



Selfhelp | 85 YEARS OF CARING



# BIG SIX TOWERS 2021 NORC NEWS

<p>3</p> <p><b>TRIVIA</b></p> <p>11:00 AM Via Zoom</p>	<p>4</p> <p><b>CHAIR YOGA</b> 11:00 AM via Zoom</p> <p><b>COFFEE SOCIAL</b> 1:00 PM VIA ZOOM</p> 	<p>5</p> <p><b>Short Story</b> 11:30 AM VIA ZOOM</p> <p><b>VIRTUAL TOUR / CINCO DE MAYO CELEBRATION</b> 1:30 VIA ZOOM</p>	<p>6</p> <p><b>NORC NURSE: call for Appt.</b></p> <p><b>NUTRITION w/Anna DiMaggio</b> 12:00 PM VIA ZOOM</p>	<p>7</p> <p><b>CHAIR EXERCISES</b> Marcelo Rodriquez 11:00 AM via Zoom</p> <p><b>BRAIN GAMES</b> 1:00 PM VIA ZOOM</p> 
<p>10</p> <p><b>TRIVIA</b></p> <p>11:00 AM via Zoom *****</p> <p><b>Advisory Council</b> 12:00 PM via Zoom</p>	<p>11</p> <p><b>CHAIR YOGA</b> 11:00 AM via Zoom</p> <p><b>COFFEE SOCIAL</b> 1:00 PM via ZOOM</p> 	<p>12</p> <p><b>Short Story</b> 11:30 AM VIA ZOOM</p> <p><b>MOTHER'S DAY CELEBRATION</b> 1:30 PM VIA ZOOM</p>	<p>13</p> <p><b>NORC NURSE: call for Appt.</b></p> <p><b>NUTRITION w/Anna DiMaggio</b> 12:00 PM VIA ZOOM</p> <p><b>HEALTH CHAT 1:30 DIABETES</b></p>	<p>14</p> <p><b>CHAIR EXERCISES</b> 11:00 AM VIA ZOOM</p> <p><b>BRAIN GAMES</b> 1:00 PM VIA ZOOM</p> 
<p>17</p> <p><b>TRIVIA</b></p> <p>11:00 AM Via Zoom</p>	<p>18</p> <p><b>CHAIR YOGA</b> 11:00 AM via Zoom</p> <p><b>COFFEE SOCIAL</b> 1:00 PM VIA ZOOM</p> 	<p>19</p> <p><b>Short Story</b> 11:30 AM VIA ZOOM</p> <p><b>JAZZ CONCERT</b> 1:30 PM VIA ZOOM</p>	<p>20</p> <p><b>NORC NURSE: Call for Appt</b></p> <p><b>NUTRITION w/Anna DiMaggio</b> 12:00 PM VIA ZOOM</p>	<p>21</p> <p><b>CHAIR EXERCISES</b> 11:00 AM VIA ZOOM</p> <p><b>BRAIN GAMES</b> 1:00 PM VIA ZOOM</p> 
<p>24</p> <p><b>TRIVIA</b></p> <p>11:00 AM Via Zoom</p>	<p>25</p> <p><b>CHAIR YOGA</b> 11:00 AM via Zoom</p> <p><b>COFFEE SOCIAL</b> 1:00 PM VIA ZOOM</p> 	<p>26</p> <p><b>Short Story Group</b> 11:30 AM VIA ZOOM</p> <p><b>VIRTUAL TOUR</b> 1:30 VIA ZOOM</p> <p><b>SUPPORT GROUP</b> 3:00 via Zoom</p>	<p>27</p> <p><b>NORC NURSE: Call for Appt</b></p> <p><b>NUTRITION w/Anna DiMaggio</b> 12:00 PM VIA ZOOM</p>	<p>28</p> <p><b>CHAIR EXERCISES</b> 11:00 AM VIA ZOOM</p> <p><b>BRAIN GAMES</b> 1:00 PM VIA ZOOM</p> 
<p>31</p> <p><b>HAPPY Memorial DAY</b></p> <p><b>NORC CLOSED</b></p>	<p><b>Happy Mother's Day</b></p> 			<p><b>LOCATION KEY:</b></p> <p>ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</p>

zoom



Due to COVID-19, all NORC services and activities are offered either over the phone or via ZOOM. 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:

<https://selfhelp.zoom.us/j/5690090379>

Passcode: 4812

TRIVIA	569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
CHAIR EXERCISES	569 009 0379
COFFEE SOCIAL	569 009 0379

