



BIG SIX TOWERS 2025 NORC NEWS



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

**We wish all Dad's a
HAPPY FATHER'S DAY**

**This month we also
celebrate Men's Health
Awareness Month, Pride
Month and Juneteenth**

**There are several changes
to our program of activities
this month. If you need
additional information or
have questions, please call
the NORC office at
718-565-6569**

**For the most up-to-date in-
formation on NORC activi-
ties, sign up for our
e-newsletter**

**To participate in NORC activities
and/or receive services, you must
reside in Big 6 Towers, be 60 years
and over and be registered with the
NORC.**

Call 718-565-6569 to register

NORC SERVICES

NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults to 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

BIG SIX NORC OFFICE:

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

2 SU CASA 10:30 AM (C) <i>ACCESS-A-RIDE PRESENTATION 1:00 PM (H)</i>	3 Chair YOGA 11:00 AM (C) League of Women Voters 1:00 (H) FUN & GAMES 2:15 PM (C)	4 ZUMBA 11 (C) Crochet 12:30 (L) WALK W/EASE 2-4 PM (C)	5 BP 12:15 C Caregivers Program 1:30 pm C UJA CONCERT GAMELAN 3:30 PM (outdoors) Picnic follows	6 CHAIR EXERCISES 10:45 AM © <i>TALENT IS TIMELESS 2-4</i>
9 SU CASA 10:30 AM (C) ADVISORY COUNCIL 12:30 MOVIE: 2:00-4:00 PM (C) IMITATION GAME	10 Chair YOGA 11:00 AM <i>TALENT IS TIMELESS 2-4 (C)</i>	11 ADVOCACY DAY @ CITY HALL ZUMBA 11 (C) Crochet 12:30-L DISCOVER LIVE 2:00 WALK W/EASE 3-5 PM (C)	12 BP 12:15 (C) SU CASA 3:30-4:30 PM(C)	13 PRESCHOOL GRADUATION Call-in for trip 9:30-10:30 am CHAIR EXERCISES 10:45 AM-ZOOM Organization Group via ZOOM 2:15-3:45
16 SU CASA 10:30 AM MET ART BOX 1:30 PM (C)	17 Chair YOGA CANCELLED <i>TALENT IS TIMELESS 2-4 C</i>	18 ZUMBA 11 (C) Crochet 12:30 (L) WALK W/EASE 12:30-2:30 PM NORC CLOSING @ 3PM	19 JUNETEENTH HOLIDAY  NORC CLOSED	20 CHAIR EXERCISES 10:45 AM (C) Organization Group 2:15-3:45 (H) BROWN BAG 2:30-3:30 (L)
23 NO ACTIVITIES in COMMUNITY ROOM	24 PRIMARY ELECTION VOTING in COMMUNITY ROOM (C) Chair YOGA 11:00 via ZOOM	25 ZUMBA 11:00 (C) WALK W/EASE 2-4 PM	26 BP 12:15 (c) <i>TALENT IS TIMELESS PRACTICE 3:00 PERFORMANCE 4:00 PM</i>	27 CHAIR EXERCISES 10:45 AM TRIP: CIRCLE LINE CRUISE 12:00-3:30 PM
30 BOOK CLUB 12:00 NOON (C) MET ART BOX 1:30 (C)				LOCATION KEY: C = Community Room L = Library

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 will also be available Thursdays for virtual visits and organizing educational programs and materials

BROWN BAG MEDICATION REVIEW w/ NORC Nurse, Milagros Dolores, RN Fri, June 20, 2025: 2:30-3:30 pm

Call 718-565-6569 to schedule your time.



PRESENTATION ON ACCESS-A-RIDE, Do you need assistance with transportation around the city? Want more information on options available? Join us on Monday, June 2nd @ 1:00 pm. A representative will be here discussing the program, what is offered, how it works, how to sign up, etc.

MET ART BOX sessions led by Donna Miskend Mon. June 16th & June 30th @ 1:30 p.m.



