

October



LOCATION KEY: C = Community Room L = Library H = Hybrid			1 SAIL 11:00 C NUTRITION 1:00-3:00 (C) 	2 CALL-IN TRIP TO SUNNYSIDE OAC 10 AM CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 FUN & GAMES 1:30 PM—C
5 MOVIE: RITA MORENO 1:00-3:00 PM—C	6 NATURE JOURNALING 10-12 c TAI CHI 3:00 C 	7 ZUMBA 11—C Health & Wellness Cancelled Today	8 SAIL 11:00 (c) HISPANIC HERITAGE MONTH EVENT 1:00-2:30 PM	9 CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 FUN & GAMES 1:30- PM—C
12 TRIP TO SUNNYSIDE OAC	13 NATURE JOURNALING 10-12 c TAI CHI 11:00 C 	14 ZUMBA 11 (C) Health & Wellness 2:00-4:00 C	15 TRIP: TALENT IS TIMELESS FINALE: 9:00-12:30 SAIL 11:00 C	16 CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 FUN & GAMES 1:30 PM—C
19 ADVISORY COUNCIL 3:00-4:00 PM	20 TAI CHI 11:00 C MOVIE: 9-5; 1:00 PM—C 	21 ZUMBA 11 (C) SHELL ART 12:30—2:00 PM Health & Wellness 2:00-4:00 C	22 Stay Active & Independent for Life (SAIL) SAIL 11:00 (C) NUTRITION 1:00-3:00 (C)	23 CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 FUN & GAMES 1:30 PM—C
26 EMERGENCY PREP (NYC) — 1:00 PM—C	27 TAI CHI 11:00 C  MOVIE: MY COUSIN VINNY 1:00 PM—C	28 ZUMBA 11 Health & Wellness 2:00-4:00—C	29 SAIL 11:00 C NUTRITION 1:00-3:00 (C) 	30 CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 HALLOWEEN PARTY 1:00 

Selfhelp 90



BIG SIX TOWERS 2026

NORC NEWS



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.

CONGRATULATIONS

BIG SIX NORC MEMBERS WHO PARTICIPATED IN THIS YEAR'S CITY-WIDE BIG APPLE WALK-A-THON INITIATIVE

THIS YEAR, OUR GROUP COLLECTIVELY COMPLETED 12,971,274 STEPS AND WON THE CITYWIDE WILD CARD AWARD PRESENTED BY NYC AGING AT THEIR ANNUAL HEALTHY AGING FAIR

THE BIG APPLE WALK-A-THON KICKS OFF EVERY YEAR THE FIRST WEEK OF APRIL AND RUNS THROUGH THE END OF AUGUST. JOIN OUR GROUP NEXT YEAR AND HELP US ACHIEVE AN EVEN BIGGER MILESTONE



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The NORC is here to support all those who reside in Big 6 Towers who are 60 years and over
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 enewsletter

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



NORC members who participated in NYC Aging's

BIG APPLE WALK-A-THON

This year's group walked collectively a total of 12,971,274 steps and won the CITYWIDE WILD CARD AWARD



Walking is great exercise, has many health benefits and is always available. Join our group next year from April-August, and help us reach higher milestones

EMERGENCY PREPAREDNESS

Natural disasters and emergencies are happening ever more frequently. Are you prepared? Join us for a presentation by representatives from the National Guard.

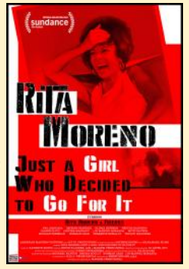
Go Bags will be distributed; Please call 718-565-6569 to register; Snacks



MOVIES

This month, we are remembering Dolly Parton as well as commemorating Spanish Heritage Month and Italian Heritage Month

RITA MORENO: JUST A GIRL WHO DECIDED TO GO FOR IT



Emmy, Grammy, Oscar and Tony winner Rita Moreno helps narrate the story of her remarkable 70-year Hollywood career with audacity and wry humor

Tuesday, Oct 5th @ 1:00 PM



NINE TO FIVE

9 to 5 is a 1980 American comedy film. Three female office employees band together to seek revenge against their sexist and autocratic male boss.

Monday, Oct 20th @ 1:00 PM

MY COUSIN VINNY

New York lawyer Vinny has never won a case. When his teenage cousin Bill and his friend Stan are accused of murder in a backwater Alabama town, it's up to the nervous Vinny to save him from jail, even though he's only ever tried personal injury cases before, and none of them successfully



Monday, October 27, 1:00 PM

In collaboration with SUNNYSIDE OLDER ADULT CENTER, we are organizing MONTHLY VISITS, which will occur the second Monday of each month. The visit will include lunch followed by whatever activities offered that day, usually Bingo. Preregistration is required for each trip by calling the NORC office at 718-565-6569 on the designated day and time. Transportation will be provided by Sunnyside van.



NUTRITION AND HEALTHY EATING

Thursdays 1:00-3:00 PM

Commemorating Italian Heritage Month & Breast Cancer Awareness Month

Oct 1, Oct 22, Oct 29

NATURE JOURNALING Final Exhibition

Culminating Event

Tuesday, October 13th 2026

10:00 A.M.-Noon

This program was funded by a grant from the UJA Jeannette Solomon Technology Grant Program

Join us for a TRIP to the TALENT IS TIMELESS GRAND FINALE PERFORMANCE

October 15, 2026;
United Palace Theater
Washington Heights

Preregistration is required.
Call 718-565-6569





HALLOWEEN PARTY

Friday, October 30th 2026

1:00 PM

Lots of fun activities and prizes;



Snacks and Refreshments
Prize for best costume; costumes optional; Snacks

TAI CHI WILL GO BACK TO ITS 11:00 AM SCHEDULE ON OCTOBER 20th

BACK BY POPULAR DEMAND: SHELL ART led by Carol Brown



Wednesday
October 21st
12:30-2:00 pm

Materials provided

Please call 718-565-6569 to register

HISPANIC HERITAGE EVENT



Thursday, October 8th 2026; 1:00-2:30 PM

Celebrate Hispanic Heritage Month with the vibrant rhythm of SALSA! Two professional dancers will showcase their moves, followed by a fun, easy-to-follow dance lesson for those who would like to join in. No experience necessary; Just come ready to have a good time!

DANCERS: Joselyne Salomon & Skizzo Arnedillo





Snacks and Refreshments; Please call 718-565-6569 to reserve

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



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.