



DECEMBER

Selfhelp



BIG SIX TOWERS 2024

NORC NEWS



<p>2</p>  <p>Jewelry Class 10:30am MET ART BOXES 1:30 PM</p>	<p>3</p>  <p>Stay Active & Independent for Life (SAIL) SAIL 11:00 MAH JONGG 2:00 PM</p>	<p>4</p> <p>ZUMBA 11:00 Short Story 11:30 Health & Well-ness 2-4 Call in for trip 10-11 and 1-2</p>	<p>5</p> <p>SAIL 11:00 BP 12:15 HEALTH CHAT 12:30 NUTRITION 1 PM</p>	<p>6</p> <p>CHAIR EXERCISES 11:00 AM TRIP to WEGMANS</p>
<p>9</p> <p>Jewelry Class 10:30am ADVISORY COUNCIL 12:30</p>	<p>10</p> <p>SAIL 11:00 MAH JONGG 2:00 PM</p> 	<p>11</p> <p>ZUMBA 11:00 Short Story 11:30 Health & Well-ness 2-4 Call in for trip 10-11 and 1-2</p>	<p>12</p> <p>SAIL 11:00 BP 12:15 NUTRITION 1 PM</p> 	<p>13</p> <p>CHAIR EXERCISES 11:00 AM TRIP: ZORBAS Restaurant</p>
<p>16</p>  <p>Jewelry Class 10:30am MET ART BOX 1:30 PM</p>	<p>17</p> <p>SAIL 11:00 MAH JONGG 2:00 PM</p> 	<p>18</p> <p>ZUMBA 11:00 via ZOOM Short Story 11:30 HOLIDAY LUNCH 12:30</p>	<p>19</p> <p>SAIL 11:00 NUTRITION 1pm</p> 	<p>20</p> <p>CHAIR EXERCISES via ZOOM 11:00 am</p> 
<p>23</p>  <p>Jewelry Class 10:30am</p>	<p>24</p> <p>SAIL 11:00 MAH JONGG 2:00 PM NORC CLOSING 3:00 PM</p>	<p>25</p> <p>CHRISTMAS HOLIDAY</p>  <p>NORC CLOSED</p>	<p>26</p> <p>SAIL CANCELLED NUTRITION CANCELLED</p>	<p>27</p> <p>CHAIR EXERCISES 11:00 AM</p>
<p>30</p>  <p>Jewelry Class 10:30am</p>	<p>31</p> <p>SAIL CANCELLED MAH JONGG 2:00 PM NORC Closes at 3:00</p>	 <p><i>Happy Holidays</i></p>		

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 WHO CELEBRATE THIS MONTH, A JOYOUS HOLIDAY SEASON
JOIN US FOR OUR HOLIDAY PARTY LUNCH
Wednesday, December 18th at 12:30 p.m.

Space is limited
First come, first served
Reservations Required
Call 718-565-6569

To participate in NORC activities or receive services from our social workers and/or nurses, all of the following must apply:
You must reside in Big Six Towers
Be 60 years or over, and
Register with the NORC program

If you do not live in Big Six Towers, please check the NYC Aging website or call 311 and ask for information on the older adult services in the area that you can participate in.

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

Nurses from CUNY School of Nursing are available for blood pressure monitoring Thursdays at 12:15 through Dec. 12th



This holiday season, we encourage everyone to take care of themselves by focusing on what gives you peace, makes you happy, and enriches the lives around you.

6 TIPS FOR A HEALTHY HOLIDAY MINDSET



EAT MINDFULLY



GET MOVING



PRIORITIZE SLEEP



PRACTICE KINDNESS



DECLUTTER YOUR LIFE



TAKE TIME FOR YOURSELF



HEALTH CHAT

Thursday, December 5th @ 12:30

INSOMNIA

Sleep changes with aging. Specifically, babies sleep between 10 to 14 hours per day while the recommended sleep duration for older adults is between 7-8 hours daily. Many older adults experience dissatisfaction with the quantity and quality of sleep even with adequate opportunity to sleep; when this is accompanied by daytime impairment over a period of time, they may meet criteria for insomnia disorder. Compared to younger adults, the prevalence of insomnia is higher in middle and older adults and increases with age. Up to 50% of older adults report insomnia symptoms; however, this does not mean that insomnia is a normal part of aging.

Surprise gift for those attending the health chat



TRIPS:

Friday, December 6 to Wegman's, in Brooklyn

Call 718-565-6569 to sign up only during these times below:

Wednesday Dec. 4th 10-11 a.m. or 1:00-2:00 p.m.

Friday December 13th to ZORBA's Restaurant, Astoria Queens

Call 718-565-6569 to sign up only during these times below:

Wednesday Dec. 4th 10-11 a.m. or 1:00-2:00 p.m.



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.

MEETING ID: 6950528675

Passcode: 914515

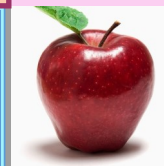
To access Zoom by phone, call 1-646-876-9923

Enter the Meeting ID

The following activities will be via ZOOM: ZUMBA, Wed., December 18 via ZOOM

CHAIR EXERCISES, Fri, December 20, will be via ZOOM

See information above to access ZOOM.



NUTRITION AND HEALTHY COOKING CLASSES

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

DECEMBER NUTRITION TOPICS

12/5: Foods that promote cellular health

12/12: How to make the holidays healthy and stay on plan

12/19: Ask me anything Class

12/26: NO CLASS

HAPPY HOLIDAYS TO ALL

ART CLASSES led by Donna Miskend

JEWELRY-MAKING CLASS

Back by Popular Demand in time for the Holidays



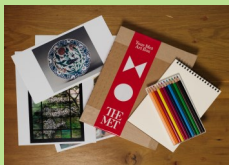
Mondays @ 10:30 a.m. Dec. 2, 9, 16, 23 & 30

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

MET ART BOX sessions

December 2 & 16 @ 1:30 p.m.

Call 718-565-6569 for more details



Exciting new programs coming in January:

**Basic Spanish Lessons
Basic Crochet Lessons
Self Defense Classes**

STAY TUNED FOR MORE INFORMATION



**JOIN US FOR A HOLIDAY LUNCHEON
Wednesday
December 18th
2024 @ 12:30 p.m.**

SPACE IS LIMITED

Call 718-565-6569 to reserve



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.