



BIG SIX TOWERS 2025 NORC NEWS

MAY

LOCATION KEY:
C=Community Room
L = Library
H= Hybrid



			1 BP 12:15 (C) SU CASA 3:30-4:30 PM(C)	2 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L)
5 SU CASA 10:30AM (C) MET ART BOXES 1:30 PM (C)	6 CHAIR YOGA 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (C)	7 ZUMBA 11:00-C Short Story 11:30 (L) CROCHET GROUP 12:30-1:45 (L) WALK W/EASE NO CLASS	8 BP 12:15 (C) League of Women Voters 1:00 PM (H) SU CASA3:30-4:30 PM(C)	9 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) Organization Group 2:15 (H)
12 SU CASA 10:30 AM (C) ADVISORY COUNCIL 12:30 MOVIE: WICKED 1:30 PM (C)	13 CHAIR YOGA 10:45 (C) Basic Spanish 12:30-2:00 (L) FUN & GAMES 2:15 PM	14 ZUMBA 11:00-C Short Story 11:30 (L) CROCHET GROUP 12:30-1:45 (L) WALK W/EASE 2-4 PM (C)	15 HEALTH CHAT 12:15 (H) BOOK CLUB 1:00 SU CASA3:30-4:30 PM(C)	16 Call in for trip 10-11 am CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) Organization Group 2:15 (H)
19 SU CASA 10:30 AM (C) MET ART BOX 1:30 PM (C)	20 CHAIR YOGA 10:45 (C) Basic Spanish 12:30-2:00 (L) FUN & GAMES 2:15 PM	21 ZUMBA 11:00-C Short Story 11:30 (L) CROCHET GROUP 12:30-1:45 (L) WALK W/EASE 2-4 PM (C)	22 MOTHER'S DAY 1 PM (C) SU CASA3:30-4:30 PM© UJA CONCERT 6:00 PM (C)	23 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) BROWN BAG 2:30-3:00 (L) NORC CLOSING @ 3:00 PM
26  MEMORIAL DAY NORC CLOSED	27 CHAIR YOGA 10:45 (C) Basic Spanish 12:30-2:00 (L) Memorial Day BBQ 2:15 (C)	28 Advocacy DAY ZUMBA 11 (C) Short Story 11:30 (L) CROCHET GROUP 12:30-1:45 (L) WALK W/EASE 2-4 PM (C)	29 Virtual Senior Center Presentation 2:00 PM SU CASA 3:30-4:30 PM(C)	30 TRIP: BEN'S KOSHER DELI CHAIR EXERCISES 10:45 AM BASIC SPANISH 12:30-2:00 (L)

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 to come to the Community Room. Those who wish to join in 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.

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

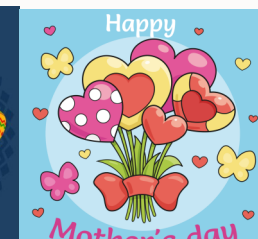
MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.

**We wish all mom's a
HAPPY MOTHER'S DAY**

May is also Older Americans Month. Every May, we celebrate Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

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 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, May 23rd, 2025 from 2:30-3:00 PM

Call 718-565-6569 to schedule your time.



Chair Yoga led by **Dilshad Keshwani** **Tuesdays** in May and June @ **10:45 a.m.** in Community Room



CONCERT: **Robert Hurley** (cellist) and **Ade-line Baban** (violinist), from **Queens College Aaron Copland School of Music** perform duets for violin & cello in a program inspired by folk music.

May 22, 2025, 6:00 p.m.

Funded by **UJA Jeannette Solomon Intergenerational Grant**



BOOK CLUB MEETING—
Thurs, May 15th @ 1:00 PM

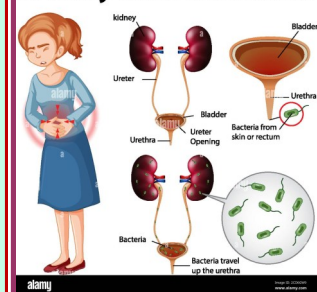
MET ART BOX **May 5, 19, @1:30 p.m.**
 Call 718-565-6569 for more details



HEALTH CHAT

Thursday, May 15, 2025, 12:15 AM
FLOW INTERRUPTED: UTIs and What You Need to Know

Urinary tract infections



A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes the kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract — the bladder and the urethra. Urinary tract symptoms are frequently lacking in older adults. The presentations may be vague and include incontinence, a change in mental status, or fatigue as the only symptoms, while some present to a health care provider with sepsis, an infection of the blood, as the first symptoms.

MOVIE: Monday, May 12th @ 1:30 PM



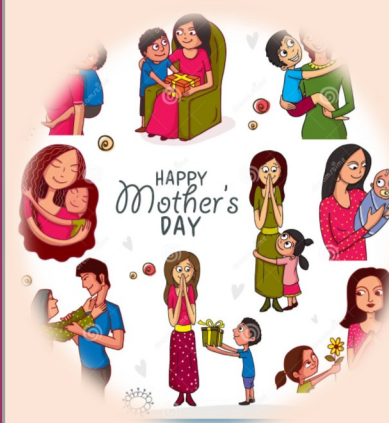
Starring: **Ariana Grande & Cynthia Erivo**

Elphaba, a young woman ridiculed for her green skin, and **Galinda**, a popular girl, become friends at **Shiz University** in the Land of Oz. After an encounter with the **Wonderful Wizard of Oz**, their friendship reaches a crossroads.

JOIN US FOR A MEMORIAL DAY CELEBRATION BBQ

Tuesday, May 27, 2025 @ 2:15 PM

Hot Dogs & various sides
RSVP:
718-565-6569



Join us for a Mother's Day Celebration

Afternoon Tea
May 22nd
2025 @ 1:00 PM
Call 718-565-6569 to reserve; space is limited

CIVIC ENGAGEMENT ACTIVITIES



WHAT MAKES CITY GOVERNMENT RUN?

Thursday, May 8th, 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 **LiveOn NY**, **May 28th 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

SELFHELP VIRTUAL SENIOR CENTER—
 presentation, **Thursday, May 29th, 2:00 PM**

Spring Cleaning/Organizing/Decluttering Group

- Are you in the mood for "spring cleaning" and decluttering but don't know where to start?
- Would you like a safer and more organized home but are feeling overwhelmed?
- Do you have items you are attached to but have no space to keep them?
- Would you like to get some useful tips, information and resources?



Join our new discussion group **May 9th and 16th @ 2:15; Call 718-565-6569 for more information and to register**

Spring is an ideal time to refresh your home and create a more comfortable, clutter-free living space. For older adults, an organized home not only provides peace of mind but also enhances safety and ease of movement. Some simple tips include start small, focus on one area at a time, and prioritize safety by removing trip hazards

TRIP
Friday, May 30th
 You must call **718-565-6569** on **Fri., May 16, 2025, 10:00-11:00 AM** to reserve a spot

JOIN US FOR AFTERNOON FUN & GAMES: Do you have a favorite board game? Want to get together with your friends or make new ones? We have some board games available but you are welcome to suggest your own favorite. Join us **Tuesdays, 2:15** in Community Room. Call **718-565-6569** for more information and to register



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.