



Selfhelp



BIG SIX TOWERS 2026

NORC NEWS



<p>2</p> <p>10:00 am -4:00 pm <i>Assistance with Community Needs Assesment (C)</i></p>	<p>3</p> <p>STILL LIFE DRAWING 10:30 AM (C) SAIL 1:00 (C) SELF DEFENSE III 2:30-3:30 pm (C)</p>	<p>4</p> <p>ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L)</p>	<p>5</p> <p>SAIL 11:00 (C) NUTRITION 1:00-3:00 -C</p> 	<p>6</p> <p>CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 PM (C) FUN & GAMES 2:15 PM-C</p>
<p>9</p> <p>LUNAR NEW YEAR ACTIVITY <i>Latern Making & Knot Making</i> 2:00-4:00 PM (C)</p>	<p>10</p> <p>STILL LIFE DRAWING 10:30 AM © SAIL 1:00 (C) CHARLAS 1:30 L SELF DEFENSE III 2:30-3:30 pm -C</p>	<p>11</p> <p>ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L)</p>	<p>12</p> <p>SAIL 11:00 (c) NUTRITION 1:00-3:00 -C</p> 	<p>13</p> <p>CHAIR EXERCISES 11:00 AM-C VALENTINE'S DAY PARTY 1:00 PM (C)</p>
<p>16</p> <p>ADVISORY COUNCIL 12:30 MOVIE: DA FIVE BLOODS 1:00 PM (C)</p>	<p>17</p> <p>STILL LIFE DRAWING 10:30 AM (C) SAIL 1:00 (c) SELF DEFENSE III 2:30-3:30 pm -C</p>	<p>18</p> <p>ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L)</p>	<p>19</p> <p>SAIL 11:00 NUTRITION CANCELLED MOVIE: ONE LOVE-BOB MARLEY 1:00 PM (C)</p>	<p>20</p> <p>CHAIR EXERCISES 11:00 AM-C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM-C</p>
<p>23</p>  <p>BOOK CLUB 12:00 NOON (C)</p>	<p>24</p> <p>STILL LIFE DRAWING 10:30 AM (C) SAIL 1:00 CHARLAS 1:30 L SELF DEFENSE III 2:30-3:30 pm -C</p>	<p>25</p> <p>ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L)</p>	<p>26</p> <p>SAIL 11:00 (c) NUTRITION 1:00-3:00 (C)</p> 	<p>27</p> <p>CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 PM (C) FUN & GAMES 2:15 PM-C</p>

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

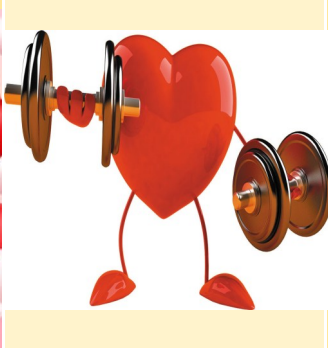
Information in this newsletter is as accurate as possible at the time of printing. Sometimes there are circumstances beyond our control requiring a change. It is always best to call the NORC office at 718-565-6569 and confirm the day and time of an activity. the most up-to-date information on NORC activities, sign up for our e-newsletter

MESSAGE FROM THE DIRECTOR Theodora (Dora) Ziongas, M.A.

There is much to celebrate in February including Valentine's Day, President's Day, Heart Health Month, Black History Month and Lunar New Year
Join us for our activities this month celebrating these

Also, please complete our extensive Community Needs Assessment so we can better understand the needs of our community as we design our programs for the years to come. The survey is available online and in paper format. Our staff will be in the Community Room Monday, Feb. 2nd with laptops to assist you if you wish

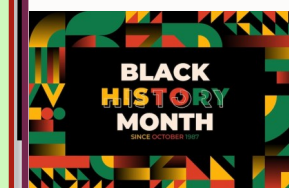
To participate in NORC activities and/or receive services, you must be registered with the NORC. Call 718-565-6569 to register.



LOCATION KEY:
C = Community Room
L = Library
H = Hybrid

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

CELEBRATING BLACK HISTORY MONTH



MOVIE: DA FIVE BLOODS

Monday, February 16, 2026 @ 1:00 pm.

Acclaimed director Spike Lee's Film. Four black veterans return to Vietnam decades after the war's end to find their squad members remains. Mon. Feb 16th @ 1:00 p.m.

MOVIE: BOB MARLEY: ONE LOVE

Thursday, February 19, @ 1:00 pm
A biographical musical drama film based on the life of reggae singer and songwriter Bob Marley



BIG SIX NORC COMMUNITY NEEDS ASSESSMENT SURVEY

The Selfhelp Big Six NORC Program wants to make sure we are designing activities and programs to meet your needs and desires, and we value your input. We are sending out The Selfhelp Big Six NORC Community Needs Assessment survey and hope you will take some time to complete it and provide the valuable information we need to understand the needs of the older adults in this community. We are especially interested in hearing from those who do not presently participate in NORC programs and activities.

The best way to complete the survey is by using your phone, tablet or computer to enter link to survey below.

Link to survey:

<https://www.surveymonkey.com/r/Q3ZRWS>

OR SCAN THE QR CODE BELOW:



You can also pick up a paper copy from the NORC office.

Please call 718-565-6569 to request a paper copy and/or if you need assistance completing the survey



NUTRITION AND HEALTHY EATING

Thursdays 1:00-3:00 PM

February is American Heart Month

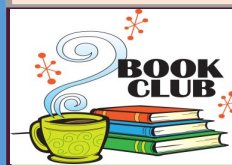
2/5 The DASH Diet and Beyond: Lowering Blood Pressure & Improving Cardiovascular Risk with Diet and Lifestyle

2/12 Heart Smart: Identifying and Managing Cardiac Risks. Knowing Your Numbers and Assessing Your Risk

2/19 PRES WEEK, NO CLASSES

2/26 Nourishing Your Heart: The Essential Nutrients and Daily Supplements to Focus On for Optimal Heart Health

Heart Healthy Recipes this month will honor Valentines Day, Black History Month, and Lunar New Year. We will use ingredients and recipes to honor each of these celebrations.



BOOK CLUB MEETING

Monday, February 23, 2026 @ 12:00 PM

VALENTINE'S DAY PARTY

Join us for a fun-filled afternoon with fellow NORC members and neighbors



Fri., February 13 1:00 pm

COMMUNITY NEEDS ASSESSMENT—NORC STAFF WILL BE IN COMMUNITY ROOM FEBRUARY 2nd FROM 10:00 AM to 4:00 PM TO ASSIST WITH COMPLETING THE SURVEY.

ART CLASS: STILL LIFE DRAWING led by Donna Miskend

Your choice of mediums—black & white or color. Review of the foundation of drawing and learn to use charcoal and colored pencil



Tuesdays, 10:30-12:30

Preregistration Required; Materials provided

Call 718-565-6569 for more information and to sign up



CELEBRATING LUNAR NEW YEAR with a Lantern Making and Knot Making Workshop

In collaboration with the Korean Arts Forum

To welcome the 2026 Lunar New Year, we have prepared a traditional Chinese lantern and knot-making workshop using paper. This workshop offers a relaxed, enjoyable time to work with your hands and share stories. Traditional Chinese lanterns and knots celebrate good fortune and well-being. The lanterns symbolize blessings through their warm, radiant light, while the knots represent lasting connections and auspicious wishes. We warmly welcome the participation of our older adults.



Materials Provided



Preregistration required: call 718-565-6569



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.