October

Selfhelp

BIG SIX TOWERS 2025

NORC NEWS

LOCATION KEY: C = Community Room L = Library H = Hybrid		1 ZUMBA 11 © SHORT STORIES 11:00 (L) CROCHET 12:30-L CHATS 2:30-L HEALTH & WELLNESS 2:00-4:00 PM(C)	2 SAIL 11:00 © NUTRITION 1:00-3:00 (C)	3 CHAIR EXERCISES 11:00 AM CALL-IN FOR TALENT IS TIMELESS TRIP 12:30 FUN & GAMES 1:30 PM (C)
6 MET ART BOX 10:30 AM (C) MOVIE: THURSDAY MURDER CLUB 2-4 (C)	7 SAIL 11:00 (C) SPANISH CONVERSATION 12:30-2:00 (L) SELF-DEFENSE 3-4 PM (C)	8 ZUMBA 11 (C) SHORT STORIES 11:00 (L) CROCHET 12:30-1:45 (L) HEALTH & WELLNESS 2:00-4:00 PM(C)	9 SAIL 11:00 (c) NUTRITION CANCELLED MOVIE: LA DOLCE VILLA 2-4 PM	10 CHAIR EXERCISES 11:00 AM FUN & GAMES 1:30 PM (C)
13 MET ART BOX 10:30 AM ADVISORY COUNCIL 12:30 HISPANIC HERITAGE EVENT 2:30 PM (C)	14 SAIL 11:00 (c) SPANISH CONVERSATION 12:30-2:00 (L) SELF-DEFENSE 3-4 PM (C)	15 ZUMBA 11 (C) SHORT STORIES 11:00 (L) CROCHET 12:30-L CHATS 2:30-L HEALTH & WELLNESS 2:00-4:00 PM(C)	16 SAIL 11:00 (C) NUTRITION 1:00-3:00 © TRIP: TALENT IS TIMELESS FINALE	17 CHAIR EXERCISES 11:00 AM FUN & GAMES 1:30 PM (C)
20 MET ART BOX 10:30 AM OATS PRESENTATION 1:00 pm (H) HALLOWEEN CRAFTS 3-4:30-c	21 MEN'S BOXING 9:30 C SAIL 11:00 SPANISH CONVERSATION 12:30-2:00 (L) SELF-DEFENSE 3-4 PM (C)	22 ZUMBA 11:00 (C) SHORT STORIES 11:00 (L) CROCHET CLASS 12:30-1:45 (L) HEALTH & WELLNESS 2:00-4:00 PM(C)	23 SAIL 11:00 (C) NUTRITION 1:00-3:00 (C)	24 CHAIR EXERCISES 11:00 AM FUN & GAMES 1:30 PM (C)
27 MET ART BOX—TRIP TO MET MUSEUM -(for participants in the MET ART BOX CLASS)	28 MEN'S BOXING 9:30 C Health Chat 10:30-H SAIL 11:00-C SPANISH CONVERSATION 12:30-2:00 (L) SELF-DEFENSE 3-4 PM (C)	29 ZUMBA 11:00 (C) SHORT STORIES 11:00 (L) CROCHET 12:30-L CHATS 2:30-L HEALTH & WELLNESS 2:00-4:00 PM(C)	30 SAIL 11:00 (C) NUTRITION 1:00-3:00 (C)	31 CHAIR EXERCISES 11:00 AM HALLOWEEN PARTY 1:30

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.

The Big Six NORC Program has been here since 1996 serving older adults aged 60 and over who reside in Big Six Towers. A NORC is a partnership of a social service provider (Selfhelp Community Services, Inc.), the housing partner (Big Six Towers), a health care partner (VitalCare Services, Inc.) and the NORC Advisory Council, all working to bring together community resources to support older adults to remain in their homes, as healthy and active for as long as possible. We welcome all Big Six Towers residents who are 60 and older to join us for our many activities and services

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

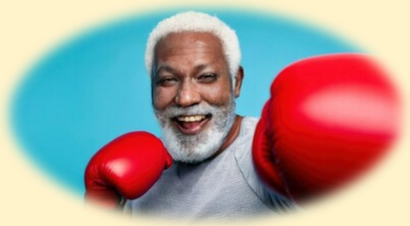
Other times call 718-565-6569 to make an appointment

Vanessa Kochupaul, RN will also be available Thursdays for virtual visits and organizing educational programs and materials

FOR MEN ONLY

Join us for exercise and self defense sessions featuring boxing for men only: Tuesday, October 21st & October 28th, 9:30-10:30 a.m.,

RSVP to 718-565-6569



We will continue with more sessions if there is interest

Want to learn more about technology and how to use it? Do you need help in doing so?

Join us for this presentation by OATS (Older Adults Technology Services) and learn about their programs and support for older adults.

October 20th @ 1:00 p.m.

MOVIE: THE THURSDAY MURDER CLUB

Monday October 6th

2:00-4:00

Retired spy Elizabeth and her group of friends investigate murders at their retirement home, initially focusing on a cold case and then a new murder. They uncover two past crimes: The story culminates with the murder of developer Ian Ventham, who planned to dig up the cemetery where Mercer's body was buried, revealing the prior crimes.

CELEBRATING ITALIAN HERITAGE:

MOVIE: LA DOLCE VILLA (2025)

A successful businessman (Scott Foley) travels to Italy to stop his daydreaming daughter (Maia Reficco) from restoring a crumbling villa. Italy, however, has different plans for him as it delivers on its legendary promise of beauty, magic, & romance.

Thursday, October 9th @ 2:00 p.m. Community Room

NUTRITION AND HEALTHY COOKING with Anna DiMaggio

Thursdays 1:00-3:00 PM

10/2 Nutrition Trivia: Celebrating Italian Heritage Month
10/9 NO CLASS
10/13 Aging healthfully: the role of dietary protein, fiber, metabolism, and muscle mass
10/20 What The Poo?! Everything you need to know about bowel movements & regularity.
10/27 Macro & Micronutrients 101

CELEBRATING HISPANIC HERITAGE MONTH

Join us on Monday, October 13th at 2:30 for a fun filled afternoon featuring TANGO DANCING by ANALIA & LUIS, snacks, refreshments & good times

CHATS & COMMUNITY is a Spanish-speaking social group that fosters conversation, connection, and community. Bilingual members help build bridges between the Spanish-speaking community and the broader community.

***Charlas y Comunidad* es un grupo social de habla hispana que fomenta la conversación, la conexión y la comunidad. Los miembros bilingües ayudan a tender puentes entre la comunidad hispanohablante y la comunidad en general.**

Oct 1st, 15th, 29th 2:30-3:30 in Library

MET ART BOX sessions

Mondays @ 10:30 AM

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

TRIP TO MET MUSEUM FOR CLASS PARTICIPANTS
Monday, October 27, 2025
Call 718-565-6569 to RSVP

TRIP: TALENT IS TIMELESS GRAND FINALE

Thurs. Oct. 16 @ United Palace, Washington Heights

RSVP required: Space is limited; Call 718-565-6569 on Fri, Oct 3rd from 12:30-1:30 to RSVP

HALLOWEEN PARTY

Join us for a fun-filled afternoon including games, prizes, music and snacks. Prizes for best costume be sure to wear one Friday, Oct 31st @ 1:30

Join us on Monday, October 20th from 3:00-4:30 to help make decorations for this party.

Call 718-565-6569 for more information and to RSVP

Selfhelp | NYC Department for the Aging | New York State 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.