



Selfhelp 90



BIG SIX TOWERS 2026

# NORC NEWS



		<b>1</b> ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE KICK OFF 2-4	<b>2</b> SAIL 11:00 (C) NUTRITION 1:00-3:00 -C 	<b>3</b> CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM-C
<b>6</b> ADVISORY COUNCIL 12:30 (H) SU CASA ART PROGRAM 2:00-4:00 PM (C)	<b>7</b> SAIL 11:00 (C) STILL LIFE DRAWING 1:30 PM (C) CHARLAS 1:30	<b>8</b> ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE 2-4	<b>9</b> SAIL 11:00 (c) MOVIE: WAKE UP DEAK MAN, A KNIVES OUT MYSTERY 2:00 PM (C)	<b>10</b> CHAIR EXERCISES 11:00 AM-C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM-C
<b>13</b> SU CASA ART PROGRAM 2:00-4:30 PM (C)	<b>14</b> SAIL 11:00 (c) CHARLAS 1:30 STILL LIFE DRAWING CULMINATING EVENT 1:30 PM (C)	<b>15</b> ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE 2-4	<b>16</b> SAIL 11:00 C NUTRITION 1:00-3:00 (C) 	<b>17</b> CALL IN FOR BBG TRIP 10:00 AM CHAIR EXERCISES 11:00 AM-C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM-C
<b>20</b> ELDER ABUSE&SCAMS PRESENTATION - QUEENS DA 11:00 AM (H) SU CASA ART PROGRAM 2:00-4:00 PM (C)	<b>21</b> SAIL 11:00 C CHARLAS 1:30 UJA CONCERT Vocal Group 3:00-4:00 PM-C	<b>22</b> ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE 2-4	 <b>23</b> SAIL 11:00 (C) EMERGENCY MANAGEMENT PRESENTATION 2:00 PM TRIP: WITNESS THEATER	<b>24</b> TRIP: BBG CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM-C
<b>27</b> BOOK CLUB 12:00 NOON (C) SU CASA ART PROGRAM 2:00-4:00 PM (C)	<b>28</b> SAIL 11:00 C CHARLAS 1:30 DISCOVER LIVE: BUENOS AIRES, ARGENTINA 1:30 PM	<b>29</b> ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE 2-4	<b>30</b> SAIL 11:00 C NUTRITION 1:00-3:00 (C) 	<b>LOCATION KEY:</b> C = Community 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.

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**WE WISH ALL WHO CELEBRATE THIS MONTH A HAPPY HOLIDAY**

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April is also **VOLUNTEER RECOGNITION MONTH**; We thank all those who volunteer their time and talent both to our NORC and other organizations

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**IN ORDER TO BEST SERVE YOUR NEEDS, PLEASE CALL 718-565-6569 TO MAKE AN APPOINTMENT IF YOU NEED TO SEE A NORC SOCIAL WORKER OR NURSE**



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

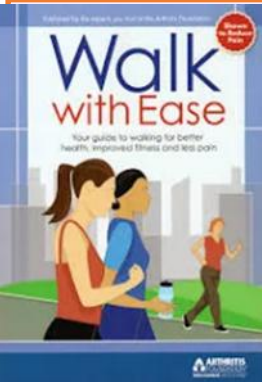
**BIG SIX NORC OFFICE:**

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 is available Thursdays for virtual visits and organizing educational programs and materials



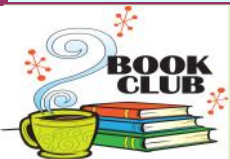
**BIG APPLE WALK-A-THON IS BACK**  
 JOIN US AS FOR THE KICK-OFF  
**WEDNESDAY, APRIL 1st**  
**2:00-4:00 PM**

Last year, the group walked over 7,000,000 steps from April-August. Help us surpass this and increase our chances of winning the boroughwide or citywide competition. Get a few friends together and start WALKING. We will organize some fun trips. **Prizes for top 5 walkers.** For more information and to sign up, call 718-565-6569

