

Selfhelp



BIG SIX TOWERS 2022 NORC NEWS



	<p>1 TAI CHI 11:00 Bldg 2</p> <p>BLOOD PRESSURE 12:15 Bldg 2 MAH JONGG 1:00 PM</p>	<p>2 Short Story 11:30 VIA ZOOM COVID & FLU SHOTS—HOPKINS Pharmacy, Bldg 2 1-4 PM; Preregistration Required</p>	<p>3 NUTRITION 11:00 AM Building 2</p> <p>WALK W/EASE 2-4 PM Bldg 2</p>	<p>4 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM Building 2</p> <p>KARAOKE 1:00 PM</p>
<p>7</p> <p>Crochet-Knit 1:00 PM;</p>	<p>8</p> <p>NORC ACTIVITIES CANCELLED</p>	<p>9</p> <p>Short Story 11:30 VIA ZOOM</p> <p>VIRTUAL TOUR 1:30 via Zoom</p>	<p>10</p> <p>NUTRITION 11:00 AM Building 2</p> <p>WALK W/EASE 2-4 PM BIG REVEAL</p>	<p>11</p> <p>CHAIR EXERCISES 11:00 AM Building 2</p> <p>VETERANS DAY CONCERT 1:30 PM</p>
<p>14</p> <p>ADVISORY COUNCIL 11:30 via Zoom Drawing 11:00 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>15</p> <p>TAI CHI 11:00 Bldg 2</p> <p>BLOOD PRESSURE 12:15 Bldg 2</p> <p>MAH JONGG 1:00 PM; Bldg 2</p>	<p>16</p> <p>Short Story 11:30 via Zoom</p> <p>Health Chat 1:30 PM Managing Hypertension, Bldg 2</p>	<p>17</p> <p>NUTRITION 11 AM VIA ZOOM</p> <p>SAFETY PRESENTATION by QUEENS DA OFFICE</p>	<p>18</p> <p>CHAIR EXERCISES 11:00 AM Building 2</p> <p>MOVIE: 1:30 PM, West Side Story (2021)</p>
<p>21</p> <p>Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>22</p> <p>TAI CHI 11:00 Bldg 2</p> <p>BLOOD PRESSURE 12:15 Bldg 2</p> <p>MAH JONGG 1:00 PM; Bldg 2</p>	<p>23</p> <p>Short Story 11:30 VIA ZOOM</p> <p>VIRTUAL TOUR 1:30 VIA ZOOM</p> <p>NORC Closes at 3:00 PM</p>	<p>24</p> <p>HAPPY THANKSGIVING</p> <p>NORC CLOSED</p>	<p>25</p> <p>CHAIR EXERCISES 11:00 AM Building 2</p> <p>BRAIN GAMES 1:00 PM Bldg 2</p>
<p>28</p> <p>Drawing Class 11:00 a.m. Bldg 2 Crochet/Knitting 1:00 PM; Bldg 2 Jewelry Making 2:00 Bldg 2</p>	<p>29</p> <p>TAI CHI 11:00 Bldg 2 Blood Pressure 12:15 MAH JONGG 1:00</p> <p>NORC OPEN HOUSE 1-4 pm Bldg 2 Comm Rm.</p>	<p>30</p> <p>Remembrance Day 1:00 p.m</p> <p>Diabetes Group 3:00 p.m.</p>	<p>LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</p>	



We will 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
NUTRITION	695 052 8675
ADVISORY COUNCIL	695 052 8675

To access Zoom by phone, call 1-646-876-9923
Enter the Meeting ID

NORC staff are now back in the office 5 days a week and can be reached by calling the NORC office at 718-565-6569. Please call the office phone and not the cell phones to speak to staff.

MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.
WISHING EVERYONE A HAPPY AND HEALTHY HOLIDAY
November 8th is Election Day.
Please remember to vote.
Voting booths in Community Room of Building 2.
NORC Activities are cancelled on that day

JOIN US ON NOVEMBER 29th for a NORC Open House.
Come meet our staff, including our nurse and social workers, learn about our services and let us know what you are interested in

To receive the most up-to-date information on NORC activities, call 718-565-6569 and 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

Beginning in November, a NORC Nurse will be available 3 days a week

Clare Natel, RN Tuesdays and Wednesdays, onsite
Vanessa Kochupaul, RN Thursdays, available via phone and zoom

HEALTH CHAT

Wednesday, NOVEMBER 16, 2022; 1:30 PM, Bldg. 2
Managing High Blood Pressure

BLOOD PRESSURE SCREENING

By NORC Nurses,
Tuesdays, 12:15 p.m.

Bldg 2, Comm. Room

59-15 47th Avenue

Call 718-565-6569

MASKS REQUIRED



WALK WITH EASE

BIG REVEAL

Join us to celebrate the accomplishments of our walkers

Thursday, November 10th @ 2:00 p.m.

Building 2, Community Room

Call 718-565-6569 for more information. Capacity is limited.

MASKS REQUIRED

DRAWING AND JEWELRY-MAKING CLASSES
RESUME on MONDAY, NOVEMBER 14th.
Call 718-656-6569 to register. Materials provided.

NORC OPEN HOUSE

Are you 60 years or older and reside in Big Six Towers?

Do you have questions on signing up for Medicare, benefits you might qualify for, or just want to meet some of your neighbors and join our many fun activities.

Come to our OPEN HOUSE on Tues., Nov. 29th in the Comm. Rm., Bldg 2, 1-4 PM, meet our staff and learn more about what we have to offer.

We will distribute free PPE supplies including masks, hand sanitizer, and hold a small raffle

Special Presentation: MEDICARE, What you Need to Know 1:30 pm



REMEMBRANCE DAY
Join us as we celebrate the lives and remember the members of our community we have lost this past year.
Nov.30th @ 1:00 PM

NEW ACTIVITIES:

REMEMBRANCE DAY—Nov 30th @ 1:00 PM

DIABETES GROUP—discussion and support on managing diabetes — weekly session led by CLARE NATEL, RN, NORC NURSE, begins Nov 30th @ 3:00 p.m.

DA SAFETY PRESENTATION organized by Big 6 Towers Mgmt.

VETERANS DAY CELEBRATION—join us as we honor our veterans with a CONCERT Nov 11th @ 1:30 PM by Concerts in Motion

TRAVEL AROUND THE WORLD WITH US

from the comfort of your homes.
WED., Nov 9th 2022 1:30 P.M.

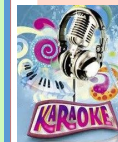
PROVINCETOWN & CAPE COD



WED., Nov 23rd, 2022, 1:30 P.M.
PLYMOUTH, MA

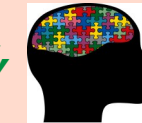
Via ZOOM

Meeting ID: 695 052 8675;
Passcode 914515



KARAOKE—Friday Nov 4th @ 1:00 p.m.

BRAIN GAMES —Friday, Nov 25th @ 1:00 p.m.



Information in this newsletter is as accurate as possible at the time of printing. We do our best to adhere to the schedule published but 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 event or activity

JOIN US EVERY THURSDAY at 11:00 AM



NUTRITION

NUTRITION AND HEALTHY COOKING CLASSES with ANNA DIMAGGIO

IN-PERSON except if noted otherwise PREREGISTRATION AND MASKS REQUIRED; TAKE HOME SNACKS

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.

They will assess your needs and what resources are available. Our services are free; We respect your privacy.

Affordable Connectivity Program

Do you have internet service: You may qualify for a discount of up to \$30 per month as well as a one-time grant toward purchase of a computer or tablet. For assistance, call the NORC Office at 718-656-6569 and ask to speak to one of

Join us on November 18th at 1:30 for **FRIDAY AFTERNOON MOVIE**

WEST SIDE STORY (2021)

Produced and directed by Steven Spielberg, script and screenplay by Tony Kushner. An adaptation of the 1957 musical, the film tells the tale of forbidden love and rivalry between two teenage street gangs.



All services are available to seniors 60+ residing in Big 6 Towers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regardless of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.