




BIG SIX TOWERS 2023 NORC NEWS



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

<p>4 <i>Drawing & Composition Cancelled</i> Crochet/Knitting 1:00 PM; Bldg 2</p>	<p>5 MAH JONGG CLASS 1:15-3:15 PM</p> 	<p>6 ZUMBA 11:00 Short Story 11:30 ZOOM Walk W/Ease 2pm</p>	<p>7 MAINSTAGE 10-12 BP Monitoring 11:00 AM NUTRITION 12:30 PM</p> 	<p>1 CHAIR EXERCISES 11:00 AM</p> 
<p>11 ADVISORY COUNCIL 11:30 Crochet/Knitting 1:00 PM; Bldg 2 CULMINATING EVENT 2:00 PM</p>	<p>12 MAH JONGG CLASS 1:15-3:15 PM</p> 	<p>13 ZUMBA 11:00 Short Story 11:30 Walk W/Ease Big Reveal 2pm</p>	<p>14 HEALTH CHAT 10:00 AM MAINSTAGE 11-1:00 FINAL NUTRITION CANCELLED</p>	<p>8 CHAIR EXERCISES 11:00 AM</p> 
<p>18 Crochet/Knitting 1:00 PM; Bldg 2 MOVIE: It's A Wonderful Life 1:00 PM</p>	<p>19 MAH JONGG CLASS 1:15-3:15 PM</p> 	<p>20 ZUMBA 11:00 Short Story CANCELLED</p> 	<p>21 NUTRITION CANCELLED HOLIDAY PARTY 12:30</p>	<p>15 CHAIR EXERCISES 11:00 am HOLIDAY CONCERT 1:00 PM</p>
<p>25 CHRISTMAS HOLIDAY NORC CLOSED</p>	<p>26 MAH JONGG 1:15 PM</p> 	<p>27 ZUMBA 11:00 Short Story 11:30 ZOOM</p> 	<p>28 NUTRITION CANCELLED MOVIE: Book Club: Next Chapter 1:00 PM</p>	<p>22 CHAIR EXERCISES 11:00 AM NORC Closes 3:00 PM</p>

zoom



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

VIRTUAL TOURS 695 052 8675
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.

WISHING EVERYONE AT BIG SIX TOWERS A HAPPY AND HEALTHY HOLIDAY SEASON. BEST WISHES FOR A WONDERFUL NEW YEAR



For the most up-to-date information on NORC activities, sign up for our enewsletter.

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

Nurse's Corner
 Community Room, Bldg. 2
JUNA MARTINEZ, RN, NORC Nurse, will be working Mondays & Fridays and is available in the Community Room Mondays 11:00 am-12:00 pm & 1:00-2:00 pm Fridays: 12:00-1:00 PM

HEALTH CHAT SELF CARE
December 14th @ 10:00

THE BENEFITS OF SELF-CARE

- Self-care can improve physical health.
- Self-care can reduce stress and anxiety.
- Self-care can boost your self-esteem.
- Self-care protects your mental health.
- Self-care can lead to better relationships.



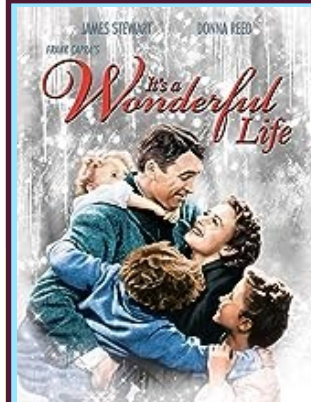
MOVIE: Thursday, Dec. 28th, 2023 @ 1:00 pm
Starring: Diane Keaton, Jane Fonda, Candice Bergen & Andy Garcia



The highly anticipated sequel follows four best friends as they take their book club to Italy for the fun girls trip they never had.

Holiday Concert
Friday Dec. 15th, 1:00 PM

by Concerts in Motion
RSVP: 718-565-6569



MOVIE: Golden Globe winner starring James Stewart & Donna Reed
 An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

Monday, December 18th @ 1:00 PM

HOLIDAY PARTY

And Monthly Birthday Party
December 21st @ 12:30
SNACKS & REFRESHMENTS
Please RSVP: 718-565-6569

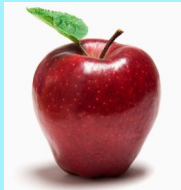


MAINSTAGE FINAL PERFORMANCE
December 14th 11am-1:00 pm
RSVP 718-565-6569.



Class Dec. 7th ONLY; other December classes cancelled; resume weekly January 2024

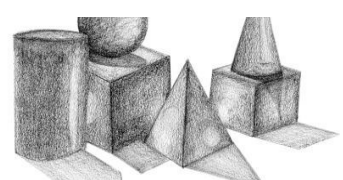
NUTRITION AND HEALTHY COOKING CLASSES
With ANNA DIMAGGIO



The NORC is organizing a BOOK CLUB.
If you are interested, call 718-565-6569 to sign up. First meeting to be announced



CULMINATING EVENT
DRAWING FUNDAMENTALS II & COMPOSITION
Monday, Dec. 11th at 2:00 PM



NEW! Program beginning **Wed., December 6th 2023 at 11:00 AM**

ZUMBA

Call **718-565-6569** to register



What Is Zumba?

- The Zumba program is an effective, exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance fitness-party that has taken the fitness industry by storm.
- Zumba achieves the perfect balance of a progressive core workout, full-body cardio and strength training, and a stress-relieving, energy producing fitness experience.
- Zumba is a mixture of exotic rhythms like: Salsa, Merengue, Cumbia, Reggaeton, and Samba set to Latin and international beats.

7 Zumba benefits

The easy-to-follow dance workout is fun and boosts your body from top to bottom



A HEALTHY HEART
 Zumba moves your whole body, helping to raise your cardio endurance and improve blood circulation.



BRAIN PERKS
 Increased blood flow adds up to more oxygen-rich blood reaching the brain. And that helps enhance attention and concentration skills.



WEIGHT LOSS
 Try Zumba for 30 minutes, and you could burn 300 calories. That means less stress on your joints and added speed to keep up with grandkids.



GREATER MOBILITY
 Dancing improves your balance, range of motion, posture and coordination. It could even help reduce arthritis pain.



SOCIAL INTERACTION
 Zumba classes function as a group, introducing you to new people and giving you a healthy activity to do with friends you already have.



STRONGER MUSCLES AND BONES
 Dance workouts involve moves that work multiple muscle groups and increase bone density.



STRESS RELIEF
 Sweating while you boogie releases brain chemicals that put a smile on your face and reduce stress that can disrupt healing, digestion and rest.



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.