



BIG SIX TOWERS 2025 NORC NEWS



		1 NEW YEAR'S DAY NORC CLOSED	2 SAIL 11:00 NUTRITION CANCELLED MOVIE: MARIA; 1:30 PM	3 CHAIR EXERCISES 11:00 AM SING-ALONG & BIRTHDAY CELEBRATION 1:00 PM
6 Honoring MLK, Jr. MOVIE: BOYCOTT 1:00 PM	7 SAIL 11:00 MAH JONGG 2:00 PM 	8 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-2 BIG REVEAL 2:00	9 SAIL 11:00 NUTRITION 1 PM 	10 CHAIR EXERCISES 11:00 AM BROWN BAG 12-2:00 PM BASIC SPANISH 12:30-2:00
13 MET ART BOX 10:30 AM ADVISORY COUNCIL 12:30 WATERCOLOR 1:30 PM	14 SAIL 11:00 Basic Spanish 12:30-2:00 MAH JONGG 2:00 PM	15 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-2 SELF-DEFENSE 2-3	16 SAIL 11:00 NUTRITION 1pm 	17 CHAIR EXERCISES 11:00 AM BASIC SPANISH 12:30-2:00 NORC CLOSSES @ 3:00
20 MLK Birthday NORC CLOSED	21 SAIL 11:00 Basic Spanish 12:30-2:00 MAH JONGG 2:00 PM	22 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-2 SELF-DEFENSE 2-3	23 SAIL 11:00 NUTRITION 1 PM 	24 CHAIR EXERCISES 11:00 AM BASIC SPANISH 12:30-2:00
27 MET ART BOXES 10:30 AM WATERCOLOR 1:30 PM	28 SAIL 11:00 Basic Spanish 12:30-2:00 MAH JONGG 2:00 PM	29 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-2 SELF-DEFENSE 2-3	30 SAIL 11:00 NUTRITION 1 PM BOOK CLUB 3:30 PM	31 CHAIR EXERCISES 11:00 AM BASIC SPANISH 12:30-2:00

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 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.

HAPPY NEW YEAR

We wish everyone residing in Big Six Towers, a happy, healthy and productive new year

The BIG SIX NORC Program is here for all those residing in Big Six Towers who are 60 years or older. We have a wide variety of activities and programs and social work and nursing support if needed.

We have a variety of new and exciting programs this year, responding to your suggestions. These include Basic Spanish classes, Crochet Lessons as well as Self-Defense Classes. Call 718-565-6569 for more information and to register.



BIG SIX NORC OFFICE:

61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

Nurse's Corner

Community Room, Bldg. 2



Beginning the week of January 6th, **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 will also be available Thursdays for virtual visits and organizing educational programs and materials

BROWN BAG MEDICATION REVIEW

With NORC Nurse, Milagros Dolores, RN

Friday, January 10th, 2025
from 12:00-2:00 PM

Put all your medications and supplements into a bag and bring them to this session with our NORC Nurse for a review.



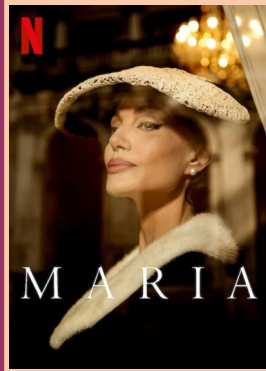
Conducting a brown bag medication review on a regular basis can significantly protect your health.

This is an important activity for everyone who takes medications and/or supplements

Our NORC Nurse will also discuss safe ways of disposing medication and provide a bag for you to do so.

We will schedule this appointments @ 15-20 minute intervals. Call 718-565-6569 to schedule your time.

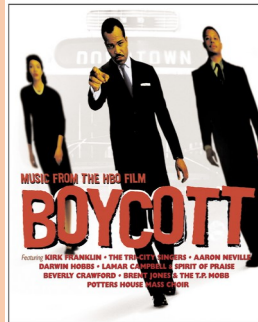
NORC MOVIE AFTERNOONS



MARIA Thurs., Jan. 2nd 2024 @ 1:30 pm
Academy Award winner Angelina Jolie stars as legendary opera singer Maria Callas in director Pablo Larraín's reimagining of the diva's final days.

HONORING Dr. Martin Luther King, Jr. BOYCOTT

Jeffrey Wright stars as the young Martin Luther King Jr. in this powerful film that recreates the start of the Civil Rights movement. Monday, January 6th @ 1:00 PM



Basic Self-Defense Classes led by Lateef Oseni

beginning Wed. Jan 15th @ 2:00-3:00 p.m. **SPACE IS LIMITED**
Preregistration required; call 718-565-6569

CLASSES IN BASIC CROCHET led by Lorraine McAndrews, experienced in all aspects of crochet. Begins Jan. 8th @ 12:30-2:00 p.m. **Space is limited.**



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

NUTRITION AND HEALTHY COOKING CLASSES

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



JANUARY NUTRITION TOPICS

Jan 9 DAIRY PRODUCTS: Everything you need to know, a comparison and taste testing

Jan 16 HERBAL REMEDIES: A class about Nature's Pharmacy and their medicinal benefits

Jan 23 PROPER FOOD HANDLING & STORAGE: A class that outlines the best ways to purchase, prep, and store foods for optimal nutrition and storage time

Jan 30 BLOOD SUGAR REGULATION: A class about the mechanisms, specific foods, meal timing, food order, and everything that affects your metabolic well being

BIG REVEAL CELEBRATION for BIG APPLE WALK-A-THON

Jan 8th, 2024 @ 2:00 p.m.

Join us as we celebrate the achievements of those who participated in the Big Apple Walk-A-Thon. How many steps did the group complete? Participants will be recognized w/Certificate of Achievement **SNACKS & REFRESHMENTS**

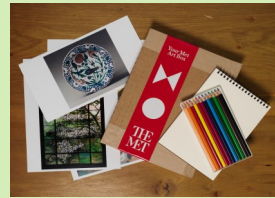


ART CLASSES led by **Donna Miskend**
WATERCOLOR
Mondays @ 1:30 p.m.
Beginning Jan 13 & Jan 27
Call 718-565-6569 to register
Materials provided



MET ART BOX sessions

Mon. Jan 13 & Jan 27 @ 10:30 a.m.
Call 718-565-6569 for more details
Materials provided



BASIC SPANISH LESSONS

Led by **Flavia Sosa**
Sign up for this 6-8 week program with an experienced teacher

Initial assessment Friday, Jan. 10th
Classes to begin Tues Jan 14th and continue every Tues and Friday 12:30-2:00 for 6-8 weeks
SPACE IS LIMITED
call 718-565-6569 for more information and to register



SING A-LONG
(formerly Karaoke) &

BIRTHDAY CELEBRATION celebrating Oct., Nov. Dec. and Jan. birthdays
Friday, Jan 3rd 2024 @ 1:00 PM



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.