



AUGUST



BIG SIX TOWERS 2026 NORC NEWS

3 TAI CHI 11:00 C TALENT IS TIMELESS REGIONAL ACCESS-A-RIDE 1:00 PM	4 TAI CHI 11:00 C TALENT IS TIMELESS REGIONAL ACCESS-A-RIDE 1:00 PM	5 ZUMBA 11 (C) WALK WITH EASE 2-4 	6 SAIL 11:00 C HEALTH PRESENTATION 12:00 PM (light lunch available)	7 CHAIR EXERCISES 11:00 AM—C MAH JONG 1:00 FUN & GAMES 1:30 PM—C NORC CLOSSES @ 4:00
10 TRIP TO SUNNYSIDE OAC 	11 TAI CHI 11:00—C MOVIE: Remarkably Bright Creatures 1:00	12 ZUMBA 11 WALK WITH EASE 2-4 	13 SAIL 11:00 (c) TRIP TO PALEY MUSEUM	14 CHAIR EXERCISES 11:00 AM—C MAH JONG 1:00 FUN & GAMES 1:30 PM—C NORC CLOSSES @ 4:00
17 TRIP TO CITY ISLAND, SEASHORE RESTAURANT 	18 TAI CHI 11:00 (c) MOVIE: Eleanor the Great; 1:00	19 ZUMBA 11 (C) WALK WITH EASE 2-4 	20 SAIL 11:00 C Stay Active & Independent for Life (SAIL)	21 CHAIR EXERCISES 11:00 AM—C MAH JONG 1:00 FUN & GAMES 1:30 PM—C NORC CLOSSES @ 4:00
24 BOOK CLUB 12:00 PM -C SHELL ART-WORKSHOP 1:00-3:00 pm -C	25 TAI CHI 11:00 C MOVIE: NYAD 1:00 PM 	26 ZUMBA 11 (C) WALK WITH EASE 2-4 	27 SAIL 11:00 (C) Stay Active & Independent for Life (SAIL)	28 CHAIR EXERCISES 11:00 AM C MAH JONG 1:00 FUN & GAMES 2:30 PM—C NORC CLOSSES @ 4:00
31 MOVIE: A Beautiful Day in the Neighborhood 1:00 PM 			LOCATION KEY: 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.

BIG SIX NORC ADVISORY COUNCIL ELECTION RESULTS

THANK YOU everyone who participated in the elections for members of the Big Six NORC Advisory Council, both the candidates and voters

We thank the Nominating Committee for organizing the election and all the candidates for their participation

The following seven candidates were elected to the NORC Advisory Council

ARLENE FIORELLA
BARBARA GOLDSTEIN
CYNTHIA SCOTT
ERNESTINE WILLIAMS
GLORIA BERNSTEIN
LORRAINE McANDREWS
MIRIAM GOLDBERG

We congratulate them and look forward to their input and support

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

BACK BY POPULAR DEMAND: SHELL ART led by Carol Brown

Monday, August 24th, 1:00-3:00 PM
 Materials provided

Please call 718-565-6569 to register



Join us for a very important Health Presentation by Rishav Gurung, RN

Thurs, August 6, 2026 @ 12:15 PM

Bridging the Digital Divide: Helping Seniors Navigate Healthcare Technology

Has your doctor suggested you sign on for a portal such as **MyChart** offered by their practice and/or hospital? Do you have questions and wonder how to do this? Join us for this very important and informative presentation

Light Lunch served



MOVIES



Remarkably Bright Creatures: an Emmy-nominated film starring Sally Field tells the story of Tova, a widow who forms an unlikely friendship with the curmudgeonly Marcellus — a giant pacific octopus that lives at the aquarium where she works. Unbeknownst to Tova, Marcellus is on a mission to solve a mystery that will heal the widow's heart and lead her to a life-changing discovery
August 11th @ 1:00 PM

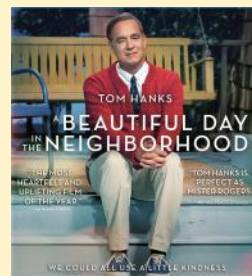
Eleanor the Great, a comedy-drama directed by Scarlett Johansson and starring Academy Award nominee June Squibb. After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own. **August 18th @ 1:00 PM**



NYAD, a film about swimmer Diana Nyad's multiple attempts in the early 2010s to swim the Straits of Florida. In 2010, sixty-year-old Diana Nyad resolves to accomplish the one thing that has eluded her—a 110-mile nonstop swim from Cuba to Florida, which she unsuccessfully attempted thirty years prior
August 25th @ 1:00 PM

A Beautiful Day in the Neighborhood, starring Tom Hanks which depicts Lloyd Vogel (Rhys), a troubled journalist for Esquire who is assigned to profile television icon Fred Rogers (Hanks)
August 31st @ 1:00 PM

Snacks available at all movies



NUTRITION AND HEALTHY EATING

NO CLASSES IN AUGUST; WILL RESUME SEPTEMBER

TRIPS

A minimum of 10 participants are required for a trip to proceed as planned. If less than 10 NORC members sign up, the trip may have to be cancelled
 Pick Up Location is outside the Big 6 Pharmacy unless otherwise noted



Sunnyside Older Adult Center

Monday, August 10, 2026

Pick-up: 10:00 AM outside Big Six Pharmacy

Call-in to RSVP: Friday, August 7, 10:00 AM

Paley Museum, Manhattan

Thursday, August 13

Pickup: 11:00am; Return: 1:00pm)

Call-in to RSVP: Wednesday, August 11 at 10:00 AM

Seashore Restaurant, City Island

Monday, August 17

10:00am-1:30pm)

Call-in to RSVP: Friday, August 14 at 10:00 AM

Gantry Park Trip

for participants in the Walk with Ease program.

Wednesday, August 19 (pick up 10:30am-1:30pm)

For more information on any of these trips, call the NORC office at 718-565-6569 and sign up for our e-newsletters

TALENT IS TIMELESS

REGIONAL ROUND



Sunnyside OAC
 43-39 39th Street
 Long Island City, NY 11104
 Tuesday, August 4, 2026
 1:00pm - 4:00pm

CCNS Della-Monica Steinway, Astoria NSC, Selfhelp Big Six NORC, Roundtable OAC, QCH Queens Center for Gay Seniors

TALENT IS TIMELESS REGIONAL COMPETITION
AUGUST 4 @ SUNNYSIDE OAC

We wish our talented participants good luck

ACCESS-A-RIDE PRESENTATION Tuesday, August 4th @ 1:00 PM

Do you have questions about Access-A-Ride; Do you want to see if you qualify for this service which will help you be more independent and mobile.

MTA New York City Transit (NYCT) Access-A-Ride (AAR) Paratransit Service provides public transportation for eligible customers with disabilities that prevent them from using the public buses and subways.

AAR Paratransit Service operates:

- Within the five boroughs of New York City.
 - Within a three-quarter-mile corridor beyond the New York City border, to nearby areas of Nassau and Westchester counties.
 - As a shared-ride program, so you may be riding with other customers.
 - As an origin-to-destination service or feeder service for eligible customers.
 - Non-priority trips with maximum ride times based on trip distance.
 - 24 hours a day, seven days a week, including holidays.
- In compliance with the Americans with Disabilities Act (ADA) regulations.
PIZZA WILL BE SERVED

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



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.