



Selfhelp



BIG SIX TOWERS 2022 NORC NEWS



LOCATION KEY:
INPERSON ACTIVITIES: BUILDING 2
COMMUNITY RM.

REMOTE ACTIVITIES
VIA ZOOM. CALL
718-565-6569 FOR
MORE INFORMATION



1
NORC NURSE:
call for Appt.
NUTRITION
11:00 AM
Building 2 
WALKING 2-4 PM
Bldg 2

2
CHAIR EXERCISES
w/LATIN RHYTHM
11:00 AM Building 2
KARAOKE 1:00 PM
Bldg 2
NORC Closes at
3:00 pm


5
LABOR DAY
NORC CLOSED


6
TAI CHI 11:00 Bldg 2
Blood Pressure
Screening 12:15
Bldg 2
MAH JONGG 1:00
PM; Bldg 2

7
Short Story
11:30 VIA ZOOM

VIRTUAL TOUR
1:30 VIA ZOOM
JAPAN

8
NORC NURSE:
NUTRITION
11:00 AM Building 2
HEALTH CHAT
1:30 AM—FALLS
WALKING 2-4 PM
Diane Bldg. 2


9
CHAIR EXERCISES
11:00 AM Building 2
MOVIE: HOUSE OF
GUCCI 1:30 PM


12
Drawing Class
11:00 a.m. Bldg 2
Crochet/Knitting
1:00 PM; Bldg 2
Jewelry Making 2:00
Bldg 2

13
TAI CHI 11:00 Bldg 2
Blood Pressure
Screening 12:15
Bldg 2
MAH JONGG 1:00
PM; Bldg 2

14
Community Rm
CLOSED
Short Story
11:30 via Zoom


15
Community Rm
CLOSED
NUTRITION 11 AM
VIA ZOOM
WALKING 2-4 PM
Diane Outside
Bldg 2

16
CHAIR EXERCISES
11:00 AM Building 2
BRAIN GAMES
1:00 PM
In-Person
Bldg. 2 


19
Drawing Class
11:00 a.m. Bldg 2
Crochet-Knit 1:00 PM;
Jewelry Making 2:00
Bldg 2

20
TAI CHI 11:00 Bldg 2
Blood Pressure
Screening 12:15
Bldg 2
MAH JONGG 1:00
PM; Bldg 2

21
Short Story
11:30 VIA ZOOM

VIRTUAL TOUR
1:30 VIA ZOOM
THAILAND

22
NORC NURSE:
call for Appt.
NUTRITION
11:00 AM Bldg 2
WALK WITH EASE
KICK OFF 2-4 PM
Diane Bldg. 2

23
CHAIR EXERCISES
11:00 AM Building 2



26
Crochet-Knit 1:00 PM
Happy
ROSH HASHANAH


27
TAI CHI 11:00 Bldg 2
Blood Pressure
Screening 12:15
Bldg 2
MAH JONGG 1:00
PM; Bldg 2

28

Short Story
11:30 VIA ZOOM
WREATH MAKING
1:30 PM Bldg 2

29
NORC NURSE:
call for Appt.
NUTRITION
11:00 AM
Building 2
WALK W/EASE 2-4
PM Diane Bldg. 2

30
CHAIR EXERCISES
11:00 AM Building 2


zoom



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.
We wish all those who celebrate, a Happy Holiday.
September is FALLS PREVENTION MONTH.
Join us for our many activities providing information and exercises to help prevent falls. Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Learn steps you can take to stay safe. Come to our health chat, join one of our exercise programs including Tai Chi and Walk with Ease, both evidence-based falls prevention programs.

If you are not already receiving our E-newsletter, call 718-565-6569 and ask to be added to our email list to get the most up-to-date information.

