



COMMONPOINT
Community happens here

OLDER ADULT SERVICES

A Division of Commonpoint
Serving Adults aged 60+
58-20 Little Neck Parkway, Little Neck NY 11362
(718) 225-6750

**November
December
2024**

Danielle Ellman
Chief Executive Officer

Juanito Vargas
VP of Adult Programs

Barbara Becker Bruno
Assistant Vice President,
Older Adult Services
718-225-6750 Ext. 256

Wendy Lepper
Program Director
Sam Field Older Adult Center
718-225-6750 Ext. 236

Shelly Channan
Program Director
Central Queens Older Adult
Center
718-268-5011 Ext 421

Elise Lev
Program Director
Older Adult Center at
Bay Terrace
718-423-6111 Ext 223

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Clearview NORC (CAP)
718-352-4157

Ebony Johnson
Program Director
NORC WOW
718-225-6750 Ext 543

Kiaralis Tekin
Social Worker
Deepdale NORC
718-225-3929

Alissa Pizzutiello
Program Director
Early Stage Memory Care
Program
718-225-6750 Ext 387

Jamie Cooperman
Program Director
Family Respite Program
718-225-6750 Ext 221

JUILLIARD IS BACK! We are thrilled to again present the Juilliard School Ensembles. (Organized by CQ)

November 6, 1:30pm - Double Bass, Violin and Viola

November 20, 12:00pm - Viola and Cello

Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Gobble, Gobble (Thanksgiving Luncheon) at Bay Terrace

Thursday, November 21, 12:00-1:00 pm Join us for a festive holiday luncheon.

Pre-registration required, by November 12, 718-423-6111 x228, 242 Suggested donation \$2.50

Estate Planning Workshop presented by the Moskowitz Legal Group

Wednesday, November 13, 2:00-3:00pm In person at Bay Terrace

This is a free educational workshop to assist in a better understanding of the complexities of estate planning.
Pre-registration required, 718-423-6111 x228, 2242

Friendsgiving at Central Queens: Lunch & Live Music with Lee Perry Gross

Thursday, November 14, 12:00pm

Join us for an in person celebration of gratitude and friendship!

Pre-registration required, call Ellen 718-268-5011 x160

Trusts Matters presented by Adam Abraham (organized by DDC)

Thursday, November 14, 1:00pm Learn about the importance of trust in planning.

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383 Dial In: (646)-558-8656

Pre-Thanksgiving Celebration at Sam Field - Thursday, November 21

Enjoy a festive holiday meal and music with Joe Pace Lunch: 11:45am Music: 12:45pm

Suggested donation of \$3 Pre-registration required by November 12, 718-225-6750 x236, x222

Health Chat: Lumbar and Cervical Spine Issues, Tuesday, November 26, 11:15 am

presented by the Orthopedics Department of Northwell Health

In person at Central Queens. Call Ellen for more information 718-268-5011 x160

Winter Wonderland Paint Party at Bay Terrace

Tuesday, December 10 1:30-3:00pm

Let's enjoy the holiday season with each other. Pre-registration required 718-423-6111 x228, x242, x225

Spotlight on Sculpting In Marble Wednesday, December 11 1:00-2:00pm (organized by CQ)

For more information, contact Ellen 718-268-5011 x160

Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Holiday Party at Sam Field with DJ Russell, Tuesday, December 17 (organized by SF)

Lunch: 11:45am-12:30pm Music: 12:45-1:45pm Suggested donation \$3

Pre-registration required by December 9, 718-225-6750 x236, x222

Community Chanukah Celebration Thursday, December 19, 12:00-1:30 pm (organized by CQ)

In person at Central Queens. Celebrate Chanukah with fun and surprises.

For more information, contact Ellen 718-268-5011 x160

Chinese Food and a Movie at Sam Field

Wednesday, December 25 11:45am

"A Beautiful Day in the Neighborhood" with Tom Hanks & Matthew Rhys

Inspired by a real-life interview with legendary children's show host Fred Rogers.

