



Selfhelp



# BIG SIX TOWERS 2024 NORC NEWS



**LOCATION KEY:**  
INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.  
REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION



**6**  
Crochet/Knitting 1:00 PM; Bldg 2  
*Drawing 1:30*

**7**  
Trip w/ Northridge NORC  
**SAIL 11:00**  
MAH JONGG 1:00 PM

**13**  
**MET ART BOXES 10:30 AM**  
**ADVISORY COUNCIL 11:30**  
Crochet/Knitting 1:00 PM; Bldg 2  
*Drawing 1:30*

**14**  
**SAIL 11:00**  
MAH JONGG 1:00 PM;

**20**  
**MET ART BOXES 10:30 AM**  
Crochet/Knitting 1:00 PM; Bldg 2  
*Drawing 1:30*

**21**  
MAH JONGG 1:00 PM

**27**  
  
**NORC CLOSED**

**28**  
MAH JONGG 1:00 PM

**1**  
**ZUMBA 11:00**  
Short Story 11:30 ZOOM  
**BOOK CLUB 1:00 PM**  
WALK-A-THON 2:00-4:00

**2**  
SAIL 11:00  
**BP 12:00 PM**  
Health Chat 12:30  
**NUTRITION CANCELLED**

**3**  
**CHAIR EXERCISES 11:00 AM**  
**Tech Hour 12 Su CASA 1:00-3:00**

**8**  
**ZUMBA 11:00**  
Short Story 11:30 ZOOM  
WALK-A-THON 2:00-4:00

**9**  
SAIL 11:00  
**BP Monitoring 12:30 PM**  
**NUTRITION 1:00 PM**

**10**  
**CHAIR EXERCISES 11:00 AM**  
**Tech Hour 12 Su CASA 1:00-3:00**

**15**  
**ZUMBA 11:00**  
**MOTHERS DAY 12:30-2**  
  
WALK-A-THON 2:30-4:30

**16**  
SAIL 11:00  
**BP Monitor 12:30**  
**NUTRITION CANCELLED**  
**UJA Concert 6:00**  
ADVOCACY DAY -City Hall

**17**  
**CHAIR EXERCISES 11:00 am**  
**Su CASA 1:00-3:00**

**22**  
**ZUMBA 11:00**  
Short Story 11:30 ZOOM  
WALK-A-THON 2:00-4:00

**23**  
**NUTRITION Class at Northshore Farms—call 718-565-6569 to reserve**

**24**  
**CHAIR EXER. 11:00**  
**Su CASA 1:00-3:00**  
**NORC CLOSURES@3:00**

**29**  
**ZUMBA 11:00**  
Short Story 11:30  
WALK-A-THON 2:00-4:00

**30**  
**NUTRITION 1:00 PM**  
Birthday Party 3:30

**31**  
**CHAIR EXERCISES 11:00 AM**  
**Su CASA 1:00-3:00**

## What is a NORC?

Naturally Occurring Retirement Communities (NORC) are a housing development or a building that over time have become home to many older adults.

The mission of the Selfhelp Big 6 Towers NORC is to bring together community resources to support the health and well-being of residents living in Big 6 Towers who are 60 and over, so they can live independently, actively and engaged in their community for as long as they wish to in their own homes.

The NORC provides social services, health education and promotion, exercise programs, educational and recreational programs. To participate, you must live in Big Six Towers, be 60 years or older, and register with our program.

**For more information and to sign up call 718-565-6569**

*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.

### MAY IS OLDER AMERICANS MONTH

The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Social connectedness plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues. Human beings are social creatures. Our connection to others enables us to survive and thrive.

*Research has linked social isolation and loneliness to higher risks for physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and others.*

**THE NORC PROGRAM has many opportunities for you to connect with others. If there is something you are interested in that we do not offer, call us and make a suggestion.**

**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

**HEALTH CHAT**

Thursday, May 2nd, @ 12:30 PM  
**PREVENTING FALLS**

Falls are a threat to the health of  
 older adults and can reduce your  
 ability to remain independent. Falls  
 don't have to be inevitable as you  
 age. You can reduce your chance of  
 falling or help a loved one prevent  
 falls. There are proven ways to re-  
 duce and prevent falls, even for  
 older adults.

Join us for this informative presen-  
 tation. All participants will receive  
 a free nightlight.



