




BIG SIX TOWERS 2026 NORC NEWS

LOCATION KEY:
C = Community Room
L = Library



1
NEW YEAR'S DAY
NORC CLOSED



5
MOVIE: MY SECRET SANTA
1:00 PM (C)



6
STILL LIFE DRAWING
10:30 AM
SAIL 1:00 (C)
SELF DEFENSE II
3:00-4:00 pm

7
ZUMBA 11 (C)
SHORT STORIES 11:30 (L)
CROCHET 12:30-1:45 (L)
Health & Wellness 2:00-4:00

8
SAIL 11:00 (c)
MOVIE: ALL THE WAY
1:00 PM (C)



9
CHAIR EXERCISES
11:00 AM-C
FUN & GAMES
2:15 PM-C

12
ADVISORY COUNCIL 12:30
FIRE SAFETY-FDNY
2:00-3:00 PM (C)

13
STILL LIFE DRAWING
10:30 AM
SAIL 1:00 (c)
DISCOVER LIVE
2:30 PM Buenos Aires


14
ZUMBA 11 (C)
SHORT STORIES 11:30 (L)
CROCHET 12:30-1:45 (L)

15
SAIL 11:00
NUTRITION
1:00-3:00 -C



16
Call-In 10 am for Trip- Inca P
CHAIR EXERCISES 11:00 AM-C
FUN & GAMES 2:30 PM-C
NORC CLOSES @ 3:00 PM

19
MLK Birthday
NORC CLOSED



20
STILL LIFE DRAWING
10:30 AM
SAIL 1:00
TRIP: INCA PAISA RESTAURANT

21
ZUMBA 11 (C)
SHORT STORIES 11:30 (L)
CROCHET 12:30-1:45 (L)

22
SAIL 11:00 (c)
NUTRITION
1:00-3:00 (C)



23
Call-In 10 am for Trip to museum
CHAIR EXERCISES 11:00 AM
FUN & GAMES 2:15 PM-C

26
BOOK CLUB 12:00 PM
MOVIE: WAKE UP DEAD MAN: A KNIVES OUT MYSTERY
1:30 PM

27
STILL LIFE DRAWING
10:30 AM
SAIL 1:00

28
ZUMBA 11 (C)
SHORT STORIES 11:30 (L)
CROCHET 12:30-1:45 (L)
TRIP: MUSEUM OF THE CITY OF NEW YORK

29
SAIL 11:00 (c)
NUTRITION
1:00-3:00-C



30
CHAIR EXERCISES 11:00 AM
FUN & GAMES 2:15 PM-C

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.

**WISHING EVERYONE A
HAPPY, HEALTHY AND
PRODUCTIVE NEW YEAR
2026**

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!!!!

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

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

NORC ADVISORY COUNCIL

If you are interested in joining the NORC Advisory Council, please call the NORC Director at 718-565-6569 and ask for an application form.

Support your NORC Program by volunteering your time, talent and expertise.

FIRE SAFETY PRESENTATION by NY Fire Department Join us for an informative presentation and learn how to protect yourself and your property in case of a fire. Monday, January 12th, 2:00-3:00 PM. Call NORC Office at 718-565-6569 for more information.

TRIP:

INCA PAISA RESTAURANT, ASTORIA, NY

January 20 2025; call in January 16 @ 10 am (718-565-6569)

Featuring Peruvian and Colombian cuisine all in one place



MOVIES: MY SECRET CHRISTMAS

Jan 5th @ 1:00 PM

A 2025 romantic comedy tells the story of a single mother who loses her job at a cookie company and resorts to disguising herself as an elderly man to get hired as a local ski resort's Santa Claus for the holidays. Things become complicated when the new resort manager begins to suspect her and she falls in love with the owner's handsome son.



ALL THE WAY

Jan 8th, 1:00 PM

Tells the story of President Lyndon B. Johnson's (Bryan Cranston) first year in office. The primary focus is on the Civil Rights Act of 1964 and the type of political & social upheaval/compromises that were undertaken to make it a reality.



WAKE UP DEAD MAN: A KNIVES OUT MYSTERY

Jan 26th 1:30 PM

A 2025 mystery film, it is the third film in the Knives Out series starring Daniel Craig, who reprises his role as master detective Benoit Blanc. The cast also includes Josh O'Connor, Glenn Close, Josh Brolin, Mila Kunis, Jeremy Renner, Kerry Washington, Andrew Scott, Cailee Spaeny, Daryl McCormack, and Thomas Haden Church.



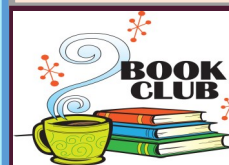
NUTRITION AND HEALTHY EATING

Thursdays 1:00-3:00 PM

1/15 H2O 101: Understanding Your Hydration Options and Their Health Impact. A Review of Different Waters and Filtration Systems (tap, filtered, bottled, alkaline, mineral, carbonated, molecular hydrogen, electrolyte)

1/22 Eat to Remember: Diet for Cognitive Fitness and Sharpening your mind

1/29 Portion Distortion: Recommended Portion Size vs Average Intakes. The Effect on Metabolism



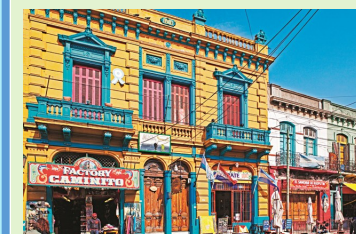
BOOK CLUB MEETING

Jan. 26 2025 @ 12:00 PM

DISCOVER LIVE TOURS

Tues, Jan. 13th, 2025 @ 2:30 PM Buenos Aires, Argentina

"The Best Street Arts in South America" Buenos Aires is the capital of Argentina and one of the most populous cities in Latin America and one of its most important ports. This big city has managed to preserve many of its old traditions. It has 47 "barrios" which are all unique and are like an open-air museum and art market. Buenos Aires is one of the best places to see street art in South America. Join us for this LIVE walking tour from the comfort of our community room.



New 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 beginning January 6th, 2025

Preregistration Required; Materials provided

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

TRIP: MUSEUM OF THE CITY OF NEW YORK

January 28th, 2025 Call-In Friday, Jan 23 @ 10 am (718-565-6569)

Featuring the exhibition: **URBAN STOMP**

Immerse yourself in the vibrant dances that have shaped—and been shaped by—the city's ever-changing cultural landscape.

"Celebrating the creativity and joy of NYC dance cultures, Urban Stomps is a first of its kind exhibition that explores over 200 years of social dance in the city from the ballrooms and bars of the 19th century to the parks, living rooms, and clubs of today. The exhibition illuminates how NYC dance cultures and their related dance floors create spaces of collective celebration and social possibilities that have an impact everywhere. Urban Stomp guides visitors through a rich history of dance, featuring styles like the lindy hop, salsa, hip-hop, hustle, bhangra, vogue and more—each one born, shaped or popularized in NY. Also included are contra, Jewish/Yiddish dances, Native/Indigenous American dances, etc. All of which had taken on new meanings when remixed in present-day NYC:



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.