Pre-registration required by December 15, 718-225-6750, x236, x222 Suggested donation \$2.50

Please check your emails daily for class cancellations and program changes

Older Adult Services are closed Thursday & Friday, November 28 & 29 for Thanksgiving & Wednesday, December 25 for Christmas Day.

Sam Field is open for a special program only on Christmas Day.



Programs made possible by funding from NYC Aging, NYS Office for the Aging, City and State discretionary funds and private foundations

Older Adult Center at Bay Terrace
Home of North Flushing & Bay Terrace Older Adults
718-423-6111 x223



	MONDAYS 星期一
10:00-10:45	Classic Exercise with Karen In person & virtual. Pre-registration required. 718-423-6111 x228, 242, 223
10:00-11:30	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 225, 223
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
2:30-3:15	Yoga on the Mat with Robin Stuelpner In person & virtual (Bring your own mat) Pre-registration required. 718-423-6111 x228, 242, 225, 223
	TUESDAYS 星期二
9:45-10:45 New	Exploring Asian Culture with Winni Yang, LMSW Experience an exciting blend of tradition and modernity. In person only. Pre-registration required 718-423-6111 x225, 242, 228
10:00-1:00	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 225, 223 Must bring your own cards and holders
11:00-11:45	Everyday Dance with Gail In person & virtual Pre-registration required. 718-423-6111 x228, 242, 225, 223
1:30-2:30	Leisure Bingo In person. November 19, December 17 Pre-registration required. 718-423-6111 x 228, 242, 225, 223
1:30-2:30	The Pursuit of Trivia Come in and see what trivialities you may know. November 5, 12, 26 December 2, 24, 31 Pre-registration required, 718-423-6111 x228, 242, 225, 223
	WEDNESDAYS 星期三 No programs December 25
8:50-9:50	Tai Chi for Arthritis with Elaine Fleischman In person & virtual Pre-registration required 718-423-6111 x228, 242, 225, 223
10:00-10:45	Yoga Stretch with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 225, 223
2:00-3:30	All Together Now! Let's get together and have fun "chit-chatting" A lively discussion group. In person only. Pre-registration required. 718-423-6111 x228, 242, 225, 223 No group December 25
	THURSDAYS 星期四 No programs November 28
9:15-10:00	Aerobics and More with Gail In person & virtual Program combines Warm-up/Aerobics/Arms/Stomach/Cool Down. Must bring your own mat. Pre-registration required 718-423-6111 x 228, 242, 225, 223
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment with Elise Lev, LCSW In person & virtual Pre-registration required for in person.. Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656
10:00-11:00	Walk with Ease with Joan Walk for better health, improved fitness & less pain Meet at the Bay Terrace Older Adult Center For more info & to pre-register 718-423-6111 x 228
1:30-2:30	Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 225, 223
2:45-3:45	Remember the Times of Your Life with Elise Lev, LCSW In person & virtual Zoom: https://us02web.zoom.us/j/83187859808 Meeting ID: 831 8785 9808# Dial In 1 646 558 8656
	FRIDAYS 星期五 No programs November 29
9:45-11:15	Drawing, Sketching and Watercolor Painting with Laura In person at Bay Terrace Bring paper or sketchbook, a #2 pencil, water color pencils or watercolor paint. Pre-registration required. Call 718-423-6111, x 228, 242, 225, 223
10:00-11:30	Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW In person & virtual Pre-registration required for in person. Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-8656 No group Nov 1
1:30-2:30	Reality Check Take some time to discuss your thoughts and hear from others about the hottest topics in the news today. In person only. Pre-registration required 718-423-6111 x228, 242, 225, 223
2:45-3:45	Arts & Crafts with Winni Get your creative juices flowing by joining us in a variety of projects. Beginner & experienced crafters are welcome. Pre-registration required. 718-423-6111 x225, x228 x242

BTC is closed Thursday & Friday November 28 & 29 for Thanksgiving & Wednesday December 25 for Christmas

