




Selfhelp



BIG SIX TOWERS 2023 NORC NEWS

2 Drawing 10:30 Crochet/Knitting 1:00 PM; Bldg 2 <i>Composition 1:30</i>	3 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM	4 Short Story 11:30 ZOOM Managing Stress 2-4	5 BP Monitor- ing 11:00 AM NUTRITION 12:00 PM 	6 CHAIR EXERCISES 11:00 AM Meet & Greet & Pizza Party 12:00 Noon
9 Drawing 10:30 ADVISORY COUN- CIL 11:30 Crochet/Knitting 1:00 PM; Bldg 2 <i>Composition 1:30</i>	10 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM TRIP Queens Farm Museum	11 Short Story 11:30 VIA ZOOM Managing Stress 2-4 VIRTUAL TOUR 1:30	12 HEALTH CHAT & BP Monitoring 11:00 AM NUTRITION 12:00 PM	13 CHAIR EXERCISES 11:00 AM 
16 Drawing 10:30 Crochet/Knitting 1:00 PM; Bldg 2 <i>Composition 1:30</i>	17 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM;	18 Short Story 11:30 Managing Stress Final Meeting & Celebration 2-4	19 BP Monitor- ing 11:00 AM NUTRITION 12:00 PM CONCERT 2:00 PM	20 CHAIR EXER- CISES 11:00 
23 HEALTH FAIR 10:00-3:00	24 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM	25 Short Story 11:30 ZOOM WALK W/EASE KICKOFF 2 pm VIRTUAL TOUR 1:30	26 NUTRITION 12:00 PM MOVIE: 2:00 p.m. 80 for BRADY	27 CHAIR EXER- CISES 11:00 AM 
30 Drawing 10:30 Crochet/Knitting 1:00 PM; Bldg 2 Composition 1:30	31 Tai Chi 10:30 Bingocize Cancelled PARTY 12:00 HALLOWEEN/ BIRTHDAY CELEBRATION			LOCATION KEY: INPERSON ACTIVI- TIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVI- TIES VIA ZOOM. CALL 718-565- 6569 FOR MORE INFORMATION

zoom


We continue to offer some NORC ser-
vices 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 ques-
tions 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 ac-
curate as possible at the time of print-
ing. Sometimes there are circumstanc-
es beyond our control requiring a
change. It is always best to call the
NORC office at 718-565-6569 and con-
firm the day and time of an activity.**

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



**MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.
OCTOBER IS BREAST CANCER
AWARENESS MONTH**



**5 STEPS TO DETECTING
BREAST CANCER EARLY:**

1. Practice routine self-exams
2. Know your risks and family history
3. Visit your doctor regularly
4. Know when to get a mammogram
5. Follow-up after a screening or test

**Remember, screening and early
detection save lives.**

**We welcome our new staff
members, Ziona Powell, MSW,
Social Worker, Aisha Whitlock,
Housekeeper, and Sophia
Duke-Mosier, our MSW intern.
Join us for a meet and greet
on Oct. 6th at 12:00 noon.
Pizza will be served.**

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

Nurse's Corner

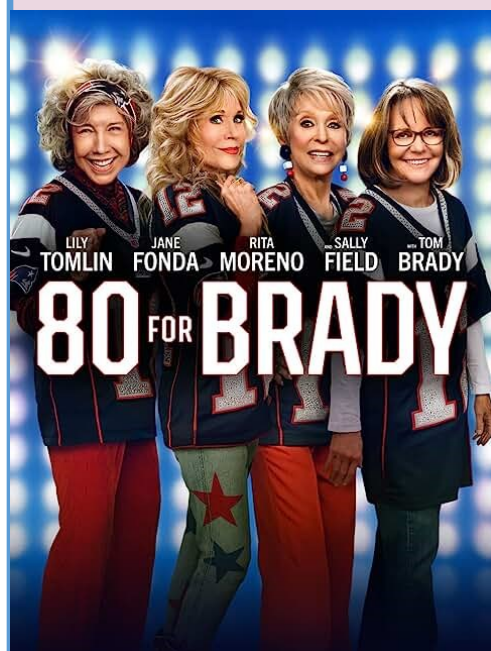
Community Room, Bldg. 2
JUNA MARTINEZ, RN, NORC Nurse, will be working **Mondays & Fridays** and is available in the **Community Room**
Mondays 11:00 am-12:00 pm & 1:00-2:00 pm
Fridays: 12:00-1:00 PM

HEALTH CHAT: Update on BREAST CANCER

Thursday, October 12th 2023 11:00 a.m.



MOVIE: Thursday, October 26, 2023 at 2:00 p.m.
80 FOR BRADY is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play.



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BIG SIX NORC HEALTH FAIR

MONDAY, OCTOBER 23, 2023 10:00 a.m. - 3:00 p.m.



Celebrate with music by

Concerts in Motion

Thursday, October 19th 2023 at 2:00 p.m.
Snacks and refreshments

Join us on 12:00 PM for our

HALLOWEEN PARTY



prizes for best costume followed by

OCTOBER BIRTHDAY Celebration



SNACKS AND BIRTHDAY CAKE

Please RSVP: 718-565-6569

TRAVEL AROUND THE WORLD from the comfort of your homes.

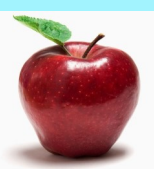
October 11th, 1:30 PM
INDIGENOUS PEOPLES DAY



October 25th, 1:30 PM
ORIGINS OF HALLOWEEN

Via ZOOM Meeting ID: 695 052 8675; Passcode 914515

JOIN US EVERY THURSDAY at 12:00 PM)



NUTRITION AND HEALTHY COOKING

w/ANNA DIMAGGIO, TOPICS FOR OCTOBER

- 10/5 What is a Functional Food?
- 10/12 The Role of Dietary Fat: A review of Good and Bad Sources
- 10/19 Deciphering the Egg Label and Carton Claims
- 10/26 A Review of Sweeteners and Sugar Substitutes: Halloween Theme

TRIP to QUEENS COUNTY FARM MUSEUM Tues, October 10th

The Queens County Farm Museum is a New York City Landmark, on the National Register of Historic Places and a member of the Historic House Trust of New York City and dates back to 1697. **SIGN UP DATE AND TIME TO BE ANNOUNCED.** Call 718-565-6569 for information.



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NEW ART CLASSES every Monday led by **Donna Miskend**
DRAWING FUNDAMENTALS II @ 10:30 AM



COMPOSITION @1:30 PM

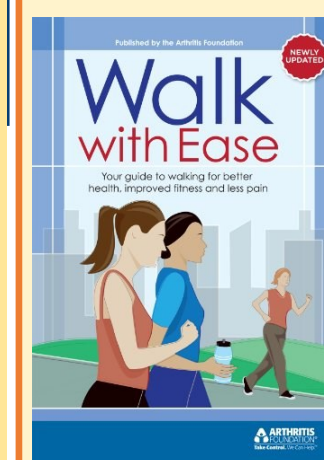
Call 718-565-6569 for more details and to Register



Oct. 6th 12:00 pm. Meet our new NORC Social Worker,

Ziona Powell, MSW, Aisha Whitlock, Housekeeper, and our new MSW Intern, Sophia Duke-Mosier and learn more about NORC programs and services.

Pizza and refreshments served



KICK-OFF Wednesday, **October 25, 2023, 2:00 PM**
6-week program
Prizes for top walkers