BIG SIX NORC OFFICE:

61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

**NURSE'S CORNER
SEPTEMBER IS FALLS
PREVENTION MONTH
HEALTH CHAT THURSDAY,
SEPTEMBER 8th, 2022**



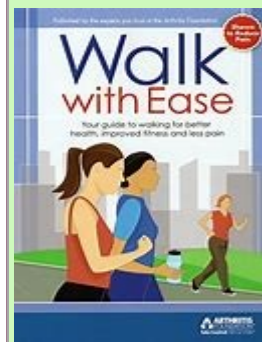
**PREVENT
FALLS
MAKE SAFETY
A PRIORITY**

**BLOOD PRESSURE
SCREENING**

By our NORC Nurse
Tuesdays, 12:15 p.m.
Bldg 2, Comm. Room
59-15 47th Avenue



Call 718-565-6569
MASKS REQUIRED



**KICK OFF
WALK with EASE**

6-week evidence-
based falls
prevention program

Led by Diane Cocores

September 22nd, 2022 @ 2:00 p.m.

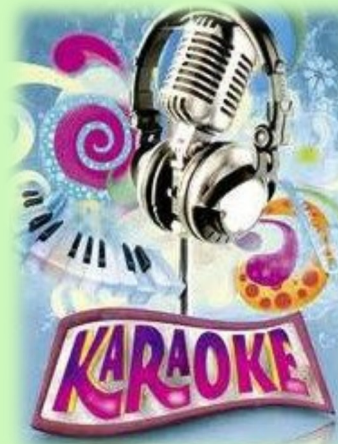
Building 2, Community Room

Call 718-565-6569 for more
information and to reserve a space.
Capacity is limited.

PREREGISTRATION & MASKS REQUIRED

JOIN US EVERY TUESDAY at 11:00 a.m. for **TAI
CHI FOR ARTHRITIS**, an evidence-based Falls
Prevention Program. Led by Dilshad Keshwani.

**KARAOKE
BACK BY POPULAR DEMAND**



Friday, Sept. 2nd,
1:00 p.m.
Community Room
of Building 2

Preregistration
Required
Masks Required

SEPTEMBER 14 and 15, 2022
COMMUNITY ROOM RESERVED
BY MANAGEMENT
ALL NORC ACTIVITIES WILL
BE REMOTE VIA ZOOM



**NEW ACTIVITIES
Community Room, Bldg. 2**

FRI., SEPT. 9th at 1:30 PM
MOVIE: HOUSE OF GUCCI



FRIDAY, SEPT. 16th,
1:00 PM
BRAIN GAMES
(In Person)

WED., SEPT. 28 at
1:30 PM
WREATH MAKING
Materials Provided



**TRAVEL AROUND THE WORLD
WITH US**

from the comfort of
your homes.
WED. Sept. 7th, 2022
1:30 P.M. **JAPAN**



WED., Sept. 21st,
2022, 1:30 P.M.
THAILAND

Via ZOOM
Meeting ID: 695 052 8675;
Passcode 914515

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
Sept. 1, 8, 22 and 29, in person
Community Room, Building 2

Sept. 15th Remote via ZOOM
Meeting ID: 695 052 8675; Passcode 914515



NUTRITION

**NUTRITION
AND HEALTHY
COOKING
CLASSES
with ANNA
DIMAGGIO**

IN-PERSON
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:

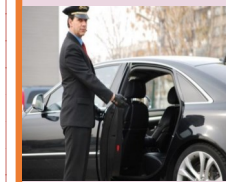
Subsidized Housekeeping
Subsidized Medical Transportation
Subsidized Personal Emergency
Response Systems (PERS)

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.

**MEDICAL TRANSPORTATION
SERVICES AVAILABLE**



Do you need transporta-
tion to your medical
appointments? The
NORC staff can help.

**PERSONALIZED EMERGENCY
RESPONSE SYSTEM**

Do you live alone and worried
you will not be able to contact
help if you need it in case of an
emergency? Speak to one of
our social workers about a
partially subsidized
Personalized Emer-
gency Response
System (PERS)



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.