Selfhelp

BIG SIX TOWERS 2025

NORC NEWS

1 **LABOR DAY** **NORC CLOSED**	**2** **SAIL 11:00 (c)** **FUN & GAMES 2:30 PM (L)**	**3** **ZUMBA 11 (C)** **CROCHET 12:30-1:45 (L)** **Health & Wellness 2:00-4:00PM(C)**	**4** **SAIL 11:00 (C)**	**5** **Call in for TRIP 10:00 AM** **CHAIR EXERCISES 11:00 AM (C)** ***NYLAG PRESENTATION: ADVANCE DIRECTIVES 1:00 PM (H)***
8 **MET ART BOX 10:30 AM (C)** ***FRAUD PREVENTION FOR OLDER ADULTS —1:00 PM (H)***	**9** **SAIL 11:00 (C)** **FUN & GAMES 2:30 PM (L)**	**10** **ZUMBA 11 (C)** **CROCHET 12:30-1:45 (L)** **Health & Wellness 3:30-4:30 PM (C)**	**11** **SAIL 11:00 (c)** **NUTRITION 1:00-3:00 (C)** 	**12** **CHAIR EXERCISES 11:00 AM (C)** ***TRIP: CITY ISLAND 10:00 AM***
15 **MET ART BOX 10:30 AM** **ADVISORY COUNCIL 12:30** ***FALLS PREVENTION PRESENTATION 1:00 PM (H)***	**16** **SAIL 11:00 (c)** ***SPANISH CONVERSATION 12:30-2:00 (L)*** **FUN & GAMES 2:30 PM (L)** **SELF-DEFENSE 3-4 PM (C)**	**17** **ZUMBA 11 (C)** **CROCHET 12:30-1:45 (L)** **Health & Wellness 2:00-4:00PM(C)**	**18** **SAIL 11:00 (C)** **NUTRITION 1:00-3:00 (C)** 	**19** **CHAIR EXERCISES 11:00 AM (C)**
22 **MET ART BOX 10:30 AM (C)** 	**23** **SAIL 11:00 (C)** ***SPANISH CONVERSATION 12:30-2:00 (L)*** **DISCOVER LIVE Barcelona, Spain 1:30 PM (C)** **FUN & GAMES 2:30 PM (L)** **SELF-DEFENSE 3-4 PM (C)**	**24** **ZUMBA 11:00 (C)** **CROCHET CLASS 12:30-1:45 (L)** **Health & Wellness 2:00-4:00PM(C)**	**25** **SAIL 11:00 (C)** **NUTRITION 1:00-3:00 (C)** 	**26** **CHAIR EXERCISES 11:00 AM (C)**
29 **MET ART BOX 10:30 AM (C)** ***BOOK CLUB 1:00 PM (C)***	***30*** **SAIL 11:00** ***SPANISH CONVERSATION 12:30-2:00 (L)*** **FUN & GAMES 2:30 PM (L)** **SELF-DEFENSE 3-4 PM (C)**			**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.

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.

Happy Holidays to those who celebrate this month

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

SEPTEMBER IS FALLS PREVENTION MONTH

Falls are a significant health concern for older adults, often leading to injuries, reduced mobility, and a decreased quality of life. They are the leading cause of injury-related deaths and hospitalizations among this older adults. Understanding the risk factors, causes, and preventative measures is crucial for maintaining the well-being of older individuals.

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

SEPTEMBER IS FALLS PREVENTION MONTH

Falls are a leading cause of injury and death in older adults Join us and hear what steps you can take to prevent falls and injury

Arnold Raphaël, BA, ACPH, CIPC, STB, SO, TCAFP
Injury Prevention Coordinator/ Community Outreach Educator
Department of Surgery and Trauma
Jamaica Hospital Medical Center

Monday, September 15th @ 1:00 PM

BACK BY POPULAR DEMAND

Triomph Fitness presents

SELF-DEFENSE CLASSES

led by Lateef

Tuesdays, beginning September 16th, 2025 3:00-4:00 p.m. Call 718-565-6569 to register

BOOK CLUB MEETING

Monday, September 29th @ 1:00 PM, Community Room, Bldg. 2

Scams targeting older adults are a growing problem with many falling victim to them.

Join us on Monday, September 8th, 1:00 PM

Daren B. Wilkes
Elder Fraud Coordinator
Elder Fraud Unit
Frauds Bureau
Queens District Attorney's Office

Join us in the Community Room or from home for this hybrid conversation

Planning for the future becomes even more important as we get older. Are you prepared? Do you know where to start? What documents are important to have so that your wishes are followed by your loved ones?

Erin Shahinfar from NY Legal Assistance Group (NYLAG) will discuss

Advanced Care Planning

Friday, September 5, 2025 @ 1:00 p.m. Join us in the Community Room or from home for this hybrid conversation

GOOD NEWS: ANNA IS BACK

NUTRITION AND HEALTHY EATING CLASSES RESUME

Thursdays, 1:00-3:00 pm

09/11/2025 NUTRITION FOR LONGEVITY
09/18/2025 RLAVONOIDS & ANTHOCYANINS
09/25/2025 HISPANIC HERITAGE MONTH FOOD FESTIVAL

TRIP TO TONY'S PIER RESTAURANT, CITY ISLAND, Bronx, NY

Friday, September 12th 2025

Call 718-565-6569 to RSVP for trip on Friday, September 5th @ 10:00 AM

MET ART BOX sessions resuming

Mondays in September beginning Sept. 8, 15, 22 and 29 @ 10:30 AM

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

Join us for our next DISCOVER LIVE tour. We will be traveling to BARCELONA, SPAIN

September 23rd, 2025 @ 1:30 PM
Community Room

Do you like to crochet or knit? Would you like to get together with friends, neighbors and do this as a group, share ideas, patterns, have a fun time. Bring your projects or begin new ones and join us every Wednesday in the Library at 12:30 pm. Beginners welcome—we will teach, support you and provide materials to begin.

SPANISH CONVERSATION CLASSES FOR THOSE STUDENTS WHO COMPLETED BASIC SPANISH CLASSES

Beginning Tuesday, September 16, 2025, 12:30-2:00 PM. For more information and to register, call 718-565-6569

Selfhelp | 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.