MONDAYS	
10:00-11:00	Musical Group with Candaceia Charles Learn to sing and explore the possibilities. <i>Pre-registration required, 718-225-6750, x236, x222</i>
10:30-11:30	Headlines & Hot Topics <i>For more information and to pre-register call 718-225-6750 x236</i>
11:00-11:45	Latin Fusion with Gail In person only. A unique dance class to Latin tunes that incorporates whole body exercise. <i>Pre-registration required 718-225-6750 x236, x222</i>
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. <i>Pre-registration required. 718-225-6750 x 236, x222</i>
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. <i>Pre-registration required 718-225-6750 x236, x222</i>
10:00-10:45	Balance with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
11:00-11:45	A Taste of Israel with Amit 5 Tuesdays starting November 19 Join Amit, our Commonpoint Community Shaliach to discuss topics such as Israel's current events, Jewish life and culture, as well as his personal experiences. <i>Pre-registration required, 718-225-6750, x236</i>
11:00-11:45	Classic Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
1:00-2:00	Dance Fitness with Lori In person only. <i>Pre-registration required, 718-225-6750, x236, x222</i>
WEDNESDAYS	
No programs December 25	
10:30-11:45	Single Seniors with Wendy Lepper In person at Sam Field. <i>Pre-registration is required, 718-225-6750, x236</i>
11:00-11:45	Everyday Dance with Gail In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
12:30-1:15	Senior Stretch with Gail In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
1:00-2:30	Art Appreciation with Marie Zanzel November 13, December 11 <i>Pre-registration required, 718-225-6750 x236, x222</i>
1:30-2:30	Bingo In person at Sam Field November 20 December 18 <i>Pre-registration required, 718-225-6750, x231</i>
THURSDAYS	
No programs November 28	
10:00-11:30	Hebrew Ulpan with Chana Ramon for beginners through advanced students. In person at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x222</i>
1:00-1:45	Senior Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
2:00-2:45	Balance with Robin In person only. <i>Pre-registration required, 718-225-6750, x236, x222</i>
FRIDAYS	
No programs November 29	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x222</i>
10:30-11:30	Men's Forum with Wendy Lepper, LMSW Get together with your peers to discuss common interests, experiences, and memories. In person only. <i>Pre-registration required. 718-225-6750, x236</i>
11:30-12:15	Chair Yoga with Karen In person only. <i>Pre-registration required 718-225-6750 x236, x222</i>
1:00-2:00	Basic Ballroom Dancing with Dottie & Charlie Space is Limited. <i>Pre-registration required 718-225-6750 x236, x222</i>
1:00-2:30	Painting with Laura Stevens In person only. <i>Pre-registration required, 718-225-6750, x 236. x222</i>

Sam Field Center is closed Thursday & Friday November 28 & 29 for Thanksgiving
Open for a special program only on Wednesday December 25, Christmas Day

Central Queens Older Adult Center

718-268-5011 x421, x160

Central Queens Older Adult Center aims to offer fresh, innovative and engaging programs for our participants. We offer a full range of social, cultural, recreational and educational activities that have been carefully designed to address the specific needs of adults aged 60+.

