



Selfhelp



BIG SIX TOWERS 2023 NORC NEWS



1 DRAWING 10:30-12:30 Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	2 MATTER OF BALANCE 11:00 AM MAH JONGG 1:00 PM; Walkathon 2-4	3 Short Story 11:30 ZOOM Health Coach 1:00-3:00 pm	4 Blood Pressure 11 am NUTRITION 12:00 PM SU CASA 2-4	5 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Bldg. 2
8 DRAWING 10:30-12:30 ADVISORY COUNCIL 11:30 Zoom Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	9 PEDESTRIAN SAFETY 11:00 MAH JONGG w/ 1:00 PM; Walkathon 2-4	10 Short Story 11:30 VIA ZOOM UJA CONCERT 1:00 PM Health Coach 2:00-4:00 pm	11 Blood Pressure 11:00 NUTRITION 12:00 PM SU CASA 2-4	12 CHAIR EXERCISES 11:00 AM Bldg. 2 BRAIN GAMES 1:00 PM
15 DRAWING 10:30-12:30 Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL Class 1:30-3:30	16 Tai Chi 10 am Bingocise 11:30 MAH JONGG 1:00 PM Walkathon 2-4	17 Short Story 11:30 VIRTUAL TOUR 12:00 Health Coach 1:00-3:00 pm	18 HEALTH CHAT 11:00 NUTRITION 12:00 PM SU CASA 2-4	19 CHAIR EXERCISES 11:00 AM MOTHER'S DAY 1:00 PM
22 DRAWING 10:30-12:30 Crochet/Knitting 1:00 PM; Bldg 2 COLORED PENCIL	23 Tai Chi 10 am Bingocise 11:30 MAH JONGG 1:00 PM Walkathon 2-4	24 Short Story 11:30 ZOOM Health Coach 1:00-3:00 pm	25 Blood Pressure 11 am NUTRITION 12:00 PM SU CASA 2-4	26 CHAIR EXERCISES 11:00 AM NORC CLOSSES @ 3:00 PM
29 MEMORIAL DAY NORC CLOSED  THANK YOU!	30 Tai Chi 10 am Bingocise 11:30 MAH JONGG 1:00 PM Walkathon 2-4	31 Short Story 11:30 ZOOM VIRTUAL TOUR 12:00	 May <small>©DESIGNALIKE</small>	

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

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
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.

HAPPY MOTHER'S DAY

Join us on Friday, May 19th for a special celebration. Preregistration required; call 718-565-6569.

Are the recent increases in housing and other costs making it difficult to manage? The NORC staff can evaluate your eligibility for various benefits and entitlements and help you apply

Call the NORC office at 718-565-6569 for more information on our services and programs and to schedule an appointment

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

Our NORC Nurse

Juna Martinez is onsite every Monday and Tuesday

She is available in the Community Room

Mondays 11:00 am-12:00 pm & 1:00-2:00 pm

Tuesday: 1:00-2:00 PM

Other times by appointment. Call the NORC Office at 718-565-6569



Health Chat by nurses from CUNY School of Nursing May 18th, 11:00 AM

FALLS PREVENTION



Presentation by **Arnold Raphael** Injury Prevention Program Coordinator

JAMAICA HOSPITAL CENTER

PEDESTRIAN SAFETY

Tuesday, May 9th, 11:00 a.m.

TAI CHI CLASSES RETURN



Tuesdays 10:00 a.m. beginning May 16th

Led by Dilshad Keshwani Preregistration Required

NEW PROGRAM

BINGOCIZE,

Tuesdays at 11:30 led by

Dilshad Keshwani

If you like Bingo this is a fun way to exercise.

Preregistration required



BIG APPLE WALK-A-THON

Every Tues, at 2:00 p.m. Prizes awarded to each Walking Club that completes program; Pedometers provided.

A fun, easy way to exercise, enjoy time with friends and the outdoors. PREREGISTRATION REQUIRED: call 718-565-6569 for more information.



TRAVEL AROUND THE WORLD

from the comfort of your homes.

WED., May 17th 2023, 12:00 P.M.

WED., May 31st, 2023, 12:00 P.M.

Via ZOOM Meeting ID: 695 052 8675; Passcode 914515

JOIN US EVERY THURSDAY at 12:00 PM

NUTRITION and HEALTHY COOKING

ANNA DIMAGGIO
Comm. Rm, Bldg.2



WHAT IS SCRIE AND DO YOU QUALIFY?

WHAT IS SCRIE?

SCRIE is the acronym for the Senior Citizen Rent Increase Exemption program. Through HPD, this program provides a subsidy to cover most rent/maintenance increases for seniors that are shareholders and live in a City or State Mitchell Lama, HDFC, Re-development and 213 co-operatives.

2. WHAT ARE THE REQUIREMENTS FOR SCRIE?

- You (or your spouse) must be 62 years or older at the time of the increase and the tenant/ shareholder of record.
- You (or your spouse) lived in the apartment at the time of the increase.
- The total household income did not exceed the income maximum of \$50,000 annually.
- Your monthly basic rent/ carrying charge was more than or equal to one-third of your total annual household income.
- You are NOT on any other rent/ carrying charge subsidy program, such as Section 8, SCHE, DRIE, RAP.

CONCERT

featuring students from Aaron Copland School of Music
Wed. May 10th, 2023, 1:00 PM

Mixed music program featuring

DYLAN OFRIAS



Funded by UJA Jeannette Solomon Intergenerational Art Program

JOIN US ON FRIDAY, MAY 19th 2023, 1:00 PM for a special **MOTHER'S DAY CELEBRATION**

including a light lunch and surprise entertainment. Space is limited. Preregistration Required
Call 718-565-6569

