a small role in their lives."

Justyna Wyrwas, MSW
 joined the NORC February 2024:
 "I developed my interest in social work
 while working with people with develop-
 mental and intellectual disabilities. I ob-
 served many injustices that affected this
 population and simultaneously I enjoyed
 being able to help them. I became a so-
 cial worker to continue having a positive
 effect on people's lives, support those in
 need, protect people's human rights, es-
 pecially vulnerable populations and en-
 lighten lives of those in most need. I am
 deeply honored to be a social worker"

Sophia Duke-Mosier, MSW Intern:
 "I'm a first-year social work student at
 Hunter College and have enjoyed my time
 at the NORC so far. I'm interested in con-
 tinuing to work with older adults in the
 future and am so appreciative of every-
 thing I can learn from this community.
 Thank you for having me!"

 **DAYLIGHT**
SAVINGS TIME
 March 10, 2024