



BIG SIX TOWERS 2025 NORC NEWS



	1 SAIL 10:45 C Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L) Men's Focus Group 2:30 (C)	2 ZUMBA 11 (C) Short Story 11:30 (L) WALK-A-THON KICKOFF - C 2-4 PM	3 SAIL 11:00 C NUTRITION 1 PM—3:00 (C) SU CASA 3:30-4:30 PM(C)	4 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) MOVIE: 2:30 PM
7 SU CASA 10:30 AM MET ART BOXES 1:30 PM (C)	8 TRIP SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	9 ZUMBA 11:00 Short Story 11:30 (L) WALK W/EASE 2-4 PM—C	10 SAIL 11:00 (C) NUTRITION 1 PM (C) SU CASA 3:30-4:30 PM(C)	11 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) SING-A-LONG & BIRTHDAYS 2:30 (C)
14 SU CASA 10:30 AM ADVISORY COUNCIL 12:30	15 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	16 ZUMBA 11:00 Short Story 11:30 WALK W/EASE 2-4 PM C	17 SAIL 11:00 © NUTRITION 1pm (C) SU CASA 3:30-4:30 PM(C)	18 TRIP CHAIR EXERCISES 10:45 AM BASIC SPANISH 12:30-2:00 (L)
21 SU CASA 10:30 AM MET ART BOXES 1:30 PM (C)	22 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	23 ZUMBA 11:00 Short Story 11:30 WALK W/EASE 2-4 PM C	24 SAIL 11:00 © NUTRITION CANCELLED SU CASA 3:30-4:30 PM(C)	25 CHAIR EXERCISES 10:45 AM BASIC SPANISH 12:30-2:00 (L) BROWN BAG 2:30-3:30 (L)
28 SU CASA 10:30 AM UJA CONCERT SALSA 1:30 PM 	29 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L) ELDER JUSTICE 2:30	30 ZUMBA 11:00 Short Story 11:30 WALK W/EASE 2-4 PM C 	LOCATION KEY: C = Community Room L = Library	

NORC SERVICES

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

For assistance from the NORC social workers or nurses, please call 718-565-6569 to make an appointment. We will visit you in your home if you cannot come to the office

Your cooperation is greatly appreciated as we work to accommodate the needs of the many clients we serve.

There are over 800 residents at Big Six who are 60 and over. Over 300 of those are registered and received services from the NORC this past year.

We maintain confidentiality and are a trusted resource

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

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.

We wish all those you celebrate this month a

HAPPY & HEALTHY HOLIDAYS

Join us for some new and exciting programs and events

Spring is here: Time to get moving, shake off the winter blahs!!!! Put your walking shoes on, bring your friends and **START WALKING.** Help us beat last year's collective 6 million steps. Kick-Off for **BIG APPLE WALK-A-THON: April 2nd, 2025**

SU CASA RETURNS: This year we are partnering with DANCE ENTROPY for a new & exciting program

NEED SOME SPRING CLEANING Big Six NORC offers subsidized **HOUSEKEEPING** services; reasonable rates. Light housekeeping, laundry, shopping; Call the NORC and speak to one of our social workers.

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



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

BROWN BAG MEDICATION REVIEW

With NORC Nurse, Milagros Dolores, RN

Friday, April 25th, 2025 from 2:30-3:30 PM



Put all your medications and supplements in a bag and meet with our NORC Nurse for a review. Conducting review like this on a regular basis can significantly protect your health.

This is an important activity for everyone who takes medications and/or supplements

Our NORC Nurse will also discuss safe ways of disposing medication and provide a bag for you to do so.

We will schedule this appointments @ 15-20 minute intervals. Call 718-565-6569 to schedule your time.

BOOK CLUB MEETING— Thurs, April 24, @ 1:00 PM

SING-A-LONG & BIRTHDAY PARTY: April 11th, 2:30 p.m.
THEME: DUETS

MOVIE: A COMPLETE UNKNOWN

Friday, April 4th @ 2:30 pm



In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world. **8 OSCAR NOMINATIONS**

SU CASA IS BACK with a new and exciting program. This year we are partnering with **DANCE ENTROPY**. For more information and to register please call the NORC office at 718-565-6569

A big thank you to NYC Councilmember, Honorable Julie Won for her support

Selfhelp Big Six Towers Presents: **Dance Entropy SU-CASA Residency**



MOVE & GROOVE!

Let's stretch, move, and groove with a variety of dance styles and music! This class will have you tapping your toes, stepping to the beat, and having fun!

Mondays 10:30am-11:30am
Thursdays 3:30pm-4:30pm
April 3rd - June 16th



NYC Cultural Affairs

This program is supported, in part, by public funds from the New York City Department of Cultural Affairs in partnership with the City Council.



NUTRITION AND HEALTHY COOKING CLASSES

With **ANNA DIMAGGIO**
Community Room, Bldg.2 @ 1:00 PM

APRIL NUTRITION TOPICS

4/3 Expiration Dates & Food Packaging

4/10 The difference between Health Span and Life Span

4/17 Ask me anything: An open Nutrition discussion, and debate

4/24 NO CLASS



TIME FOR SPRING CLEANING?

Need help with light housekeeping? The NORC Housekeeper can assist. Reasonable rate. You must be registered with the NORC, be 60 and over and live in Big 6. Home assessment is required; Call 718-565-6569 and speak to a social worker. **Housekeeper cannot provide heavy duty cleaning or decluttering. If you need assistance with these, our social workers can help you find resources to assist you.**

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CONCERT SALSA MUSIC

Mon. April 28th @ 1:30 pm

Musicians from Queens College Aaron Copland School of Music

A big THANK YOU to UJA Jeannette Solomon Intergenerational Arts Program for support of this program



ART CLASSES led by Donna Miskend

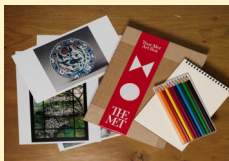
WATERCOLOR

Mondays @ 1:30 p.m., Call 718-565-6569 to register. Materials provided

MET ART BOX sessions

Mon. @ 10:30 a.m.

Call 718-565-6569 for more details Materials provided



TRIPS:

April 8th, 2025 Brooklyn Botanical Garden



April 18th, 2025 Ben's Deli

CALL 718-565-6569 at 10-11:00 a.m. on 4/4/2025 to reserve a spot

ELDER JUSTICE PROGRAM

Jennifer Yang from SUNNYSIDE COMMUNITY SERVICES Tues, April 29th 2025 @ 2:30 PM

ELDER JUSTICE



Elder abuse often goes unrecognized and under-treated. The signs and symptoms of elder abuse are like those of other forms of domestic violence, and may include physical violence, sexual assault, emotional and/or psychological abuse and exploitation, and neglect.



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 NYS Office for the Aging. We also receive support from NYC Councilmember Julie Won, NYS Assemblymember Steven Raga, UJA Federation and private donations.