



BIG SIX TOWERS 2024 NORC NEWS



LOCATION KEY:
INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM.
REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION



3
MET ART BOXES
10:30 AM
Crochet/Knitting
1:00 PM; Bldg 2
Drawing 1:30

4
TAI CHI 11:00
MAH JONGG
1:00 PM

5
ZUMBA CANCELLED
Short Story
11:30
Walkathon 2

6
TAI CHI 11:00
NUTRITION
1:00
UJA Concert 2:00
Talent is timeless
3:00-5:00

7
CHAIR EXERCISES
11:00 AM
Su CASA
1:00-3:00

10
ADVISORY COUNCIL 11:30
Crochet/Knitting
1:00 PM; Bldg 2
Drawing 1:30

11
TAI CHI 11:00
FATHER'S DAY CELEBRATION
12:30
MAH JONGG
2:00 PM

12
ZUMBA 11:00
Short Story
11:30
Walkathon 2

13
TAI CHI 11:00
NUTRITION
1:00 PM
Talent is timeless
3:00-5:00

14
CHAIR EXERCISES 11:00 am
Su CASA Final Exhibition
1:00-3:00

17
MET ART BOXES
10:30 AM
Crochet/Knitting
1:00 PM; Bldg 2
Drawing 1:30

18
TAI CHI 11:00
MAH JONGG
1:00 PM
NORC CLOSSES @ 3:00



20
TAI CHI 11:00
NUTRITION
1:00 PM
Talent is timeless
3:00-5:00

21
CHAIR EXERCISES 11:00 AM

24
Crochet/Knitting
1:00 PM; Bldg 2
Culminating-Drawing 2:00

25
TAI CHI 11:00
MAH JONGG
1:00 PM

26
ZUMBA 11:00
Short Story
11:30
Walkathon 2

27
TAI CHI 11:00
NUTRITION
1:00-3:00 PM
Talent is timeless final performance
3:00-5:00

28
CHAIR EXERCISES 11:00 AM
MOVIE: MILK 1:00 PM

NORC SERVICES

NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults.

NORC Social Workers are a vital part of the NORC program. They meet with older adult residents, assess their needs and identify and refer to resources to help address those needs.

Our NORC social workers have masters degrees and experience working with older adults. Examples are assisting with applications for SCRIE, STAR, SNAP and other benefits, referrals for counseling, nutrition, etc.

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.

MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.

JUNE IS MEN'S HEALTH AWARENESS MONTH

We also celebrate Pride Month, Juneteenth and Father's Day

The NORC program is open to provide support and services to all residents of Big Six Towers who are 60 years and over.

We maintain confidentiality and do not share information you provide to us without your specific permission and only to assist with accessing services for you. We are here to support you so please reach out to us if you need any assistance.

For the most up-to-date information on NORC activities, sign up for our 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

is available in the
Community Room for walk-in
visits

Tuesdays 12:00-1:00 pm

Fridays: 12:00-1:00 PM

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

Nurses from CUNY School of
Nursing are available

Thursdays @11 am
for Blood Pressure
monitoring from
May 30th-July 18th,



BENEFITS CORNER

NORC social workers are available
to assess eligibility and help you
apply for benefits. Call
718-565-6569 for an appointment

PUBLIC ANNOUNCEMENT: REOPENING OF NYCHA'S SECTION 8 WAITLIST

The New York City Housing Au-
thority (NYCHA) will reopen
the waitlist for its Housing
Choice Voucher (Section 8)
Program from Monday, June 3,
2024, at 12:00 AM through
Sunday, June 9, 2024, at 11:59
PM. To apply, visit [on.nyc.gov/
section8-application](https://on.nyc.gov/section8-application).

Questions? Visit [on.nyc.gov/
sec8-app-faq](https://on.nyc.gov/sec8-app-faq)

Application will open after 15 years. You
may qualify and it is worth applying.

CONCERT by Gamelan Group from Queens College Aaron Copland School of Music

Thursday, June 6th @ 2:00
Outside on 60th Street
(between Buildings 6 & 7)

Gamelan, a traditional
musical
ensemble
from In-
donesia,
typically
refers
to a



percussion orchestra
composed predominantly
of tuned gongs of various
types and metal-keyed
instruments. Followed by
picnic with snacks & refreshments
Funded by UJA Jeannette Solomon
Intergenerational ArtM Grant



JOIN US FOR A
FATHER'S DAY
CELEBRATION
JUNE 11th, 2024 @
12:30 p.m.

Light lunch will be served;
RSVP Required: Space is limited;
Call 718-565-6569
Priority for fathers and male NORC
members

CELEBRATING PRIDE MONTH MOVIE: MILK

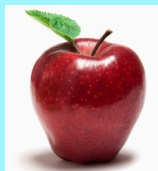
MILK



Sean Penn delivers
a superb, Oscar(R)-
winning perfor-
mance in this story
of famed gay-rights
activist & politician Harvey Milk

Friday, June 28th @ 1:00

JOIN US EVERY THURSDAY at 1:00 PM NUTRITION AND HEALTHY COOKING CLASSES



With ANNA DIMAGGIO
Community Room,
Bldg.2

June 6 Mindset Shifts & Brain
Health

June 13 Dental Health and how it
affects the body as a whole.

June 20 Good Energy: A book re-
view and how to apply the infor-
mation to live your best life...

June 27 Longevity studies and
what's most important for adding
more life to your years..

The NORC is organizing various ac-
tivities and events for Men's Health
Month. Watch for announcements
once arrangements are confirmed.
Call NORC at 718-565-6569 for
more information

ART CLASSES every Monday led
by **Donna Miskend**

DRAWING
June 3, 10,
17 @ 1:30 pm
Culminating
Event June 24 @ 2:00 pm



MET ART BOXES
June 3, 17 @ 10:30 a.m.

Call 718-565-6569 for more
details and to register

JOIN us for the
FINAL EXHIBITION of the art-
work created by the partici-
pants in our Su CASA program

FRIDAY, JUNE 14th
1:00-3:00 PM

Snacks & Refreshments
RSVP: 718-565-6569



Selfhelp Big Six NORC
KAF's OASIS & NYC SU-CASA Program

MINHWA AND JOGAKBO EXHIBITION

🕒 Friday, June 14, 2024, from 1 to 3 pm

📍 Big Six Tower NORC, Community Room at 59-15
47th Avenue, Woodside, NY 11377

City Council Member Julie Wren, representing District 26, sponsored this art program for seniors. It is supported, in part, by public funds from the New York City Department for the Aging and the New York City Department of Cultural Affairs in Partnership with the City Council. Additional support is made possible by the New York State Council on the Arts, with the support of the Office of the Governor and the New York State Legislature.



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.