**YOU MUST BE REGISTERED  
 WITH THE NORC TO PARTICI-  
 PATE IN ANY OF OUR ACTIVI-  
 TIES. If you are not registered,  
 please call 718-565-6569 to do so.**

**CELEBRATION OF MAY BIRTHDAYS,  
 Thursday, May 30, 2024 at 3:30 PM**

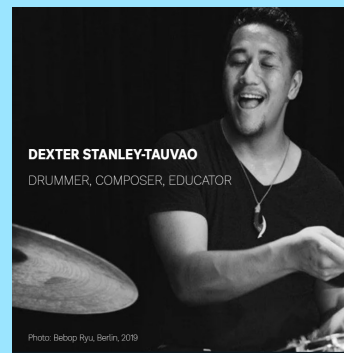
**TAI CHI FOR ARTHRITIS  
 Coming in JUNE**

call 718-  
 565-  
 6569 to  
 register



**JOIN us on Thursday, May  
 16th @ 6:00 p.m. for a concert  
 featuring Jazz, Classical, and  
 Folk selections  
 with an interna-  
 tional flare.**

**This program is  
 funded by the UJA  
 Jeannette  
 Solomon Grant  
 Call 718-565-6569  
 to reserve**



**Snacks and Refreshments available**

**Join us for a Mother's Day  
 Celebration  
 Wednesday, May 15th  
 12:00 noon-2:00 p.m.  
 Buffet lunch**

**RSVP Required:  
 718-565-6569**

**Space is limited; first come,  
 first served**



**JOIN US FOR AN EXCITING SU  
 CASA PROGRAM THIS YEAR.**

We are partnering again with the  
 Korean Arts Forum who will intro-  
 duce some interesting art projects.

**Preregistration is required. Call 718-  
 565-6569 to register.**

**KAF OASIS &  
 NYC SU-CASA**

In collaboration with Selfhelp Big Six NORC Program

**WORKSHOP I:  
 MINHWA**

- Instructor Artist: Minshik Shin
- Tentative dates: Fridays, April 19 and April 26, from 2 to 4 p.m.; May 3 and May 10, from 1 to 3 p.m.
- Materials including brushes, paper, paint colors, and sumi ink will be provided.
- No previous experience or knowledge of Korean Minhwa is required.



**FINAL  
 PRESENTATION:  
 MINHWA AND  
 JOGAKBO  
 EXHIBITION**

Date:  
 Friday, June 14, 2024,  
 from 1 to 3 pm.



**WORKSHOP II:  
 JOGAKBO**

- Instructor Artist: Yeon Jin Kim
- Tentative dates: Fridays, May 17, May 24, May 31, and June 7, from 1 to 3 pm.
- Found fabrics and sewing tools will be provided.
- No previous experience or knowledge of Jogakbo is required.



Location:  
 Big Six Tower NORC  
 Community Room  
 59-15 47th Avenue,  
 Woodside, NY 11377

\*This art program is sponsored by City Council  
 Member Julie Won, representing District 26.



**CANCELLED MAY 2nd and MAY 16th,  
 MAY 23rd Class will be at NORTSHORE  
 FARMS, Whitestone, NY (van transporta-  
 tion provided, first come, first served;  
 call 718-565-6569 to reserve)**

**NEW TIME beginning May 9th  
 at 1:00 PM**

**NUTRITION AND  
 HEALTHY COOKING  
 CLASSES**



**ART CLASSES led by  
 DONNA MISKEND  
 DRAWING May 6, 13 &  
 20, @1:30 PM  
 MET ART BOXES May 13  
 and May 20 @10:30 AM**



**BENEFITS CORNER**

The NORC social workers are available to  
 assess eligibility and help you apply for  
 benefits. Call 718-565-6569 for an ap-  
 pointment

**WHAT IS SCRIE AND  
 DO YOU QUALIFY?**

**WHAT IS SCRIE?**

SCRIE is the acronym for the Senior Citi-  
 zen Rent Increase Exemption program.  
 Through HPD, NYC Housing Preservation  
 & Development), this program provides  
 a subsidy to cover most rent or mainte-  
 nance increases for seniors that are  
 shareholders and live in a City or State  
 Mitchell Lama, HDFC, Re-development  
 and 213 cooperatives.

**2. WHAT ARE THE REQUIREMENTS**

- You (or your spouse) must be 62 years or older at the time of the increase and the tenant/ shareholder of record.
- You (or your spouse) lived in the apartment at the time of the increase.
- The total household income did not exceed the income maximum of \$50,000 annually.
- Your monthly basic rent/ carrying charge was more than or equal to one-third of your total annual household income.
- You are NOT on any other rent/ carrying charge subsidy program, such as Section 8, SCHE, DRIE, RAP.



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.