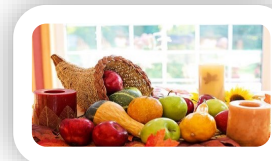




Selfhelp | 85 YEARS OF CARING



# BIG SIX TOWERS 2021 NORC NEWS



1 <i>Make sure to turn your clocks back one hour before going to bed on November 7th.</i>	2 <b>ELECTION DAY</b> Make sure to VOTE Community Room Building 2 COFFEE SOCIAL 1:00 PM VIA ZOOM	3 Short Story 11:30 AM VIA ZOOM <b>VIRTUAL TOUR 1:30 VIA ZOOM</b>	4 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 11:00 AM Building 2 BP Screening 1-3PM, Building 2	5 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom <b>BRAIN GAMES 1:00 PM VIA ZOOM</b>
8 Advisory Council 11:00 via Zoom CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room	9 COFFEE SOCIAL 1:00 PM Bldg 2 MAH JONGG 2:30 PM Bldg 2	10 Short Story 11:30 AM via Zoom <i>Walk with Ease Big Reveal 1:30 PM Bldg. 2</i>	11 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 11:00 AM Building 2 BP Screening 1-3PM Building 2	12 CHAIR EXERCISES 11:00 AM VIA ZOOM <b>BRAIN GAMES 1:00 PM VIA ZOOM</b>
15 <b>TRIVIA 11:00 AM Bldg 2</b> CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room	16 COFFEE SOCIAL 1:00 PM Bldg 2 MAH JONGG 2:30 PM Bldg 2	17 Short Story 11:30 AM VIA ZOOM <b>VIRTUAL TOUR 1:30 VIA ZOOM</b>	18 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 11:00 AM Building 2 Health Chat 1:30 via Zoom	19 CHAIR EXERCISES 11:00 AM VIA ZOOM <b>BRAIN GAMES 1:00 PM VIA ZOOM</b>
22 CROCHET/KNITTING 1:00 PM, Bldg. 2 Community Room 	23 COFFEE SOCIAL 1:00 PM Bldg 2 MAH JONGG 2:30 PM Bldg 2	24 Short Story 11:30 AM VIA ZOOM <b>WREATH MAKING 1:30 PM BUILDING 2</b>	25 <b>HAPPY THANKSGIVING</b>  <b>NORC CLOSED</b>	26 CHAIR EXERCISES 11:00 AM VIA ZOOM <b>BRAIN GAMES 1:00 PM VIA ZOOM</b>
29 CROCHET/KNITTING 1:00 PM, Bldg 2 Community Room 	30 COFFEE SOCIAL 1:00 PM Bldg 2 MAH JONGG 2:30 PM Bldg 2			<b>LOCATION KEY:</b> INPERSON ACTIVITIES: BUILDING 2 COMMUNITY ROOM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION



We will continue to offer some NORC services and activities over the phone or via ZOOM while beginning to introduce in-person activities following safety protocols. Information on how to access Zoom is on the other side of this page.

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
BRAIN GAMES	569 009 0379
COFFEE SOCIAL	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
HEALTH CHATS	695 052 8675
ADVISORY COUNCIL	695 052 8675
CHAIR EXERCISES	695 052 8675

**MESSAGE FROM THE DIRECTOR**  
*Theodora (Dora) Ziongas, M.A.*  
**LIMITED INPERSON INDOOR ACTIVITIES RESUMING**  
*We are happy to let you know that we will be offering more in person, indoor activities beginning this month. These will be held in the Community Room of Building #2 (59-15 47th Ave.) The safety of staff and participants is paramount and we will follow COVID-19 screening and safety protocols. Preregistration will be required and capacity limited to 25 people. Masks will be required for all participants. Some activities will continue via Zoom. Social Work visits by appointment only. Call 718-365-6569 for more information and to preregister.*

