



BIG SIX TOWERS 2024 NORC NEWS



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



1
TAI CHI 11:00

BOOK CLUB 12:00



2
CHAIR EXERCISES 11:00 AM

NORC Closes at 4:00 PM

5
MET ART BOXES 10:30 AM

Crochet/Knitting 1:00 PM; Bldg 2

6
TAI CHI 11:00
MAH JONGG 1:00 PM



7
ZUMBA 11:00
Short Story 11:30

Walkathon Trip to Gantry Park

8
TAI CHI 11:00

MOVIE: MIRACLE CLUB 2:00 PM

9
CHAIR EXERCISES 11:00 AM

NORC Closes at 4:00 PM

12
ADVISORY COUNCIL 11:30
Crochet/Knitting 1:00 PM; Bldg 2
MOVIE: SUMMER CAMP 2:00 PM

13
TAI CHI 11:00
MAH JONGG 2:00 PM

14
ZUMBA 11:00
Short Story 11:30

Walkathon 2

15
TAI CHI 11:00
TRIP: METS GAME



16
CHAIR EXERCISES 11:00 am

NORC Closes at 4:00 PM

19
Crochet/Knitting 1:00 PM; Bldg 2



20
TAI CHI 11:00
MAH JONGG 1:00 PM

TRIP TO MET

21
ZUMBA 11:00
Short Story 11:30

Walkathon 2

22
TAI CHI 11:00



23
CHAIR EXERCISES 11:00 AM

NORC Closes at 4:00 PM

26
MET ART BOXES 10:30 AM

Crochet/Knitting 1:00 PM; Bldg 2

27
TAI CHI CANCELLED
MAH JONGG 1:00 PM

28
ZUMBA 11:00
Short Story 11:30

Walkathon 2

29
TAI CHI 11:00

Talent is timeless rehearsal 3:00-5:00

30
CHAIR EXERCISES 11:00 AM

NORC Closes at 4:00 PM

NORC SERVICES
NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults age in place.
HOUSEKEEPING SERVICES
The NORC Program has a full-time housekeeper on staff, Aisha Whitlock. This is one of the subsidized services provided by the NORC. She provides LIGHT housekeeping services only to those residing in Big Six Towers who are 60 years and older and who qualify for the service. It is not an on-demand service but available to those who qualify based on being homebound, not having a home health aide or other individual who can assist, and those who have issues with at least one activity of daily living. In order to qualify, one of our social workers completes an assessment and a home visit is also required prior to services being approved. If you require heavy duty cleaning or decluttering, the housekeeper is unable to assist with this. Speak to one of our social workers for other resources.

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.

TALENT IS TIMELESS
We congratulate our NORC members who participated in the Citywide TALENT IS TIMELESS Competition organized by the NYC Aging. Our talented group of dancers won first prize in the second round and have advanced to the third round which is the Queens borough-wide competition. Let's cheer them on to the final round of city-wide competition
LET'S GO BIG SIX NORC



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
is available in the



Community Room
for walk-in visits
Tuesdays 12-1:00 pm
Fridays: 12-1:00 PM

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



BENEFITS CORNER

NORC social workers are available to assess eligibility and help you apply for benefits. Call 718-565-6569 for an appointment.

The cost of living has increased dramatically the last few years, making it exceptionally difficult for older adults on fixed incomes. Our social workers may be able to identify resources to assist you.

DOCUMENTS

When applying for benefits and entitlements, documentation is required regarding, at the minimum: your identity, income and residence; Other documents may be required depending on the agency.

It is very important that you maintain at least some basis documents that you can make copies of and submit with the application. Not having them on hand and having to request them will delay your application, sometimes considerably, and sometimes causing you to miss deadlines.

At the minimum you should have original copies of: Your social security card; Passport, NYS Drivers License, or NYC Identify Card; Annual Social Security Awards Letter and Benefits Statement; Pension Statements; Last 2 years of Income Taxes (if you file) and insurance information.

AUGUST AT THE MOVIES



The Miracle Club is a 2023 drama directed by Thaddeus O'Sullivan, starring Laura Linney, Kathy Bates, Maggie Smith, and Stephen Rea.

Set in 1967, **THE MIRACLE CLUB** is a heartwarming film that follows the story of three generations of close friends, Lily (Maggie Smith), Eileen (Kathy Bates), and Dolly (Agnes O'Casey) of Ballygar, a hard-knocks community in Dublin, who have one tantalizing dream: to win a pilgrimage to the sacred French town of Lourdes, that place of miracles that draws millions of visitors each year. When the chance to win presents itself, the women seize it.

THURSDAY, AUGUST 8, 2024 @ 2:00 PM

Do you like to read? Enjoy discussing with others? Join us for our weekly **SHORT STORIES** group, now meeting in person, every Wednesday at 11:00 AM. Call 718-565-6569 for more info & to register



Join the **NORC BOOK CLUB**.. Meets monthly. For more information and to join, call 718-565-6569. Next Meeting: August 1st, 2024 @- 12:00 PM NOON

SAVE THE DATE

SECOND ANNUAL BIG SIX NORC HEALTH FAIR

SEPT. 24th, 2024
Stay tuned for more information



MOVIE: Summer Camp

tells the story of Nora (Diane Keaton), Ginny (Kathy Bates), and Mary (Alfre Woodard), who have been best friends since being inseparable at summer camp. As the years have passed, they've seen each other less and less, so when the chance to reunite for a summer camp re-



union arises, they all take it, some begrudgingly and others excitedly. Each of their lives might not be where they'd imagined, but one thing is for sure -- Nora, Ginny, and Mary need each other, and summer camp reminds them why

Monday, August 12th 2024 @ 2:00 PM

NUTRITION AND HEALTHY COOKING CLASSES

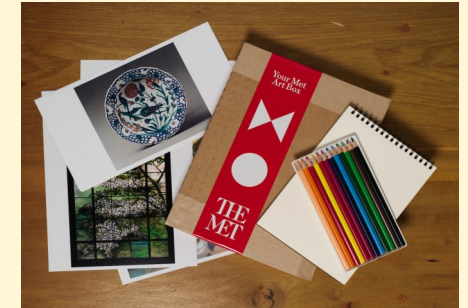
With **ANNA DIMAGGIO**
Community Room, Bldg.2

CANCELLED FOR MONTH OF AUGUST

WILL RESUME SEPTEMBER 5th @ 1:00 PM



ART CLASSES led by Donna Miskend



MET ART BOX sessions
August 5th & 26 @ 10:30 a.m.
August 20th—trip to MET Museum for class registrants

TRIPS

August 7th: Walking Trip for participants in Big Apple Walk-A-Thon (Details to be provided to participants)



AUGUST 15th: Trip to METS vs. OAKLAND ATHLETICS Baseball Game at Citi field
This is a joint trip with 3 other Self-help NORC Programs

Gametime: 1:10 p.m.
Transportation will be provided

Suggested contribution: \$20

Call 718-565-6569 to register



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.