



# BIG SIX TOWERS 2024 NORC NEWS

<b>1</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b>  <i>Drawing/Met Art Boxes Culminating Event 2:00</i>	<b>2</b> <b>TAI CHI 11:00</b>  <b>MAH JONGG</b> <b>1:00 PM</b>	<b>3</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30</b> <b>Walkathon 2</b> <b>NORC CLOSSES</b> <b>@ 3:00</b>	<b>4</b>  <b>NORC CLOSED</b>	<b>5</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> <b>NORC Closes</b> <b>at 4:00 PM</b>
<b>8</b> <b>MET ART BOXES</b> <b>10:30 AM</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b>	<b>9</b> <b>TAI CHI 11:00</b> <b>MAH JONGG</b> <b>1:00 PM</b> 	<b>10</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30</b> <b>Walkathon</b> <b>2 pm</b>	<b>11</b> <b>TAI CHI</b> <b>11:00</b> <b>NUTRITION</b> <b>1:00</b>	<b>12</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b> <b>KARAOKE 2</b> <b>NORC Closes</b> <b>at 4:00 PM</b>
<b>15</b> <b>ADVISORY COUNCIL 11:30</b>  <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b>	<b>16</b> <b>TAI CHI 11:00</b> <b>MAH JONGG</b> <b>2:00 PM</b>	<b>17</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30</b> <b>Walkathon 2</b> <b>TRIP</b>	<b>18</b> <b>TAI CHI 11:00</b> <b>Health Chat</b> <b>12:00</b> <b>NUTRITION</b> <b>1:00 PM</b>	<b>19</b> <b>CHAIR EXERCISES</b> <b>11:00 am</b>  <b>NORC Closes</b> <b>at 4:00 PM</b>
<b>22</b> <b>MET ART BOXES</b> <b>10:30 AM</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b>	<b>23</b> <b>TAI CHI 11:00</b> <b>MAH JONGG</b> <b>1:00 PM</b>	<b>24</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30</b> <b>Walkathon 2</b> <b>TRIP:</b> <b>City Island</b> 	<b>25</b> <b>TAI CHI 11:00</b> <b>NUTRITION</b> <b>1:00 PM</b>	<b>26</b> <b>CHAIR EXERCISES</b> <b>11:00 AM</b>  <b>NORC Closes</b> <b>at 4:00 PM</b>
<b>29</b> <b>Crochet/Knitting</b> <b>1:00 PM; Bldg 2</b> 	<b>30</b> <b>TAI CHI 11:00</b> <b>MAH JONGG</b> <b>1:00 PM</b>	<b>31</b> <b>ZUMBA 11:00</b> <b>Short Story</b> <b>11:30</b>  <b>Walkathon 2</b> 	<b>LOCATION KEY:</b> <b>INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.</b>  <b>REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</b>	

**NORC SERVICES**  
 NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults age in place.

**NORC NURSES**  
 Big Six NORC Program has two nurses, Milagros Dolores, RN, who is onsite Tuesdays and Fridays, and Vanessa Kochupaul, RN, who works on Thursdays managing educational and other programs. They are an important part of the NORC team, providing health education and guidance, helping you coordinate and manage care with your health care teams and identify resources. They do not provide direct nursing care but are available to assess your needs, answer your questions, find resources and make referrals. They help coordinate onsite screenings. They are available for blood pressure monitoring. It is always best to call them for an appointment

*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.*



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



**JULY is UV SAFETY MONTH**  
 Summer is here and we all spend more time outdoors. It is especially important for older adults to take precautions during hot weather & protect themselves from harmful UV rays. UV radiation is a type of energy produced by the sun or artificial sources (e.g., tanning beds). The WHO measures UV levels on a scale from 0 (low) – 11+ (extremely high). Protection from the sun is recommended when UV levels are 3 (Moderate) or higher. The FDA recommends that people use sunscreen with an SPF of 15+ and cover your body by wearing long pants, long-sleeved shirts, a wide-brimmed hat and sunglasses. The sun is most intense between 10 a.m. – 4 p.m., Avoid the sun during these hours.

*For the most up-to-date information on NORC activities, sign up for our newsletter.*

**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 12:00-1:00 pm

Fridays: 12:00-1:00 PM

Other times call 718-565-6569 to  
make an appointment

Nurses from CUNY School of  
Nursing are available

Thursdays @11 am  
for Blood Pressure  
monitoring from  
May 30th-July 18th,



## BENEFITS CORNER

NORC social workers are available to as-  
sess eligibility and help you apply for bene-  
fits. Call 718-565-6569 for an appointment.

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The cost of living has increased dramatical-  
ly the last few years, making it exception-  
ally difficult for older adults on fixed in-  
comes. SNAP may be able to help,.

## SNAP

The Supplemental Nutrition Assistance  
Program (formerly known as "food  
stamps") provides food assistance for  
nearly 1.8 million New Yorkers including  
families, people who are aging and peo-  
ple with disabilities. The program helps  
families and individuals supplement the  
cost of their diet with nutritious foods.

If you need help  
applying, call 718-  
565-6569 and  
make an appoint-  
ment with one of  
our social workers.



**HEALTH CHAT**  
Thursday, July 18th, 2024  
@ 12:00 PM

Join us for an informative  
discussion on

## SAFE SEX

There are many misconceptions  
about sexuality and older adults.  
No matter our age, intimacy and  
sexuality are vital parts of our  
identity and overall health.

Many older adults are remaining or  
becoming sexually active. This is  
because of better health among  
older adults, longer lifespans,  
more open attitudes toward sexu-  
ality, internet dating, and the  
availability of medications. Older  
adults are more vulnerable to sex-  
ually transmitted infections (STIs)  
than younger adults. Join us as  
we discuss importance of safe  
practices.



Do you like to read? Enjoy dis-  
cussing with others? Join  
us for our weekly **SHORT  
STORIES** group, now  
meeting in person, every  
Wednesday at 11:00 AM.  
Call 718-565-6569 for  
more info & to register

Short  
Stories



Back by popular demand  
**KARAOKE**

Friday, July 12, 2024 @ 2:00 PM



Followed by celebration of June and  
July Birthdays, July 12th @ 3:00 PM



JOIN US EVERY THURSDAY at 1:00 PM

**NUTRITION AND  
HEALTHY COOKING  
CLASSES**

With ANNA DIMAGGIO  
Community Room,  
Bldg.2

July 4 (NO CLASS—HOLIDAY)

July 11: Everything you should  
know about Vit B12

July 18: Nutritional Issues in  
Older Adults

July 25: Hydration, Minerals  
and Electrolytes



ART CLASSES led by  
**Donna Miskend**

Culminating  
Event JULY 1  
@ 2:00 pm for  
**DRAWING &  
MET ART BOX**



**MET ART BOX** sessions  
7/8 and 7/22/24  
@ 10:30 a.m.

## TRIPS

**JULY 17: Walking Trip** for  
participants in Big Apple Walk-  
A-Thon (Details  
to be provided to  
participants)



**JULY 24: Trip to City Island,  
Bronx, NY**  
To reserve, call 917-343-4526  
Tues, July 16th, 10-11 AM & 2-3 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.