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

**NURSE VANESSA'S CORNER**

**HEALTH CHAT**  
**NOV. 18 2021 @ 1:30 PM VIA ZOOM**  
**OSTEOPOROSIS: WHAT YOU NEED TO KNOW**  
Meeting ID: 695 052 8675  
Passcode: 914515

**BLOOD PRESSURE SCREENING**

By our NORC Nurses  
**THURSDAYS 1:00-3:00 p.m.**  
Community Room of Building 2  
59-15 47th Avenue

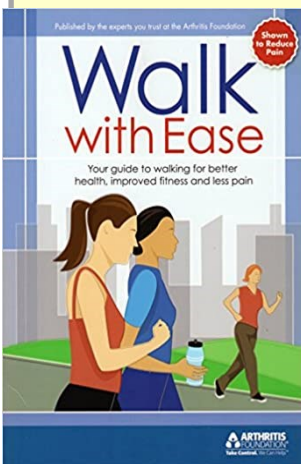
**BY APPOINTMENT ONLY**  
Call 718-565-6569  
**MASKS REQUIRED**



**WALK WITH EASE  
BIG REVEAL**

Join us to celebrate your accomplishments. How many steps did the group complete? How many did you complete? Prizes for top walkers and gifts for all those who completed program.

**Wed., NOV. 10th at 1:30 PM, Building 2 Community Room**  
**Registration Required. Call 718-565-6569 to register**  
**MASKS REQUIRED**



**JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR  
CHAIR EXERCISES TO  
LATIN RHYTHMS**

ZOOM Meeting ID: 695 052 8675  
Passcode: 914515



Join us on Wed. Nov. 24th at 1:30 p.m., Building 2 Community Room  
Explore your creativity and make your own wreath for the holidays.

**WREATH MAKING**

Materials provided  
Preregistration and Mask Required. Call 718-565-6569

**CROCHET/KNITTING GET TOGETHER**

Every Monday at 1:00 p.m. Building 2 Community Room. All levels welcome.

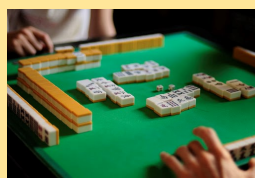


Call 718-565-6569 for more information and to register

**COFFEE SOCIAL** every Tuesday at 1:00 p.m. Join us for coffee, dessert and conversation. In the Community Room of Building 2. Preregistration required. Call 718-565-6569.



**MAH JONGG is Back**  
Every Tuesday at 2:30 PM  
Community Room in Building 2  
Call 718-565-6569 to register

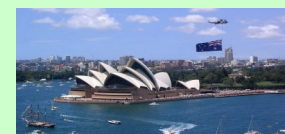


**TRAVEL AROUND THE WORLD WITH US**

from the comfort of your homes.  
WED., Nov. 3th, 2021 at 1:30 P.M.  
**THAILAND**



WED., Nov. 17th, 2021, 1:30 P.M.  
**AUSTRALIA**



Via ZOOM Meeting ID: 695 052 8675; passcode 914515

**NEW TIME and NOW IN PERSON**

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

COMMUNITY ROOM BUILDING 2  
59-15 47th Avenue



**PREREGISTRATION REQUIRED**  
Call 718-565-6569  
**CAPACITY LIMITED**  
**MASKS REQUIRED**

**SAFETY PROTOCOLS FOR INPERSON, INDOOR NORC ACTIVITIES**

We are excited to be returning to some in-person, indoor activities, which will be held in the Community Room of Building #2 (59-15 47th Ave). In order to make our events as safe as possible for all, we will be following COVID-19 safety protocols including requiring masks for all participants throughout the event, social distancing and limiting capacity to 25%. **PREREGISTRATION IS REQUIRED FOR ALL INPERSON ACTIVITIES.** Ongoing activities which will now be in person include Nutrition, Coffee Social, Crochet/Knitting and Mah Jongg. Please call 718-565-6569 for more information and to preregister.