



# BIG SIX TOWERS 2024 NORC NEWS



1  <b>NORC ACTIVITIES CANCELLED</b>	2  <b>PRIMARY ELECTION NORC ACTIVITIES CANCELLED</b>	3 <b>ZUMBA 11:00</b> <b>Short Story 11:30 ZOOM</b> <b>Book Club 1:00</b> <b>WALK-A-THON 2:00 -4:00 pm</b>	4 <b>BP Monitoring 11:00 AM</b> <b>TRIP: PLAKA</b> <b>NUTRITION CANCELLED</b>	5 <b>CHAIR EXERCISES 11:00 AM</b> <b>SAIL 1:00 PM</b>
8 <b>MET Art Box 10:30 ADVISORY COUNCIL 11:30</b> <b>Crochet/Knitting 1:00 PM;</b> <b>DRAWING 1:30 PM</b>	9 <b>SAIL 11:00 AM</b> <b>MAH JONGG 1:00 PM</b>	10 <b>ZUMBA 11:00</b> <b>Short Story 11:30 VIA ZOOM</b> <b>WALK-A-THON 2:00 -4:00 pm</b>	11 <b>BP Monitoring 11:00 AM</b> <b>NUTRITION 12:30 PM</b> 	12 <b>CHAIR EXERCISES 11:00 AM</b> <b>SAIL 1:00 PM</b>
15 <b>Crochet/Knitting 1:00 PM;</b> <b>MTA PRESENTATION 1:00 PM</b>	16 <b>SAIL 11:00 AM</b> <b>MAH JONGG 1:00 PM;</b>	17 <b>ZUMBA 11:00</b> <b>Short Story 11:30</b> <b>WALK-A-THON 2:00 -4:00 pm</b>	18 <b>BP Monitoring 11:00 AM</b> <b>NUTRITION 12:30 PM</b> <b>UJA Concert 2:00 PM</b> <b>Birthday Party 3:00 PM</b>	19 <b>CHAIR EXERCISES 11:00 am</b> <b>SAIL 1:00 PM</b> <b>SU CASA 2-4 PM</b>
22 <b>Crochet/Knitting 1:00 PM;</b> <b>DRAWING 1:30 PM</b>	23 <b>SAIL 11:00 AM</b> <b>MAH JONGG 1:00 PM</b>	24 <b>ZUMBA 11:00</b> <b>Short Story 11:30 ZOOM</b> <b>ELDER ABUSE 12:30 PM</b> <b>WALK-A-THON 2:00 -4:00 pm</b>	25 <b>BP Monitoring 11:00 AM</b> <b>NUTRITION 12:30 PM</b> 	26 <b>CHAIR EXERCISES 11:00 AM</b> <b>SAIL 1:00 PM</b> <b>SU CASA 2-4 PM</b>
29 <b>MET Art Box 10:30</b> <b>Crochet/Knitting 1:00 PM;</b> <b>DRAWING 1:30 PM</b>	30 <b>SAIL 11:00 AM</b> <b>MAH JONGG 1:00 PM</b> 		<b>LOCATION KEY:</b> <b>IN PERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.</b> <b>REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</b>	

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

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.*

**APRIL IS STRESS AWARENESS MONTH**

**What are some suggestions to help us manage the stress in our lives:**

- 1. Do something creative. When we're doing something creative we're using a different part of the brain to where stress is occurring**
- 2. Get outside**
- 3. Move your body**
- 4. Meditation and mindfulness**
- 5. Write it down**
- 6. Do something you enjoy**
- 7. Talk to someone**
- 8. Listen to music**

Your NORC Program offers opportunities to engage in all of these.

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

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



## Nurse's Corner

April is designated as **National Stress Awareness Month** to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help. The Mental Health American (MHA) provides some tips on how to reduce your stress by utilizing a Stress Screener. Also, take some time to visit the Centers for Disease Control and Prevention (CDC) website and familiarize yourself with strategies for stress management.

## Presentation on ELDER ABUSE

by Sunnyside Community Services Elder Justice Program

April 24, 2024 @ 12:30 PM

### SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



## MTA PRESENTATION



Do you use public transportation? Metrocards are scheduled to be phased out.

Do you have questions about the OMNY system, how to apply and use it; how does OMNY work with the senior citizen discount? Join us Mon, April 15 @ 1:00 p.m.

## Join us for BIG SIX NORC WALK-A-THON

sign up: April 3, 2024 2:00-4:00 PM

JOIN US!

WE'RE HAVING A WALK-A-THON!

Start a walking club at your older adult center or NORC!

Every step you take adds to your group's step total and may qualify your club for an award!

WHEN:

APRIL 3RD-AUGUST 30th

WHERE:

In every neighborhood in NYC!



THE ONE CLUB IN EACH BOROUGH THAT FINISHES THE WALK-A-THON WITH THE MOST STEPS WILL WIN AN AWARD!

BONUS!

THE ONE CLUB WITH THE MOST STEPS OUT OF ALL THE REMAINING CLUBS IN ALL OF NYC WILL WIN THE WILD CARD!



NYC Department for the Aging



APRIL 3, 2024 IS NATIONAL WALKING DAY!

April 18th 2024 @ 2:00 PM

Concert with Mason O'Donnell and his band

Funded by UJA Jeannette Solomon Grant

Please RSVP: 718-565-6569



Join us for celebration of April birthdays on



Thursday, April 18th 2024 @ 3:00 PM

JOIN US THURSDAY at 12:30 PM

NUTRITION AND HEALTHY COOKING CLASSES

With ANNA DIMAGGIO Community Room, Bldg.2



4/4 NO CLASS (Easter Week)

4/11 THE POWER OF SUPER-FOODS & HOW TO INCLUDE THEM DAILY

4/18 NUTRIENTS THAT MATTER FOR VISION AND EYE HEALTH

4/25 EARTH WEEK: EATING WITH THE ENVIRONMENT IN MIND



BOOK CLUB Meeting

April 3 2024 @ 1:00 p.m.

Call 718-565-6569 for more information

TRIP: Lunch at

PLAKA MEDITERRANEAN GRILL

Thurs, April 4th, 2024

75-61 31<sup>st</sup> Ave., Jackson Heights.



Call NORC Office to reserve:

Monday April 1, 2024 from 11am-12pm and 2pm-3pm only

ART CLASSES led by teaching artist Donna Miskend

YOUR MET ART BOX

10:30 AM APRIL 8th and April 29th



"Your Met Art Box," is a new NORC activity this year with each month bringing a new Your Met Art Box.

What's inside? Among other activities and supplies, the monthly box features four art cards with full-color images of works from The Met collection, along with questions and activities to encourage participants to explore art and art-making together during scheduled sessions.

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DRAWING 1:30 PM April 8, 15, 22 and 29th



Call 718-565-6569 to register

Su CASA Program

April 19th-June 7th, 2024

2:00-4:00 pm

(dates pending final confirmation)

MINHWA (Korean folk art that uses color-ink painting):

4/19, 4/26, 5/3 & 5/10

JOGAKBO: Korean Fabric patchwork

5/17, 5/24, 5/31 & 6/7

Final Exhibition: June 14th 2024

Preregistration required; call 718-565-6569 for more details