MONDAYS	
11:00-12:00	Let's Get Real! November 18 December 9, 23 Anything goes in this lively discussion group: Chat about whatever is on your mind. In person, call Ellen 718-268-5011 x160 for more information and to pre-register.
11:00-12:00	Brainworks November 4, 25 December 2, 16 Join us as we keep our minds sharp and active. In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
12:00-12:45	Lunch on Mondays In person. Please note: lunch is first come first served. Pre-registration required, call Ellen 718-268-5011 x160
1:00-2:30	Painting with Sandra Izhakoff Express yourself artistically; no experience required! In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
TUESDAYS	
11:30-12:30	Cozy Corner Chat with friends while working on your favorite pastime: knitting, needlepoint, crocheting, crossword puzzling, coloring etc. Then grab a yummy and healthy lunch! Please note: lunch is first come first served. Pre-registration required, call Ellen 718-268-5011 x160
12:30-1:30	Bingo November 12, 26 December 10, 24 In person at Central Queens Pre-registration required, call Ellen 718-268-5011, x 160
12:15-2:15	Movie Matinee In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011, x160 November 5 "The Wilde Wedding" November 19 "The Visitor" December 3 "Love, Weddings and Other Disasters" December 17 "Better Days" December 31 "The Phantom of the Opera"
WEDNESDAYS	
No programs December 25	
11:00-12:00	A Taste of Israel with Amit November 6, 20 December 4, 18 Amit, our friend from Israel, introduces us to news and information from Israel. In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
11:30-12:30	PD Support Group For caregivers and those with Parkinson's Disease. Share information, knowledge & insights. Zoom: https://us02web.zoom.us/j/81625373986 Meeting ID: 816 2537 3986# By phone: 646-558-8656
12:45-2:15	Israeli Dance with Honey Goldfein In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
1:00-2:00	Book Ends Express your thoughts & feelings about our current selection: November 13 "The Dutch House" by Ann Patchett December 18 "It Ends With Us" by Colleen Hoover Pre-registration required, call Ellen 718-268-5011 x160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919 Dial in: +1-1646-558-8656
THURSDAYS	
No programs November 28	
11:00-12:00	Spousal Bereavement Support Group with Shelly Channan, LCSW a bereavement support group for the loss of a spouse. In person at CQ. Pre-register with Shelly 718-268-5011 x421
1:00-2:30	Hebrew Ulpan for beginners through advanced students. In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160 if you are interested in joining the class.
FRIDAYS	
No programs November 29	
10:15-11:30	Hot Topics with Stan In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
11:30-12:30	Chat With Your Friends on Friday Share your thoughts and feelings with friends. Zoom: https://us02web.zoom.us/j/89493854425 Meeting ID: 894 9385 4425# By phone: +1 646 558 8656
1:00-1:30	Welcome Shabbat A virtual gathering to restore your spiritual energy and enter a time of healing. November 22 December 27 RSVP to Ellen at 718-268-5011 ext. 160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656

Central Queens is closed Thursday & Friday November 28 & 29 for Thanksgiving

All residents of Deepdale are encouraged to attend all programs in person

Deepdale Gardens Residents: Please see the Deepdale CARES NORC Monthly Newsletter for more information

To participate in any group by phone, call: (646)-558-8656 & input the meeting ID followed by the # sign

Deepdale CARES NORC is a Naturally Occurring Retirement Community Supportive Service Program a partnership between Deepdale Gardens Cooperative, its residents, and community health and social service providers. We create a supportive community that empowers older adults to take advantage of services that promote successful aging and respond to the changing needs of residents. By doing this, we can help them maintain their independence, improve their quality of life, and safely age in place.

MONDAYS	
10:00-11:00	Meditation Mondays with Kiarlis, LMSW Virtual & In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
11:00-12:00	Current Events Virtual & In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/81258986764 & Meeting ID: 812 5898 6764
12:00-12:45	Strength Training & Balance with Robin Stuelpner In person for Deepdale Cares members only
TUESDAYS	
10:00-11:00	Stay Active & Independent for Life (SAIL) Exercise with Catherine Dunckley of Northwell Health. Virtual & In person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
11:00-12:00	Nutrition with Neda Pourat Virtual & In person for Deepdale Cares members only November 5 Presentation: Vegan Vitality" The benefits of a vegan diet. November 19 11:00 am -1:00 pm Presentation: "Balancing Blood Sugar: A Diabetes Month Guide" Demonstration: Stuffed with Goodness: Making Thanksgiving Stuffing Nourishing December 3 Presentation: "Season's Eatings" Learn to balance holiday indulgence and overeating. December 17 11:00 am -1:00 pm Presentation & Demonstration: "Flu Fighters" Focus on nutrition for a strong immune system and discover ways to incorporate hummus into your diet for flu prevention and recovery Zoom Link: https://us02web.zoom.us/j/86312216863 & Meeting ID: 863 1221 6863
1:00-2:00	Tech Tutorials In person for Deepdale Cares members only. Learn about technology and get your questions answered. No class November 25
1:00-2:00	Dear Abby Discussion Group Virtual & In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/87220188501 & Meeting ID: 872 2018 8501
2:00-3:00	Stress & Stress Management In person for Deepdale Cares members only
WEDNESDAYS	
No programs December 25	
10:00	Mah Jongg In person for Deepdale Cares for members only
2:00-3:00	Book Club with Kiaralis Tekin November 27 "The Keeper of Lost Things" by Ruth Hogan December 18 "Someone Else's Shoes" by Jojo Moyes Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
THURSDAYS	
No programs November 28	
10:00-10:45	Chair Yoga with Robin Stuelpner In person for Deepdale Cares members only
11:00	Canasta In person for Deepdale Cares members only
2:00	Knitting & Crocheting In person for Deepdale Cares members only
FRIDAYS	
No programs November 29	
10:00	Mah Jongg In person for Deepdale Cares members only
10:00	Dominoes In person for Deepdale Cares members only
10:00-11:00	Stay Active & Independent for Life (SAIL) Exercise with Catherine Dunckley of Northwell Health. Virtual & In person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
1:30	Passiones Card Game In person for Deepdale Cares members only