<https://selfhelp.zoom.us/j/6950528675>

Passcode 914515

NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
CONCERTS	695 052 8675
HEALTH CHATS	695 052 8675
SUPPORT GROUP	695 052 8675
ADVISORY COUNCIL	695 052 8675



**MESSAGE FROM THE DIRECTOR Theodora (Dora) Ziongas, M.A.**

*May is a month with many celebrations including Older Americans Month, Cinco de Mayo, Mother's Day, International Nurse's Day and Memorial Day.*

*For this year's Older Americans Month (OAM), The theme for is "Communities of Strength." Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we celebrate older adults with special emphasis on the power of connection and engagement in building strong communities.*

*Help our NORC program build a stronger community. Join our advisory council and us build a stronger program. Call 718-365-6569 for more information.*

**BIG SIX NORC OFFICE:**

59-55 47th Avenue, Apt. 2G, Woodside, NY, 11377/ 718-565-6569

### **NURSE VANESSA'S CORNER**

Join us on Thursday, May 13, 2021 at 1:30 p.m. for a **HEALTH CHAT: DIABETES**  
Via ZOOM Meeting ID: 695 052 8675  
Passcode: 914515

**International Nurses Day** is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. The theme for the 2021 resource is *Nurses: A Voice to Lead - A vision for future healthcare.*

Big 6 Towers NORC celebrates our wonderful, caring nurse, Vanessa Kochupaul and all the nurses who play such a vital role in our health, especially during this difficult and challenging time.



**JOIN US ON WEDNESDAY, MAY 12, 2021 at 1:30 PM for a MOTHER'S DAY CELEBRATION**

ZOOM Meeting ID: 695 052 8675  
Passcode: 914515



**NORC CLOSED**  
MAY 31, 2021

JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR

### **CHAIR EXERCISES TO LATIN RHYTHMS WITH MARCELO RODRIGUEZ**



ZOOM Meeting ID: 695 052 8675  
Passcode: 914515

### **NEW EXERCISE PROGRAM BEGINNIG MAY 4th 2021 11:00 AM VIA ZOOM**



### **CHAIR AND FLOOR YOGA LED BY JEANNETE SANGENITO**

ZOOM Meeting ID: 695 052 8675  
Passcode: 914515

### **JOIN THE NORC ADVISORY COUNCIL Are you 60+ and reside in Big 6 Towers?**

Want to contribute to your Community?  
Want to be a part of a great organization? Call Dora Ziongias at 718-565-6569 for information

### **TRAVEL AROUND THE WORLD WITH US**

from the comfort of your homes. **WEDNESDAY, MAY 5th, 2021 at 1:30 P.M.**

For a tour of **MEXICO** and a celebration of **CINCO de MAYO**



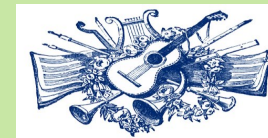
**WEDNESDAY, May 26, 2021 at 1:30 P.M. to visit CUBA**



Via ZOOM Meeting ID: 695 052 8675; passcode 914515

### **VIRTUAL JAZZ CONCERT**

Wed, May 19th, 2021 at 1:30 PM



Via ZOOM Meeting ID: 695 052 8675; passcode 914515

This concert series is funded by the UJA Jeannette Solomon Fund

### **SUPPORT GROUP VIA ZOOM**

Join us for a special weekly Zoom group meeting, facilitated by NORC Social Worker, Gladys Ofori, MSW, beginning Wednesday, May 26th at 3:00 –4:00p.m. Meet with other NORC members, share experiences, strategies, and support each other during this unusual and challenging time.

Preregistration is required. Call Gladys Ofori or Ruth Cassidy fat 718-565-6569 or more information

### **INSTRUCTIONS FOR JOINING BIG 6 NORC ZOOM ACTIVITIES/MEETINGS**

#### **FROM A COMPUTER:**

1. Type in **www.zoom.us** in your browser window.
2. When the site loads go to the Resources tab.
3. When prompted, enter the Meeting ID Number (without spaces).
4. You will then join the meeting

**FROM A MOBILE DEVICE:** You may join the meeting by using your web browser on your mobile device and following the instructions above or by downloading the application directly to your mobile device. To download the application:

1. Login to your account in the Apple Store (IOS) or Google Play (Android).
2. Search for the Zoom application.
3. Download the application and follow the directions after installation.
4. When prompted enter the Meeting ID Number (without spaces).
5. You will then join the meeting.

#### **TO JOIN THE MEETING VIA TELEPHONE (AUDIO ONLY):**

1. Call 646-876-9923
2. When prompted enter the Meeting ID Number (without spaces).
3. You will then join the meeting.

