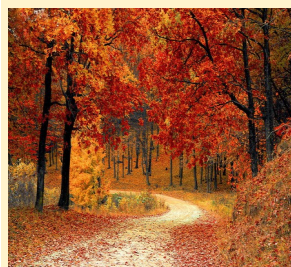





BIG SIX TOWERS 2024 NORC NEWS



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



1
CHAIR EXERCISES
 11:00 AM



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

For assistance from the NORC social workers or nurses, please call 718-565-6569 to make an appointment. We will visit you in your home if you are unable to come to the office

Your cooperation is greatly appreciated as we work to accommodate the needs of the many clients we serve.

There are over 800 residents at Big Six who are 60 and over. Over 300 of those are registered and received services from the NORC this past year.

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.

JOIN US FOR A
NORC OPEN HOUSE
Nov. 7th, 2024 @ 12:30
 Meet our staff and learn about the programs and services the NORC offers

We welcome our new NORC staff members:
 Corrina Henderson, MSW
 Robyn Cawley, MSW
 Justine Figueroa, BSW,
 Outreach Worker

Joining the present staff
 Dora Ziongas, M.A. Director
 Aisha Whitlock, Housekeeper
 Milagros Dolores, RN
 Vanessa Kochupaul, RN

For the most up-to-date information on NORC activities, sign up for our e-newsletter.

4


5
SAIL via ZOOM
ELECTION DAY



6
ZUMBA 11:00
 Short Story 11:30
 Health & Wellness 2-4

7
SAIL 11:00
 BP 12:15
 NUTRITION Cancelled
 NORC OPEN HOUSE 12:30 PM

8
CHAIR EXERCISES
 11:00 AM
BENEFITS UPDATE
 LIVE ON NY 1:00 PM

11

 NATURE JOURNALING 10:30am
 ADVISORY COUNCIL 12:30
 MET ART BOX 1:30 1:30 PM

12
SAIL 11:00
MAH JONGG
 2:00 PM



13
ZUMBA 11:00
 Short Story 11:30
CONCERT
 12:30
 Health & Wellness 2-4

14
SAIL 11:00
 BP 12:15
Dancercise 12:30
 NUTRITION 1pm



15
CHAIR EXERCISES
 11:00 am
MOVIE: 1:00
 Saving Private Ryan

18
 NATURE JOURNALING 10:30am
MET ART BOXES
 1:30 PM

19
SAIL 11:00
MAH JONGG
 2:00 PM

20
ZUMBA 11:00
 Short Story 11:30
 Health & Wellness 2-4

21
SAIL 11:00
 BP 12:15
 Book Club 12:30
 NUTRITION 1pm
 Italian Music 3:00

22
 CHAIR EXERCISES 11:00 AM
THANKSGIVING LUNCH
 12:30

25
CULMINATING EVENT NATURE JOURNALING
 2:30 PM

26
SAIL 11:00
MAH JONGG
 2:00 PM

27
ZUMBA 11:00
 Short Story 11:30
 Health 2-4
NORC CLOSSES
 3:00 PM

28
THANKSGIVING HOLIDAY

NORC CLOSED

29
CHAIR EXERCISES
 11:00 AM



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 12-1:00 pm

Fridays: 12-1:00 PM

Other times call 718-565-6569 to make an appointment



Nurses from CUNY School of Nursing are available for blood pressure monitoring Thursdays at 12:15

BENEFITS CORNER

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

**MEDICARE OPEN ENROLLMENT
October 15-December 7th**

This is a time when you can compare your options and change plans if you wish. You might find a plan that saves you money.

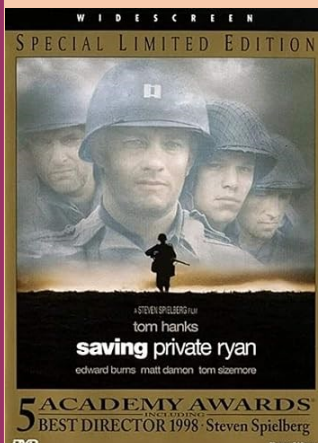
Compare your current coverage to all your choices for 2024 and select the plan that best fits your needs and budget. Why compare options for next year? Just like your health, Medicare plans can change every year—and your current one might be changing. Plus, not all plans have the same benefits and out-of-pocket costs. By comparing all your options, you could find a plan that offers you better coverage, saves money, or both. Review your current plan, costs, and health needs, then go to Medicare.gov. It's easy to compare options on Medicare.gov. At Medicare.gov, you can do a side-by-side comparison of plan coverage, costs, and quality ratings to help you see the real differences between plans and feel confident in your choice. If you choose a new plan for 2024, you can enroll right there. Current coverage still meets your needs best? Then, you don't have to do anything.

HONORING Veteran's Day

MOVIE

SAVING PRIVATE RYAN

Friday, Nov. 15, 2024 @1:00 PM



Saving Private Ryan is a 1998 American epic film directed by Steven Spielberg. Set in 1944 in Normandy, France, during World War II, it follows a group of soldiers, led by Captain John Miller (Tom Hanks), on a mission to locate Private James Francis Ryan (Matt Damon) and bring him home safely after his three brothers have been killed in action.

CONCERT

Concerts in Motion
Wed, Nov. 13th, 2024
@12:30 pm



BENEFITS UPDATE

presented by Kim Lerner, LMSW
Director - Benefits Outreach Program
LiveOn NY
Friday, Nov. 8th, 2024 @ 1:00 pm

**NO NORC ACTIVITIES IN
COMMUNITY ROOM ON MONDAY,
NOVEMBER 4th & TUESDAY,
NOVEMBER 5th, ELECTION DAY**

REMEMBER TO VOTE

★ ★ ★ ELECTION 2024 ★ ★ ★

VOTE

★ ★ ★ NOVEMBER 5 ★ ★ ★

NO NORC ACTIVITIES IN COMMUNITY ROOM ON MON, NOVEMBER 4th, 2024 due to preparations for Election Day



Stay Active & Independent for Life (SAIL)

CLASS WILL BE VIA ZOOM ON TUESDAY, NOVEMBER 5th

Meeting ID: 695 052 8675
Password: 914515

NUTRITION AND HEALTHY COOKING CLASSES

With ANNA DIMAGGIO

Community Room, Bldg.2
@ 1:00 PM



NOVEMBER NUTRITION TOPICS

11/7 No Class
11/14 Gut Healthy Foods to Eat Regularly
11/21 Lifestyle Changes to combat burnout
11/28 Thanksgiving No Class

JOIN US FOR A NORC OPEN HOUSE PARTY

Meet our new staff members and learn more about NORC services & programs

Thursday Nov. 7th
12:30 pm

SNACKS & REFRESHMENTS SERVED



ART CLASSES led by Donna Miskend NATURE JOURNALING

Participants will create a personal diary of observations of nature with sketches, thoughts, poetry and science and guided how to draw plants/ animals, outside to sketch.



Mondays @ 10:30 a.m. CULMINATING EVENT Nov 25 @ 2:30 PM

MET ART BOX sessions

November 11 & 18th @ 1:30

Call 718-565-6569 for more details & to register



RESCHEDULED in honor of Italian Heritage Month

ITALIAN MUSIC CONCERT

Nov 21, 2024 @ 3:00 pm



JOIN US FOR A THANKSGIVING LUNCHEON
Friday, Nov. 22nd, 2024 @ 12:30 p.m.

SPACE IS LIMITED

Call 718-565-6569 to reserve

JOIN US FOR A DANCERCISE GET TOGETHER
Dancing is not only lots of fun, it's also great exercise. Join us on Thursday, November 14th 2024 @ 12:30



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.