In person programs are only for Deepdale Gardens residents

Deepdale CARES NORC is a collaboration of Commonpoint, NYC Aging, NYS Office for the Aging, VNS Health Personal Care, Parker Jewish Institute for Health Care and Rehabilitation, and UJA Federation. This project is supported in part by funding from the New York State Office for the Aging.

Deepdale Cares is closed Thursday, November 28 & Friday, November 29 for Thanksgiving and Wednesday, December 25 for Christmas



Clearview Assistance Scheduled Programs

718-352-4157



CAP NORC Supportive Service Program offers social work, nursing, educational and recreational services free of charge to all individuals 60 years of age and older living in the Clearview Gardens Cooperative. Our program's goal is to help older adults remain safely in their own homes as long as possible.

	MONDAYS
10:30-11:30	Knitting and Crocheting for Charity In person at CAP office. Pre-registration is required 718-352-4157
11:30-12:15	Chair Yoga with Karen In person at CAP. Pre-registration is required 718-352-4157
1:00-2:00	Health Chat with Gerlinde Saint Eloi, RN In person at CAP office. Pre-registration is required 718-352-4157 November 18 December 16
2:00-3:00	Brain Games with Gretchen Brown In person. Pre-registration is required 718-352-4157
3:30-4:30	MET Art Box Activity & Discussion Group with Arianna Mann, MSW. In person at CAP Library. November 25 December 30
	TUESDAYS
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 November 12 Presentation: "Balancing Blood Sugar: A Diabetes Month Guide" November 26 Demonstration: "Stuffed with Goodness: Making Thanksgiving Stuffing Nourishing" December 10 Presentation: "Flu Fighters: Nutrition for a Strong Immune System" December 24 Demonstration: "Healthy Hummus"
12:30-1:15	Everyday Dance with Gail In person only at CAP Pre-registration is required 718-352-4157
1:30-2:30	Monthly Book Club with Gretchen Brown. In person at CAP office. Pre-registration is required 718-352-4157 November 19, December 17 Book titles will be announced at the previous month's meeting or on the November & December CAP calendars
2:30-4:30	Mah Jongg with CAP staff In person at CAP. Pre-registration required 718-352-4157
	WEDNESDAYS No programs December 25
11:00-12:00	Talk It Out Discussion Group with Arianna Mann, MSW In Person at CAP office. Pre-registration required 718-352-4157
12:00-1:00	Let's Get Connected Technology 101 with Gretchen Brown Interested in being more tech-savvy? Bring your tablet or smartphone, and we'll cover basic topics to help you get comfortable with being online. In person at CAP office. Pre-registration required. 718-352-4157
1:00-2:00	Men's Group with Jaimeson Champion, LMSW In person at the CAP office. Pre-registration required 718-352-4157
2:00-2:45	Cardio Fitness with Robin Stuelpner In person at CAP. Pre-registration is required 718-352-4157
3:00-4:00	Arts & Crafts with Gloria Newman In person in CAP library November 20 December 18
	THURSDAYS No programs November 28
9:30-10:30	Walking Group with Gretchen Brown. Pre-registration is required. Meet in the CAP community room.
1:00	Movie Matinee See CAP's September & October calendars for more information. Pre-registration required 718-352-4157
	FRIDAYS No programs November 29
10:00-10:45	Guided Meditation with Gretchen Brown November 15 December 13 Relax, tune into your breath & focus your mind. In person at CAP. Pre-registration required 718-352-4157
11:00-12:00	Women's Group with Arianna Mann, MSW. In Person at CAP office. Pre-registration required 718-352-4157
12:00-12:45	Strength and Balance with Robin (bring your own weights) In Person at CAP. Pre-registration required 718-352-4157
1:00-2:00 New	Veterans' Group with Jaimeson Champion, LMSW November 8 December 13
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 November 22 December 27