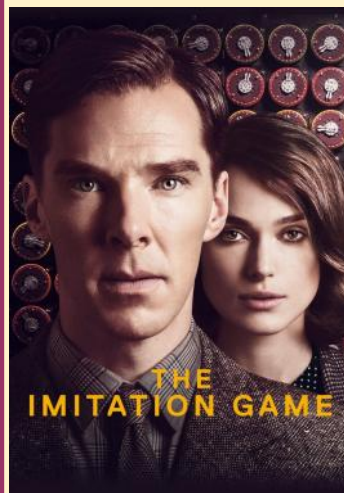
BOOK CLUB MEETING: June 30th @ 12:00 NOON



SHORT STORIES, AND SPANISH CLASSES WILL BE PAUSED FOR THE SUMMER and will return in the fall. Stay tuned for new programming for the summer months.

MOVIE: THE IMITATION GAME, JUNE 9th, 2025, 2:00—4:00 PM

Academy award winning film starring Benedict Cumberbatch & Keirah Knightley



During World War II, the English mathematical genius **Alan Turing** tries to crack the German Enigma code with help from fellow mathematicians while attempting to come to terms with his troubled private life.

It is based on the real life story of legendary cryptanalyst Alan Turing. The film portrays the nail-biting race against time by Turing and his brilliant team of code-breakers at Britain's top-secret Government Code and Cypher School at Bletchley Park, during the darkest days of World War II.



CAREGIVERS PROGRAM at Sunnyside Community Services

Are you caring for a loved one? Want to learn what resources are available to support you. Join us **JUNE 5th 2025 @ 1:30 PM** for a presentation: A representative from the program will discuss the and services offered.

CONCERT featuring GEMELAN GROUP (music of Indonesia) by musicians from Queens College Aaron Copland School of Music. Thursday, June 5th 2025 @ 3:30 PM on the lawn 60th Street between buildings 5 & 6; Funded by UJA Jeanett Solomon Intergenerational Art Grant Program.

Picnic to follow



DISCOVER LIVE Travel the world with us from the comfort of our Community Room. Join us for our first trip on Wednesday June 11th, @ 2:00 p.m. to Islay, Scotland, UK including seeing how whiskey is made. Call 718-565-6569 for information and registration



CIVIC ENGAGEMENT ACTIVITIES

RANKED CHOICE VOTING

Tuesday June 3rd, 2025 @ 1:00 PM

This will be a hybrid presentation: participants can attend in person in the Community Room or view via Zoom from their home

Join us as Big Six NORC participates in the citywide AGING ADVOCACY DAY at CITY HALL organized by Live-On NY, June 11th 2025

For nearly three decades, LiveOn NY, its members, and older New Yorkers from across the five boroughs have advocated to support funding for services for older adult New Yorkers, including older adult centers, NORCs, Case Management services, Meals on Wheels. This advocacy is more important now than ever to assure-funding for these services not only remains in the NYC budget but also increases. Join us in making New York a better place to age Transportation provided. Space is limited—call 718-565-6569 to reserve



Su Casa Program DANCE PERFORMANCE with Valerie Greene/ DANCE ENTROPY

Tuesday, June 17th 2025; 11:00 a.m.-12:00 p.m.

RECEPTION TO FOLLOW
Call 718-565-6569 to RSVP

TRIP:

We will team up again with Self-help Northridge NORC for a



CIRCLE LINE LUNCH CRUISE

Friday, June 27th, 2025

Cost: \$45 per person includes cruise ticket with box lunch

Reservations required

Call in 718-565-6569 on Friday, June 13th 9:30-10:30 a.m.

NO IN-PERSON NORC ACTIVITIES IN COMMUNITY ROOM ON THE FOLLOWING DATES:

FRIDAY, JUNE 13th (School Graduation)
MONDAY, JUNE 23rd (Pre-Election) and
TUESDAY, JUNE 24th (PRIMARY ELECTION)

Events scheduled in the Library will be held as usual.

Some activities will be via ZOOM—check the calendar or call the NORC office at 718-565-6569 for more information



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.