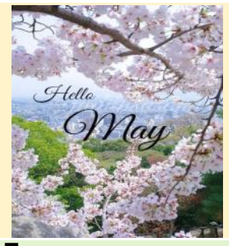
Selfhelp 90

BIG SIX TOWERS 2026 NORC NEWS

May

LOCATION KEY: C = Community Room L = Library H = Hybrid				**1** CHAIR EXERCISES 11:00 AM C TRIP: MARIO'S RESTAURANT MAH JONGG 1:00 PM (c) FUN & GAMES 2:30 PM—C
4 *SALSA DANCE CLASS 11:00 AM (C)* *SU CASA ART PROGRAM 2:00-4:00 PM (C)*	**5** TAI CHI 11:00 (C) CHARLAS 1:30 L *MOVIE: A COMPLETE UNKNOWN 2:00 PM (c)*	**6** ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE 2-4	**7** *MOTHER'S DAY CELEBRATION 1:00 PM (C)* 	**8** CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM—C
11 *ADVISORY COUNCIL 12:30 (H)* *SU CASA ART PROGRAM 2:00-4:30 PM (C)*	**12** TAI CHI 11:00 (C) CHARLAS 1:30 L *WORKSHOP: SHELL CREATIONS 1:00 PM (C)*	**13** ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) *WALK WITH EASE—Trip to Astoria Park 12:30*	**14** SAIL 11:00 C *NUTRITION—Trip to Northshore Farms 10:30-1:30*	**15** CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM—C
18 *BOOK CLUB 12:00 NOON (C)* *SU CASA ART PROGRAM 2:00-4:00 PM (C)*	**19** TAI CHI 11:00-C *ELDER JUSTICE PRESENTATION 1:00 PM –H* CHARLAS 1:30 L *UJA CONCERT JAZZ Group 3:00-4:00 PM-H*	**20** ZUMBA 11 via ZOOM SHORT STORIES 11:30 (L) QUEENS D.A. Fraud-Scam Prevention Presentation and Lunch 12 PM	**21** SAIL 11:00 C NUTRITION 1:00-3:00—C *ELDER LAW PRESENTATION MARC LEAVITT 3:30 (H)*	**22** CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM—C NORC CLOSES 3:00 PM
25 ***MEMORIAL DAY*** ***NORC CLOSED***	***26*** TAI CHI 11:00-C CHARLAS 1:30 L *EMERGENCY PREPAREDNESS NATIONAL GUARD 1:00 PM (H)*	***27*** ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK WITH EASE 2-4 NYC AGING FAIR 9AM-2PM	***28*** SAIL 11:00 C NUTRITION 1:00-3:00 (C) 	***29*** CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 PM (C) FUN & GAMES 2:30 PM—C

NORC SERVICES

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

zoom

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

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

Wishing all who celebrate a HAPPY MOTHER'S DAY.

Join us for our second annual tea celebration on May 7th @ 1:00 PM. Call 718-565-6569 to RSVP

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MAY IS OLDER AMERICANS MONTH and we celebrate our older adults. Our many and varied NORC activities and services are available right here in your neighborhood providing support and activities to help you stay in your community for as long as possible and active as possible. If you are 60 years and older, live in Big Six Towers and are not a member of the NORC, call 718-565-6569 for more information and to sign up.

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 is available Thursdays for virtual visits and organizing educational programs and materials

BEGINNING MAY 5th and continuing every Tuesday @ 11:00 A.M.

TAI CHI FOR ARTHRITIS

SAIL will continue once a week on Thursdays @ 11:00 a.m. beginning May 14th. (No Class on May 7th)

Stay Active & Independent for Life (SAIL)

FRAUD/SCAM ALERT PRESENTATION

by representative from Queens D.A. Office

SCAMS and Fraud have become an increasing issue with scammers using ever more sophisticated methods. Older adults are particularly vulnerable. Join us for this very important presentation. Learn how to protect yourself!!!!!

Lunch provided by D.A.'s office.

ELDER LAW PRESENTATION by MARC LEAVITT, ESQ.

May 21st @ 3:30 pm

Have questions re wills, power of attorney, advance planning, etc.

BIG SIX NORC COMMUNITY NEEDS ASSESSMENT SURVEY

The Selfhelp Big Six NORC Program wants to make sure we are designing activities and programs to meet your needs and desires, and we value your input. We are sending out The Selfhelp Big Six NORC Community Needs Assessment survey and hope you will take some time to complete it and provide the valuable information we need to understand the needs of the older adults in this community. We are especially interested in hearing from those who do not presently participate in NORC programs and activities.

The best way to complete the survey is by using your phone, tablet or computer to enter link to survey below.

Link to survey:

https://www.surveymonkey.com/r/Q3ZRWSD

OR SCAN THE QR CODE BELOW:

You can also pick up a paper copy from the NORC office.

Please call 718-565-6569 to request a paper copy and/or if you need assistance completing the survey

NUTRITION AND HEALTHY EATING

Thursdays 1:00-3:00 PM

5/14 TRIP to North Shore Farms: Grocery Tour with Anna

5/21 Have Your Cake and Eat it Too: A Workshop About Healthy Desserts

5/28 Navigating Prop 65 Compliance For Heavy Metals and Warning Requirements. A Workshop About Food Labeling Laws and Packaging

JOIN US FOR OUR SECOND ANNUAL

MOTHER'S DAY TEA PARTY

Thursday, May 7th @ 1:00 PM

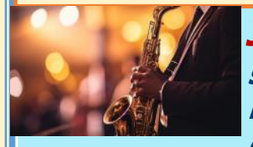
Call 718-565-6569 to RSVP

ELDER JUSTICE PRESENTATION

Sunnyside Community Services, Inc.

MAY 19th 2026 @ 1:00 PM. Elder Abuse is a serious concern, especially for our vulnerable older adults living alone. Do you know how to recognize this and what to do if you see or experience this?

SPECIAL WORKSHOP led by Carol Brown: CREATING BEAUTIFUL ITEMS USING SHELLS, Tues., May 12th @ 1:00 PM; Materials provided; call 718-565-6569 to register



JAZZ CONCERT

students from Queens College Aaron Copland School of Music, May 19, 2026, 3:00-4:00 p.m. Funded by UJA Jeannette Solomon Intergenerational Program

IN ORDER TO BEST SERVE YOUR NEEDS, PLEASE CALL 718-565-6569 TO MAKE AN APPOINTMENT IF YOU NEED TO SEE A NORC SOCIAL WORKER OR NURSE

EMERGENCY PREPAREDNESS

Tues. May 26th @ 1:00 pm by a representative of NYS NATIONAL GUARD: Are you prepared in case of a natural disaster or emergency? Preregistration required. Call 718-565-6569. If we have 50+ participants, each one receives a free GO BAG.

TRIPS

Friday, May 1st

MARIO'S RESTAURANT

Arthur Avenue, Bronx, NY

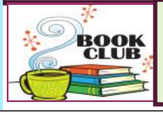
Thursday, May 14th

NORTHSHORE FARMS

Whitestone, NY

For participants in the Nutrition and Healthy Eating class

Wednesday, May 13th, ASTORIA PARK for those participating in the WALK WITH EASE (BIG APPLE WALK A THON)



BOOK CLUB MEETING

MAY 18th 2026 @ 12:00

NYC Department for the Aging

NEW YORK STATE OF OPPORTUNITY. Office for the Aging

UJA Federation NEW YORK

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. We also thank our elected officials, NYS Assemblymember Steven Raga and NYC Council Member Julie Won for their support, as well as other funders.