



BIG SIX TOWERS 2025 NORC NEWS



<p>3 10-11 Call in— trip to Flushing NY FIRE DEPT PRESENTATION 11:00 AM (C) WATERCOLOR 1:30 PM (C)</p>	<p>4 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)</p>	<p>5 ZUMBA 11 (C) Short Story 11:30 (L) CROCHET CLASS 12:30-1:45 WALK W/EASE 2-4 PM</p>	<p>6 10-11 Call in— trip to Harlem SAIL 11:00 © BP 12:15 (C) NUTRITION CANCELLED BOOK CLUB 3:30 (C)</p>	<p>7 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) WOMEN'S MONTH CELE- BRATION: 2:30 MOVIE (C)</p>
<p>10 ADVISORY COUNCIL 12:30 WATERCOLOR 1:30 PM (C)</p>	<p>11 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L) TRIP: FLUSHING 10:30</p>	<p>12 ZUMBA 11:00 Short Story 11:30 (L) CROCHET CLASS 12:30-1:45 WALK W/EASE 2-4 PM</p>	<p>13 SAIL 11:00 (C) HEALTH CHAT 12:15 (C) NUTRITION 1 PM (C) </p>	<p>14 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) SING-A-LONG & BIRTHDAYS 2:30 (C)</p>
<p>17 MET ART BOXES 10:30 AM (C) UJA CONCERT 1:30 PM </p>	<p>18 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) ST PATRICK'S CELEBRATION 2:30 PM</p>	<p>19 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-1:45 WALK W/EASE 2-4 PM</p>	<p>20 SAIL 11:00 © BP 12:15 (C) NUTRITION 1pm (C)</p>	<p>21 CHAIR EXER- CISES 10:45 AM BASIC SPANISH 12:30-2:00 (L) TRIP: HARLEM 10:00 AM</p>
<p>24 MET ART BOX 10:30 AM (C) WATERCOLOR 1:30 PM (C)</p>	<p>25 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)</p>	<p>26 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-1:45 (L) WALK W/EASE 2-4 PM</p>	<p>27 SAIL 11:00 © NUTRITION 1 PM (C)</p>	<p>28 CHAIR EXER- CISES 10:45 AM BASIC SPANISH 12:30-2:00 (L) BROWN BAG 2:30-3:30 (L)</p>
<p>31 NYSARC PRESENTATION 11:30 AM WATERCOLOR 1:30 PM (C)</p>				<p>LOCATION KEY: C = Commu- nity Room L = Library</p>

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

NORC SOCIAL WORK SERVICES
The Social Work Team at the NORC is here to assist those who reside in Big Six Towers who are 60 years or older. They meet with individuals who request their assistance, and their caregivers if indicated, gather information, assess needs and identify resources to help address these needs. They assist with applying for benefits such as SCRIE, DRIE, Medicaid, SNAP, etc., as well as community resources. They are here to work with your health care team, our NORC nurses and staff to support your staying in your home, as healthy and active as possible for as long as possible.

We maintain confidentiality and are a trusted resource
To participate in NORC activities and/or receive services, you must be registered with the NORC. Call 718-565-6569 to register.

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

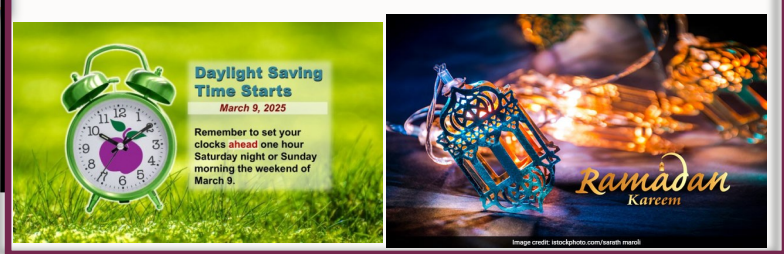
MARCH IS **SOCIAL WORK MONTH**

MARCH is National Social Work Month and we celebrate our own NORC social workers:
Corrina Henderson, MSW; Robyn Cawley, MSW, as well as our MSW intern Salma Youssef and Outreach Worker, Justine Figueroa, BSW.

They are an integral part of our NORC team and our goal is to provide the support and services to those in Big Six Towers who are 60 and over, remain in their homes as active members of the community for as long as possible. Please take a moment to thank them this month for all they do.

