



BIG SIX TOWERS 2026 NORC NEWS

Hello-September! May we start the new month with positive intentions. Spend time with people who uplift and inspire you. Focus on the things you're grateful for, no matter how small. Begin the new chapter with a positive outlook. 				
	1 NATURE JOURNALING 10-12 C TAI CHI 3:00 C 	2 ZUMBA 11 (C) Health & Wellness 2:00-4:00 C	3 SAIL 11:00 C SHELL ART 12:30—2:30 PM	4 CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 FUN & GAMES 1:30 PM—C NORC CLOSING @ 3:00
7 LABOR DAY  NORC CLOSED	8 NATURE JOURNALING 10-12 C TAI CHI 3:00 C 	9 ZUMBA 11 via ZOOM Health & Wellness 2:00-4:00 C	10 SAIL 11:00 (C) NUTRITION 1:00-3:00 (C) 	11 CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 FUN & GAMES 1:30- PM—C
14 TRIP TO SUNNYSIDE OAC ADVISORY COUNCIL 3:00-4:00 PM	15 NATURE JOURNALING 10-12 C TAI CHI 3:00 C 	16 ZUMBA 11 (C) Health&Wellness BIG REVEAL for WALK with EASE 2:00-4:00 C	17 SAIL 11:00 C NUTRITION 1:00-3:00 (C) NYC AGING FAIR, Asphalt Green	18 CHAIR EXERCISES 11:00 AM—C MAH JONGG 1:00 FUN & GAMES 1:30 PM—C
21 	22 NATURE JOURNALING 10-12 C TAI CHI 3:00 C 	23 ZUMBA 11 (C) BENEFITS UPDATE by LIVE ON NY (H) 12:30-2:00 Health & Wellness 2:00-4:00 C	24  SAIL 11:00 (C) NUTRITION 1:00-3:00 (C)	25 CHAIR EXERCISES 11:00 AM C MAH JONGG 1:00 FUN & GAMES 1:30 PM—C
28 VACCINES ZARCHY PHARMACY (Location TBD) BOOK CLUB 3:00 PM (C) 	29 NATURE JOURNALING TRIP TAI CHI 3:00 C 	30 ZUMBA 11 via ZOOM Health & Wellness 2:00-4:00—Outdoors	 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.

**WISHING
EVERYONE
CELEBRATING
THIS MONTH, A
MEANINGFUL
HOLIDAY
SEASON**

Happy Fall everyone.
The NORC is here to support all those who reside in Big 6 Towers who are 60 years and over. Stay tuned for new programming and 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 is available Thursdays for virtual visits and organizing educational programs and materials

VACCINATIONS OFFERED ONSITE by ZARCHY PHARMACY



Flu COVID Pneumonia Shingles

Monday, September 28th
10:00 a.m. to 1:00 pm

Preregistration required
call 718-565-6569

Join us for the **BIG REVEAL** celebration of the **WALK with EASE** Participants and see the collective steps September 16th 2:00-4:00 pm. Snacks and refreshments will be served

NYC AGING HEALTHY AGING FAIR

Thursday,
September 17th,
2026 at ASPHALT GREEN

Join us for this informative and fun event
Preregistration is required
More details to follow

In collaboration with SUNNYSIDE OLDER ADULT CENTER, we will be 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. Transportation will be provided by Sunnyside van.



NUTRITION AND HEALTHY EATING

Thursdays 1:00-3:00 PM

Will resume on
SEPTEMBER 10, 17 & 24

NATURE JOURNALING is back

Led by Donna Miskend

For 5 weeks beginning Tuesday, Sept. 1st from 10:00 a.m. to noon with a culminating presentation on Oct. 6th

Start a nature journal! A mix of drawing and writing to help you connect with our urban nature. We'll use our phones and simple tech to

learn about and identify plants and animals. Will include easy things you can do to support the hundreds of species that call NYC home. Includes a trip to either a local park or botanical garden. Youth interns will also be invited to participate.

No experience necessary.
Materials will be provided
Preregistration required.
Call 718-565-6569

TAI CHI WILL MOVE TO 3:00-4:00 PM FROM SEPTEMBER 1st THRU OCTOBER 6th. IT WILL GO BACK TO ITS 11:00 AM SCHEDULE ON OCTOBER 13th

BACK BY POPULAR DEMAND: SHELL ART led by Carol Brown



Thurs., Sept. 3rd @ 12:30-2:30 pm

Materials provided
Please call 718-565-6569 to register

BENEFITS UPDATE by KIM LERNER, LMSW, Benefits Outreach Director for LIVE ON NY

There have been changes to some benefits programs including SCRIE. Join us for this informative presentation and see if you qualify.

Wednesday September 23rd, 2026 12:30-2:00 PM

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

