



# BIG SIX TOWERS 2023 NORC NEWS



		<b>1</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>WALK w/EASE</b> <b>2:00 PM</b>	<b>2</b> <b>MAINSTAGE</b> <b>10-12:00</b> <b>BP Monitoring</b> <b>12:00 PM</b> <b>NUTRITION</b> <b>12:30 PM</b>	<b>3</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> 
<b>6</b> <b>Drawing 10:30</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Composition 1:30</b>	<b>7</b> <b>Election Day</b> <b>Go Vote!</b> <b>Today</b> <b>NORC ACTIVITIES CANCELLED</b>	<b>8</b> <b>Short Story</b> <b>11:30 VIA ZOOM</b> <b>WALK w/EASE</b> <b>2:00 PM</b>	<b>9</b> <b>MAINSTAGE</b> <b>10-12:00</b> <b>BP 12:00 PM</b> <b>NUTRITION CANCELLED</b> <b>MOVIE: 2:00 PM</b>	<b>10</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> 
<b>13</b> <b>Drawing 10:30</b> <b>ADVISORY COUNCIL 11:30 via Zoom</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Composition 1:30</b>	<b>14</b> <b>WREATH MAKING</b> <b>11:00 am</b> <b>MAH JONGG</b> <b>1:15 PM;</b>	<b>15</b> <b>Short Story</b> <b>11:30</b> <b>TRIP 10:00 am</b> <b>WEGMANS</b> <b>WALK w EASE</b> <b>2:00 PM</b>	<b>16</b> <b>MAINSTAGE</b> <b>10-12:00</b> <b>BP Monitoring</b> <b>12:00 PM</b> <b>NUTRITION</b> <b>12:30 PM</b>	<b>17</b> <b>CHAIR EXERCISES</b> <b>11:00</b> 
<b>20</b> <b>Drawing 10:30</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Composition 1:30</b>	<b>21</b> <b>TAI CHI 10:30</b> <b>BINGOCIZE</b> <b>12:00</b> <b>MAH JONGG</b> <b>1:15 PM</b>	<b>22</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>WALK w/EASE</b> <b>2:00</b> <b>NORC Closes</b> <b>3:00 PM</b>	<b>23</b> <b>THANKSGIVING</b>  <b>NORC CLOSED</b>	<b>24</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> <b>BINGOCIZE</b> <b>1:00 PM Final Session</b>
<b>27</b> <b>Drawing 10:30</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> <b>Composition 1:30</b>	<b>28</b> <b>THANKSGIVING CELEBRATION</b> <b>1:00 PM</b> <b>MEDICARE UPDATE</b> <b>3:00 PM</b>	<b>29</b> <b>Short Story</b> <b>11:30 ZOOM</b> <b>WALK w/EASE</b> <b>2:00 PM</b>	<b>30</b> <b>MAINSTAGE</b> <b>10-12:00</b> <b>BP Monitoring</b> <b>12:00 PM</b> <b>NUTRITION</b> <b>12:30 PM</b>	<b>LOCATION KEY:</b> <b>IN PERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.</b> <b>REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</b>

**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  
NUTRITION                                      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.**

**NOVEMBER IS DIABETES AWARENESS MONTH**

**More than 1 in 3 adults in the U.S. have prediabetes and many of them don't know it. National Diabetes Month is a time to raise awareness about diabetes as an important public health issue and encourage people to take charge of their health. Speak to one of our NORC nurses for more information.**

**Also, Medicare Open Enrollment is Oct 15-Dec 15. Join us on Nov 28th for a presentation on options.**

**The Parts of Medicare**  
by: Boomer Benefits

<b>Part A</b> Hospital Coverage 	<b>Part B</b> Medical Coverage 	<b>Part C</b> Medicare Advantage 	<b>Part D</b> Prescription Coverage 
--	---------------------------------------	---	--

There are four main parts of Medicare. Many people confuse Medicare "parts" and "plans" but it is important to know they are different.

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

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



## Nurse's Corner

Community Room, Bldg. 2  
**JUNA MARTINEZ, RN, NORC Nurse**, is available in the Community Room  
Mondays 11:00 am-12:00 pm & 1:00-2:00 pm  
Fridays: 12:00-1:00 PM

## MEDICARE UPDATE



Are you signing up for Medicare the first time and

have questions?

Are you thinking of changing plans & want more information (OPEN ENROLLMENT is from Oct. 15-Dec. 15th) **NOV. 28th 2023 at 3:00 PM**

**Election Day Go Vote! Today**

**Election Day: Nov. 7th**  
Remember to **VOTE. COMMUNITY ROOM IS A VOTING SITE. NORC Group Activities cancelled that day.**

**DAYLIGHT SAVINGS TIME**  
Ends Sun, Nov 5th. Remember to Fall Back on hour.

## Wreath Making

Nov. 14 2023  
11:00 a.m.  
Materials Provided  
Call 718-353-4526 to register



## MAH JONGG CLASSES

by experienced teacher, Linda Fisher  
Tuesdays, November 14, 21 and December 5, 12 & 19 at 1:15-3:15.  
Call 718-565-6569 to register

Join us on Tuesday, November 28th, 2023 at 1:00 PM

**THANKSGIVING PARTY with an International Flavor followed by November Birthday Celebration**



Turkey and various International dishes, followed by **BIRTHDAY CAKE**

Please RSVP: 718-565-6569

**MOVIE: Thursday, Nov.9th, 2023 2:00 pm**



Starring: Diane Keaton, Jane Fonda, Candice Bergen & Andy Garcia  
The highly anticipated sequel follows four best friends as they take their book club to Italy for the fun girls trip they never

**NEW TIME: 12:30 PM**  
JOIN US THURSDAYS at 12:30 PM  
**NUTRITION AND HEALTHY COOKING CLASSES**  
With ANNA DIMAGGIO  
Community Room, Bldg.2



11/2: HERBS & SPICES  
11/9: CLASS CANCELLED  
11/16: ASK ME ANYTHING; Bring your nutrition questions to class  
11/23: THANKSGIVING HOLIDAY—NO CLASS  
11/30: AUTUMN PRODUCE: Apple & Squash Health Benefits and Easy Recipes

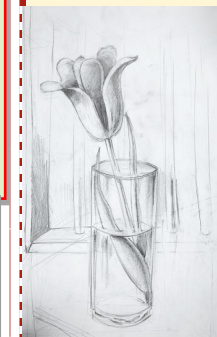
**TRIP TO WEGMAN'S Wed., Nov 15th 2023 @10:00 a.m.**



**TO SIGN UP, CALL 718-565-6569 on Nov. 8th or Nov. 9th, 2-3:00 PM**

**ART CLASSES every Monday led by Donna Miskend**

**DRAWING FUNDAMENTALS II @ 10:30 AM**



**COMPOSITION @1:30 PM**

Call 718-565-6569 for more details and to Register

**NEW PROGRAM MAINSTAGE**



Do you like singing and dancing?

Explore and develop your creative side

Join us for this program with teaching artists providing instruction and guidance on singing, acting and dancing. **Nov 2-Dec 14**  
Instructors from Fundacion Yolanda LaPrea



Call NORC office at 718-565-6569 for more information & to register