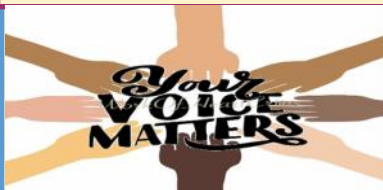


**CONCERT** featuring vocal group from Queens College Aaron Copland School of Music  
**April 21, 2026; 3:00-4:00 p.m.**

Funded by UJA Jeannette Solomon Intergenerational Grant Program



**BOOK CLUB MEETING**  
**Monday, April 27th, 2026**  
**@ 12:00 PM**



## BIG SIX NORC COMMUNITY NEEDS ASSESSMENT SURVEY

The Selfhelp Big Six NORC Program wants to make sure we are designing activities and programs to meet your needs and desires, and we value your input. We are sending out The Selfhelp Big Six NORC Community Needs Assessment survey and hope you will take some time to complete it and provide the valuable information we need to understand the needs of the older adults in this community. We are especially interested in hearing from those who do not presently participate in NORC programs and activities.

The best way to complete the survey is by using your phone, tablet or computer to enter link to survey below.  
 Link to survey:  
<https://www.surveymonkey.com/r/Q3ZRWSD>

**OR SCAN THE QR CODE BELOW:**



You can also pick up a paper copy from the NORC office.

Please call 718-565-6569 to request a paper copy and/or if you need assistance completing the survey



## NUTRITION AND HEALTHY EATING

Thursdays 1:00-3:00 PM  
 APRIL IS STRESS AWARENESS MONTH and NATIONAL BRUNCH MONTH

**April 2nd — ASK ME ANYTHING:**  
 An opportunity to bring all your Nutrition questions and issues to Class for an open discussion

**April 16th — GLP-1 MEDICATIONS EXPLAINED:** Benefits, risks and how they work. Is it possible to boost GLP-1 hormones in the gut?

**April 30th — MINDFUL, INTENTIONAL EATING:** The impact of emotions on nutritional health

## FRAUD PREVENTION PRESENTATION

Monday, April 20th 2026, 11:00 a.m.  
 Daren B. Wilkes,  
 Elder Fraud Coordinator  
 Elder Fraud Unit, Frauds Bureau  
 Queens District Attorney's Office

## MOVIE: WAKE UP DEAD MAN: A KNIVES OUT MYSTERY

**April 9th, 2:00 PM**  
 A 2025 mystery film, it is the third film in the Knives Out series starring Daniel Craig, who reprises his role as master detective Benoit Blanc. The cast also includes Josh O'Connor, Glenn Close, Josh Brolin, Mila Kunis, Jeremy Renner, Kerry Washington, Andrew Scott, Cailee Spaeny, Daryl McCormack, and Thomas Haden Church.



## DISCOVER LIVE TOUR APRIL 28th 2026 @ 1:30 PM

BUENOS AIRES, ARGENTINA  
 PLAZA DE MAYO



Buenos Aires, the capital of Argentina, is one of the most populous cities in Latin America, and one of the most important ports. It has a compact tree-lined center, similar to Paris, with many charming corners where tidy high-rise apartments mingle with 19th-century buildings. This big city has managed to preserve many of its old traditions. The city has 47 "barrios", which are all unique. Plaza de Mayo was founded in 1580 and is considered the heart of the city.

## TRIPS

## BROOKLYN BOTANIC GARDENS Friday, April 24th, 2026

RSVP on Friday, April 17th 2026 @ 10:00 a.m. call 718-565-6569



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## SELFHELP'S WITNESS THEATER PERFORMANCE on Thurs, April 23rd, 2026 @ 1:00 PM

ARE YOU PREPARED FOR AN EMERGENCY OR NATURAL DISASTER? EVENTS SUCH AS HURRICANE SANDY, ETC. SHOWED HOW IMPORTANT IT IS TO BE PREPARED. JOIN US FOR THIS INFORMATIVE PRESENTATION BY MEMBERS OF THE US NATIONAL GUARD; Thursday, April 23rd, 2026 @ 2:00 p.m. If we have over 50 participants, they will distribute Go-Bags. Call 718-565-6569 to preregister.



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. We also thank our elected officials, NYS Assemblymember Steven Raga and NYC Council Member Julie Won for their support, as well as other funders.