For the most up-to-date information on NORC activities, call 718-565-6569 and 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



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 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, March 28th, 2025 from 2:30-3:30 PM



Put all your medications and supplements in a bag and meet with our NORC Nurse for a review.

Conducting review like this 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.

BOOK CLUB MEETING—
Thurs, March 6th @ 3:30 PM

NY FIRE DEPT PRESENTATION
FIRE SAFETY, Mon. March 3 2025

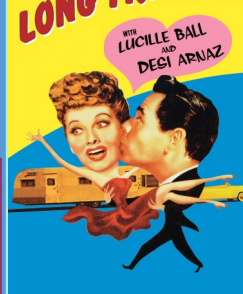


HEALTH CHAT

CLUTTER IN YOUR APARTMENT? FEEL OVERWHELMED? DON'T KNOW WHERE TO START? Join us for an interesting presentation and discussion exploring strategies to handle this. **March 13th, 2025 @ 12:15**



The LONG, LONG TRAILER



MOVIE

Celebrating pioneering women during Women's History Month

Friday, March 7 @ 2:30 PM

A television pioneer, comedy legend, and feminist icon — such heady titles would be hyperbolic for most people, but for Lucille Ball, they're just right. A performer whose light hasn't dimmed since she first appeared on the silver screen in the 1930s and, most memorably, the small screen in the 1950s, Ball's life and career continue to fascinate us today, from her traumatic childhood to her storied (and culture-shifting) marriage to Desi Arnaz to her meteoric rise as a TV star and, eventually, the first woman to ever run a major TV studio.

The Long, Long Trailer is a 1954 road comedy film about a couple who buy a new travel trailer home and spend a year traveling across the United States

BIG APPLE WALK-A-THON IS BACK

Put your walking shoes on, bring your friends and start walking. Last year our club walked over 6 million steps. Let's beat that this year. First meeting **Wed. 3/5/25 from 2:00-4:00 pm.** Led by **Diane Cocoros**



NUTRITION AND HEALTHY COOKING CLASSES

With **ANNA DIMAGGIO**

Community Room, Bldg.2
@ 1:00 PM



MARCH NUTRITION TOPICS

MARCH 6—NO CLASS

MARCH 13—March National Nutrition Month Theme and Activities: Food Connects US

March 20—Environmental Impacts on Health: Microplastics

March 27—ASK ME ANYTHING: Bring all your Nutrition questions and concerns to class for an open discussion

SING-A-LONG and BIRTHDAY CELEBRATION

highlighting women Disco artists,
March 14th @ 2:30 PM



MARCH 31st @ 11:30 AM

Join us for a **PRESENTATION BY**

NYSARC TRUST SERVICES

Pooled Trust for Medicaid Eligibility

PURPOSE OF A POOLED TRUST: A pooled supplemental needs trust (SNT) allows people with disabilities and seniors with disabling chronic health conditions to spend-down excess income in order to qualify for community-based Medicaid benefits, including home care and other long-term care services.

This allows people with disabilities to get the care they need, afford to pay bills and maintain independence in the community.



ART CLASSES led by Donna Miskend WATERCOLOR

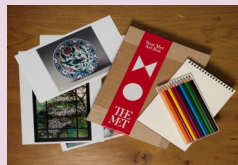


March 3, 10, 24 & 31 @ 1:30 p.m., NO CLASS MONDAY, MARCH 17 2025
Call 718-565-6569 to register. Materials provided

MET ART BOX sessions

March 17 & 24 @ 10:30 a.m.

Call 718-565-6569 for more details



TRIPS:

MARCH 11, 2025; 10:30 AM PICKUP

Nan Xiang Xiao Long Bao

Chinese Restaurant, Flushing NY
Call 917-565-6569 to reserve on **3/3/25 @ 10-11 am**



MARCH 21st, 2025; 10 AM PICKUP

AMY RUTH'S

Soul Food Restaurant, Harlem, NY

Call 917-565-6569 to reserve on **3/6/25 @ 10-11 am**



DAYLIGHT SAVINGS TIME: SPRING FORWARD. Set your clock ahead one hour on Sunday March 9th

JOIN US ON MARCH 18th @ 2:30 for a St. Patrick's Day Celebration featuring the Irish Dancers



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.