



BIG SIX TOWERS 2023 NORC NEWS



LOCATION KEY:
INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.
REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION

			<p>1 CHAIR EXERCISES 11:00 AM NORC closes at 3:00</p>
<p>4 LABOR DAY  NORC CLOSED</p>	<p>5 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM</p>	<p>6 Short Story 11:30 VIA ZOOM Managing Stress 2-4 VIRTUAL TOUR 1:30</p>	<p>7 Falls Prevention 11:00 NUTRITION 12:00 PM MEET CANDIDATES 2 & 7</p>
<p>11 Drawing 10:30 ADVISORY COUNCIL 11:30 Crochet/Knitting 1:00 PM; Bldg 2 Composition 1:30</p>	<p>12 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM;</p>	<p>13 Short Story 11:30 Managing Stress CAN-CELED MEET CANDIDATES 2 & 7</p>	<p>14 BP Monitoring 11:00 AM NUTRITION 12:00 PM </p>
<p>18 Drawing 10:30 Crochet/Knitting 1:00 PM; Bldg 2 Composition 1:30</p>	<p>19 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM</p>	<p>20 Short Story 11:30 ZOOM Managing Stress 2-4 VIRTUAL TOUR 1:30</p>	<p>21 BP Monitoring 11:00 AM NUTRITION 12:00 PM </p>
<p>25 Drawing 10:30 Crochet/Knitting 1:00 PM; Bldg 2 Composition 1:30</p>	<p>26 Tai Chi 10:30 Bingocize 12:00 MAH JONGG 1:15 PM</p>	<p>27 Short Story 11:30 ZOOM Managing Stress 2-4</p>	<p>28 BP Monitoring 11:00 AM NUTRITION 12:00 PM </p>
			<p>29 CHAIR EXERCISES 11:00 AM </p>

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.
SEPTEMBER IS NATIONAL FALLS PREVENTION MONTH



Falls are not a normal part of aging. It's important to check your risk. There are many steps you can take to prevent a fall. Speak to your doctor or our NORC nurses for more information. For the most up-to-date information on NORC activities, sign up for our enewsletter.

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, 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

SIX STEPS TO PREVENT A FALL

1. FIND A GOOD BALANCE & EXERCISE PROGRAM
2. TALK TO YOUR HEALTH CARE PROVIDER
3. REGULARLY REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR OR PHARMACIST
4. GET YOUR VISION AND HEARING CHECKED ANNUALLY AND UPDATE YOUR GLASSES
5. KEEP YOUR HOME SAFE
6. TALK TO YOUR FAMILY MEMBERS



September is **FALLS PREVENTION** Month, join us for a presentation by

Arnold Raphael,
Injury Prevention
Program Coord.,
JAMAICA HOSPITAL CENTER, Sept 7th, 11:00 a.m.



SAVE THE DATE BIG SIX NORC HEALTH FAIR

MONDAY, OCTOBER 23, 2023



CIVIC ENGAGEMENT NEWS:

Meet the candidates for Big Six Towers Board
September 7th and September 13th at 2:00 and 7:00 p.m.
For more information call Big Six Towers Management Office. NORC activities cancelled during these times.

Join us on
Friday, Sept. 22, 2023
1:00 PM for our
SEPTEMBER BIRTHDAY PARTY including



SNACKS AND BIRTHDAY CAKE
Please RSVP:
718-565-6569

TRAVEL AROUND THE WORLD from the comfort of your homes.

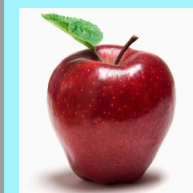
Sept. 6th, 1:30
HISTORY OF LABOR DAY



Sept. 21st, 1:30
HISTORY OF ROSH HASHANAH

Via ZOOM Meeting ID: 695 052 8675; Passcode 914515

JOIN US EVERY THURSDAY at 12:00 PM)



NUTRITION AND HEALTHY COOKING CLASSES
With ANNA DIMAGGIO
Community Room, Bldg.2

Do you have arthritis? Are you looking for a program to help you manage the symptoms.
TAI CHI FOR ARTHRITIS is an effective evidence-based program. Tues, 10:30 a.m.
Call 718-565-6569 to register.



TRIP TENTATIVELY PLANNED FOR FRIDAY, SEPTEMBER 15th, 2023. MORE DETAILS TO FOLLOW. CALL NORC OFFICE, 718-565-6569 for more information.

NEW ART CLASSES every Monday beginning September 11th, led by **Donna Miskend**

DRAWING FUNDAMENTALS II @ 10:30 AM



COMPOSITION @1:30 PM

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



STRESS: THE GOOD, THE BAD AND THE UGLY
Led by **Diane Cocoros**
Wednesdays, at 2:00-4:00
Cancelled Sept 13th only
Call 718-565-6569 to RSVP