



BIG SIX TOWERS 2025 NORC NEWS



3 NO NORC ACTIVITIES IN COMMUNITY ROOM TRIP: SUNNYSIDE OLDER ADULT CENTER 11:00-2:30	4  NO NORC ACTIVITIES IN COMMUNITY ROOM	5 ZUMBA 11 (C) SHORT STORIES 11:30 CROCHET 12:30-1:45 (L) HEALTH & WELLNESS 2:00-4:00 PM	6 SAIL 11:00 (C) NUTRITION 1:00-3:00 (C) 	7 CHAIR EXERCISES 11:00 AM (C) DISCOVER LIVE: DUBLIN 12:00 PM FUN & GAMES 2:30 PM —C
10 MET ART BOX 10:30 AM (C) ADVISORY COUNCIL 12:30 DISCOVER LIVE VETERANS DAY TOUR: DC 2:30 (C)	11 SAIL 11:00 (C) FLU VACCINES 11:00-1:00 (L) 	12 ZUMBA 11 (C) SHORT STORIES 11:30 CROCHET 12:30-1:45 (L) HEALTH & WELLNESS CANCELLED	13 SAIL 11:00 (c) NUTRITION 1:00-3:00 (C) 	14 CHAIR EXERCISES 11:00 AM (C) FUN & GAMES 2:30 PM —C
17 MET ART BOX 10:30 AM (C) MOVIE: LA LA LAND 2:00 PM (C)	18 SAIL 11:00 (c) THANKSGIVING LUNCHEON 12:30 PM	19 ZUMBA 11:00 -via ZOOM SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) WALK W/EASE 2:00-4:00 PM BIG REVEAL (C)	20 DISCOVER LIVE EGYPT 10 AM SAIL 11:00 (C) NUTRITION 1:00-3:00 (C)	21 Call RSVP Trip to Trader Joes 10 am CHAIR EXERCISES 11:00 AM (C) FUN & GAMES 2:30 PM —C
24 TRIP: TRADER JOE'S MET ART BOX 10:30 AM (C) BOOK CLUB 1:00 PM (C)	25 SAIL 11:00 Nursing Presentation Arthritis 1:00 SELF DEFENSE Part 2 3:00-4:00 pm	26 ZUMBA 11 (C) SHORT STORIES 11:30 (L) CROCHET 12:30-1:45 (L) HEALTH & WELLNESS 12:30-2:30 NORC CLOSING AT 3:00 PM	27 THANKSGIVING DAY  NORC CLOSED	28 CHAIR EXERCISES 11:00 AM (C) FUN & GAMES 2:30 PM —C
 NOVEMBER				LOCATION KEY: C = Community Room L = Library H = Hybrid

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 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.

WE WISH EVERYONE A HAPPY AND HEALTHY HOLIDAY

The Big Six NORC Program is here to serve older adults aged sixty and over who live in Big Six Towers. Call 718-565-6569 to learn more about our programs and join us for our many and varied activities.

To participate in NORC activities and/or receive services, you must be registered with the NORC. Call 718-565-6569 to register.



For 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

FLU VACCINES

by Walgreens Pharmacy

Tues., November

11, 2025 11:00 a.m.-1:00 p.m.

PREREGISTRATION REQUIRED

Call the NORC office at 718-565-6569 to register



NURSING PRESENTATION: MANAGING ARTHRITIS

Tues., Nov. 25, 2025, 1:00 PM

Hybrid—join in person in the Community Room or in your home via ZOOM



BOOK CLUB

Monday November 24th 1:00 PM
Community Room



MOVIE: LA LA LAND

Oscar-winning film starring Emma Stone & Ryan Gosling

Sebastian, a struggling jazz pianist and Mia, an aspiring actress,

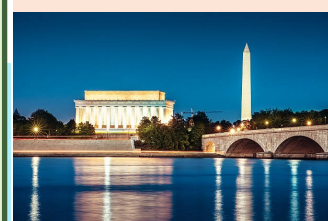
are drawn together by their common desire to do what they love. But as success builds, the dreams they worked so hard to maintain threaten to rip them apart

MON., NOV. 17, 2025; 2:00 PM
Community Room.

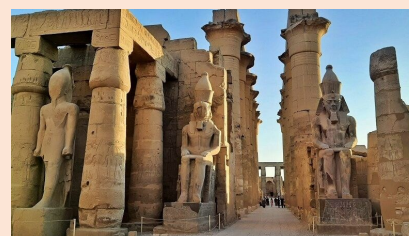
DISCOVER LIVE TOURS

Join us in the Community Room for these exciting live tours

NOVEMBER 7:
DUBLIN, IRELAND
12:00 PM



NOVEMBER 10:
NATIONAL MALL, WASHINGTON D.C.,
VETERANS DAY
TOUR, 2:30 PM



NOVEMBER 20:
LUXOR, EGYPT
10:00 A.M.

NUTRITION AND HEALTHY EATING

11/06: NUTRITION TRIVIA;
Which foods belong in which group

11/13: GUT HEALTH SOLUTIONS; (Part 2 of What the Poo)

11/20: HARVEST RECIPE REVIEW: EASY, DELICIOUS and NUTRITIOUS

11:27: NO CLASS; HAPPY THANKSGIVING

THANKSGIVING LUNCHEON

Tuesday, November 18th 2025
12:30 a.m.

RSVP required; call 718-565-6569

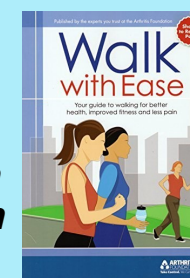


Must be a registered NORC

ZUMBA WILL BE VIA ZOOM ON NOVEMBER 19th 2025.

BIG REVEAL & Reception for WALK WITH EASE

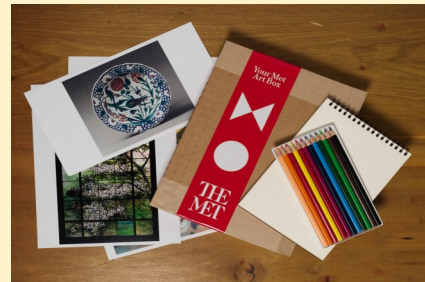
Wednesday, November 19th
2:00 p.m. Community Room



MET ART BOX sessions

Mondays 10:30 AM

For more information and to register call 718-565-6569. Materials provided.



NO NORC GROUP ACTIVITIES IN COMMUNITY ROOM on Monday, November 3rd and Tuesday, November 4th (ELECTION DAY)

TRIP TO SUNNYSIDE COMMUNITY SERVICES OLDER ADULT CENTER
Mon., November 3, 2025
including lunch followed by BINGO



Preregistration Required call 718-565-6569
Transportation provided

TRIP TO TRADER JOE'S
Monday, November 24th 2025
9:45-11:30

Call 718-565-6569 on Friday, November 21st @ 10 am to RSVP



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.