




BIG SIX TOWERS 2025 NORC NEWS

	1 SAIL 11:00 (C) FUN & GAMES 2:15 PM (C)	2 ZUMBA 11 © WALK W/EASE 2-4 PM (C)	3 SAIL 11:00 (c) NORC CLOSURES @ 3:00 pm	4 INDEPENDENCE DAY NORC CLOSED
7 MET ART BOX 1:30 PM (C)	8 SAIL 11:00 (C) FUN & GAMES 2:15 PM ©	9 ZUMBA 11 (C) CROCHET 12:30- 1:45 (L) WALK W/EASE 2-4 PM (C)	10 SAIL 11:00 (c) CONCERT by Concerts in Mo- tion 1:00 PM (c)	11 CHAIR EXERCISES 11:00 AM ORGANIZATION/ DECLUTTER 2:00- 3:30 PM NORC CLOSURES @ 4:00 pm
14 ADVISORY COUNCIL 12:30 Meet Your NORC BBQ 2:00-4:00 (C)	15 MINI-GOLF TRIP 10:00-2:00 SAIL 11:00 (c) FUN & GAMES 2:15 PM © TECH GRANT 3-5	16 ZUMBA 11 (C) CROCHET 12:30- 1:45 (L) WALKW/EASE 2-4 PM	17 SAIL 11:00 TECH GRANT 3-5	18 CHAIR EXERCISES 11:00 AM ORGANIZATION/ DECLUTTER 2:00- 3:30 PM NORC CLOSURES @ 4:00 pm
21 VOLUNTEER MEETING 11:00 AM (c) MET ART BOX 1:30 (C)	22 SAIL 11:00 FUN & GAMES 2:15 PM © TECH GRANT 3-5	23 ZUMBA 11:00 (C) CROCHET CLASS 12:30-1:45 (L) WALK W/EASE 2-4 PM	24 SAIL 11:00 (C) TECH GRANT 3-5	25 CHAIR EXER- CISES 11:00 AM ORGANIZATION/ DECLUTTER 2:00- 3:30 PM NORC CLOSURES @ 4:00 pm
28 TECH GRANT TRIP:	29 SAIL 11:00 SUMMER WREATHS 12:30-2:30 (C) FUN & GAMES 2:30 PM (C)	30 ZUMBA 11:00 (C) CROCHET CLASS 12:30-1:45 (L) WALK W/EASE TRIP-Astoria Park 11-1:30	31 SAIL 11:00 (C) TECH GRANT PRESENTATION 3-5	LOCATION KEY: C = Commu- nity Room L = Library H = Hybrid

NORC SERVICES
NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults age in place.




Some NORC events and activities will now be offered in a **HYBRID** format. Those who wish to participate in person can continue coming to the Community Room. Those wishing to join from their homes can now do so via ZOOM. These activities are noted in our calendar with a (H) next to the title of the event. Below is the Meeting Number and Passcode 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.

<https://selfhelp.zoom.us/j/6950528675>
Passcode 914515

To access Zoom by phone, call 1-646-876-9923

Enter the Meeting ID and Passcode above. You will only be able to listen and not view the presentation activity. We maintain confidentiality and are a trusted resource

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



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

To participate in NORC activities and/or receive services, you must be registered with the NORC. Call 718-565-6569 to register.

NORC HOUSEKEEPING SERVICE
Are you 60 years and over, reside in Big Six Towers and would like help with housekeeping. Our full time NORC Housekeeping is available to help out with vacuuming, dusting, cleaning bathroom and kitchen, laundry, etc. Call the NORC office at 718-565-6569 and ask to speak to one of our social workers. Registration with the NORC is required as well as a home visit by one of our social workers. We ask for a \$10/hour contribution. Our housekeeper cannot do heavy-duty cleaning, decluttering.

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

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

Nurse's Corner

Community Room, Bldg. 2



MILAGROS

DOLORES, RN will be onsite **THREE** days a week—every **Tues., Wed and Fri.** She is available in the Community Room for walk-in visits

Tuesdays 12-1:00 pm
Wednesdays 12-1:00 pm
Fridays: 12-1:00 pm

Other times call 718-565-6569 to make an appointment

Vanessa Kochupaul, RN will also be available **Thursdays** for virtual visits and organizing educational programs and materials

WALK WITH EASE



Trip to Astoria Park
July 30th 2025

11:00-1:30

For participants in walking group



SUMMER WREATHS

Make your own beautiful summer wreath creation—decorate your home, door or give as a gift.



RSVP to 718-565-6569
Materials provided

Join our Organization and Decluttering Group—available in-person and via Zoom. Call 718-565-6569 for more information on joining

SAIL returns July 1st at 11:00 a.m. and every Tuesday and Thursday. Call 718-565-6569 to sign up. Join us for this evidence-based falls prevention program



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

MEET YOUR NORC JOIN US FOR A SUMMER BBQ

- **Are you 60 years or over and live in Big Six Towers?**
- **You are eligible to join our NORC program and participate in our many programs and activities.**
- **Are you nearing retirement and want to learn or need assistance navigating this often confusing transition?**
- **Want to meet your neighbors and make new friends**
- **Want to join our many FREE activities and services including almost daily exercise programs, movies, trips, educational programs and many, many more**

JOIN US ON MONDAY, JULY 14th, 2025 from 2:00-4:00 PM for a summer "BBQ" RSVP: 718-565-6569



CELEBRATING FATHER'S DAY IN JULY WITH A TRIP TO MINI-GOLF at Flushing Meadow Park: joint trip with Selfhelp's Northridge/Brulene NORC

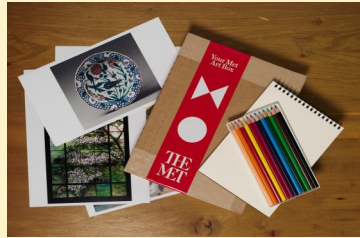
Join us for a fun-filled afternoon

RSVP required: Call the NORC office at 718-565-6569 to reserve a spot—space is limited



MET ART BOX sessions

Call 718-565-6569 for more details
Materials provided
July 7 and July 21st at 1:30 PM



JOIN US ON THURSDAY, JULY 10th 2025 for a concert by musicians from CONCERTS IN MOTION

1:00 p.m.

Community Room



New Program: Intergenerational Art Program beginning in July focused on Nature Journaling. Stay tuned for more information.



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.

