December

Selfhelp

BIG SIX TOWERS 2025

NORC NEWS

1 **MET ART BOX 10:30 AM** 	**2** **SAIL 11:00 (c)** **VACCINES—11:00-1:00 (L)** **BENEFITS UPDATE 1:00 PM (H)** **SELF DEFENSE- 2 3:00-4:00 pm**	**3** **ZUMBA 11 (C)** **CROCHET 12:30-1:45 (L)** **Charlas 2:30-3:30 (L)** **Health & Wellness 2:00-4:00 PM**	**4** **SAIL 11:00 ©** **FALLS PREVENTION 12:00 pm (C)** **NUTRITION 1:30-3:30 (C)**	**5** **CALL IN FOR TRIP TO NUTCRACKER 10:00 AM** **CHAIR EXERCISES 11:00 AM C** **FUN & GAMES 2:15 PM—C**
8 **MET ART BOX 10:30 AM** **ADVISORY COUNCIL 12:30** ***BOOK CLUB 1:00 PM***	**9** **Chair Boxing 9:30 C** **SAIL 11:00 (C)** **SELF DEFENSE II 3:00-4:00 pm** **MEDICARE-H-6:00**	**10** **ZUMBA 11 (C)** **CROCHET 12:30-1:45 (L)** **Charlas 2:30-3:30 (L)** **Health & Wellness**	**11** **SAIL 11:00 (c)** **TRIP: NUTCRACKER BALLET** **NUTRITION**	**12** **CHAIR EXERCISES 11:00 AM—C** **FUN & GAMES 2:15 PM—C**
15 **MET ART BOX 10:30 AM** **DISCOVER LIVE TOUR: Holiday Magic 1:30 PM**	**16** **Chair Boxing 9:30 C** **SAIL 11:00 (c)** **SELF DEFENSE II 3:00-4:00 pm**	**17** **ZUMBA 11 (C)** **CROCHET 12:30-1:45 (L)** **Charlas 2:30-3:30 (L)** **Health & Wellness 2:00-4:00 PM**	**18** **CALL-IN FOR TRIP TO OAC 10AM** **SAIL 11:00 via ZOOM** **NUTRITION CANCELLED**	**19** **CHAIR EXERCISES 11:00 AM—C** **HOLIDAY PARTY 12:30-2:00 C** **FUN & GAMES 2:30 PM—C**
22 **MET ART BOX 10:30 AM** **TRIP SUNNYSIDE OAC**	**23** **SAIL 11:00** **SELF DEFENSE II 3:00-4:00 pm**	**24** **ZUMBA 11 (C)** **SHORT STORIES 11:30 (L)** **CROCHET 12:30-1:45 (L)** **HEALTH & WELLNESS 12:30-2:30** **NORC CLOSES AT 3:00 PM**	**25** ***CHRISTMAS*** ***NORC CLOSED***	**26** **CHAIR EXERCISES 11:00 AM** **FUN & GAMES 2:15 PM—C**
29 **MET ART BOX CULMINATING EVENT 11:30 AM**	***30*** **SAIL 11:00** **SELF DEFENSE II 3:00-4:00 pm**	**31** **ZUMBA 11 (C)** **SHORT STORIES 11:30 (L)** **CROCHET 12:30-1:45 (L)** **HEALTH & WELLNESS 12:30-2:30** **NORC CLOSES AT 3:00 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.

zoom

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.

WE WISH EVERYONE IN THE COMMUNITY A JOYOUS HOLIDAY SEASON AND BEST WISHES FOR A HAPPY, HEALTHY AND PEACEFUL NEW YEAR

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THIS TIME OF YEAR AND BEGINNING OF THE NEW YEAR, YOU RECEIVE MANY IMPORTANT DOCUMENTS WHICH YOU MAY NEED TO RECERTIFY OR APPLY FOR ANY NEW BENEFITS OR PROGRAMS. MAKE SURE TO KEEP THESE IN A PLACE YOU CAN FIND THEM EASILY. THIS WILL MAKE COMPLETING APPLICATIONS MUCH EASIER FOR ALL!!!!

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

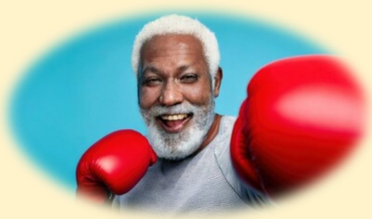
Vanessa Kochupaul, RN is available Thurs-days for virtual visits and organizing edu-cational programs and materials

FLU & COVID VACCINES

Onsite by Walgreens Pharmacy

Tuesday, December 2, 2025
11:00 a.m.-1:00 p.m.
PREREGISTRATION REQUIRED
Call the NORC office at 718-565-6569 to register

FOR MEN ONLY



Join us for exercise and self defense sessions featuring boxing for men only: Tuesdays, December 9 and 16th, 9:30-10:30 a.m., RSVP to 718-565-6569

We will continue with more ses-sions if there is interest

PRESENTATION by NORC Nurse and CUNY Nursing Intern

FALLS PREVENTION

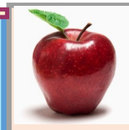
Thursday, December 4 2025
12:00 PM

DISCOVER LIVE TOURS

HOLIDAY MAGIC IN A FAIRYTALE CITY: LJUBLJANA, SLOVENIA

12/15/2025 @ 1:30 PM

Each winter, Ljubljana transforms into a glowing wonderland that feels straight out of a storybook. Its riverside streets sparkle with lights, local artisans fill wooden market stalls, and the scent of cin-namon and roasted chestnuts floats through the air.



NUTRITION AND HEALTHY EATING

Thursdays,
Dec 4th— 1:30-3:30 pm
Dec 11th—1:00-3:00 pm
Dec 18th—CANCELLED
Dec 25th—NORC CLOSED

Join us for a very informative

BENEFITS UPDATE

by Kim Lerner, LMSW, Benefits Outreach Director, LIVEON NY

TRIP TO SUNNYSIDE COMMUNITY SERVICES OLDER ADULT CENTER

Mon., December 22, 2025 includ-ing lunch followed by BINGO

Preregistration Required call 718-565-6569 12/18/25 @ 10 am
Transportation provided

BOOK CLUB MEETING

Dec. 8th 2025 @ 1:00 PM

HOLIDAY PARTY

DEC. 19th 2025, 12:30-2:00

Join us for a fun-filled afternoon of games, music and ugly sweater con-test. We will also celebrate birthdays
Call 718-565-6569 to RSVP

MET ART BOX sessions

Mondays @ 10:30 a.m.

CULMINATING EVENT & RECEPTION, Mon., December 29 @ 11:30 a.m.

TRIP: NUTCRACKER BALLET

Lehman Center for the Per-forming Arts

December 11, 2025
Cost: $25 to be paid prior to trip
Preregistration required call 718-565-6569 on December 5th @ 10 a.m.

Selfhelp | NYC Department for the Aging | New York State Office for the Aging | UJA Federation New York

All services are available to seniors 60+ residing in Big 6 Tow-ers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regard-less of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.