In person programs are only for Clearview Gardens residents

CAP NORC is a collaboration of Commonpoint, NYC Aging, NYS Office for the Aging, VNS Health Personal Care, and UJA Federation. This project is supported in part by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.

CAP is closed Thursday & Friday November 28 & 29 for Thanksgiving and Wednesday, December 25 for Christmas



NORC WOW Scheduled Programs

Naturally Occurring Retirement Community With Out Walls

718-225-6750 x 540

Life just got easier...In your own home, in the neighborhood you love

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NORC WOW was established nearly 20 years ago to help individuals aged 60 and above who reside in parts of Bellerose, New Hyde Park and Floral Park. Our social workers and nurses help residents in these communities with their ever-growing needs as they age in place. Services range from helping people understand the complexities of benefits and entitlements such as Medicare, Medicaid, and long term planning, to ongoing help from nurses who provide education, support and guidance in understanding health care and wellness. We also provide access to regular programming including health chats, seminars, exercise classes and social activities. If you are not yet a member of NORC WOW, or if you know of someone who can benefit from our support, please don't hesitate to call us. We are here to help!

MONDAY	
11:00-12:00	Bingo Join staff the following Monday of the month in person at Sam Field. November 18 December 2 Pre-registration required 718-225-6750 ext 540 For NORC WOW members only
11:00-12:00	Let's Have Some Fun: Brain Teasers & Games! November 18, 25 December 9, 16, 23, 30 Virtual and in person at Sam Field for NORC WOW members only. Pre-registration required 718-225-6750 ext 540 Zoom: https://us02web.zoom.us/j/7965825889 By phone: +1 646 558 8656 Meeting ID: 796 582 5889 (no passcode)
12:00-1:00	Anxiety & Stress Management Group Join program Social Worker Amanda to discuss coping strategies and ways to better manage everyday stressors. In person at Sam Field for NORC WOW members only. November 4, 11, 18, December 2, 16 Pre-registration required 718-225-6750 ext 540
TUESDAYS	
11:00-12:00	Social Hour: Let's Socialize! An opportunity for NORC WOW clients to get to know one another and chat about an array of topics. This group meets in person at Sam Field Pre-registration required 718-225-6750 ext 540
WEDNESDAYS	
No programs December 25	
10:30-11:30	Technology Assistance with program staff for NORC WOW clients only. Bring your smartphone or tablet with you. Pre-registration is required to attend. 718-225-6750 x540
THURSDAYS	
No programs November 28	
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only November 21 Presentation: Balancing Blood Sugar: A Diabetes Guide Demonstration: Thanksgiving Stuffing December 19 Presentation: Flu Fighters: Nutrition for a Strong Immune System Demonstration: A Hummus Snack
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. In person at Sam Field for NORC WOW members only. No group November 21, 28 December 19
FRIDAYS	
No programs November 29	
11:00-12:00	Health Chat with Jawwad Butt, RN In person at Sam Field for NORC WOW members only and on zoom. Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889 November 1 "Kidney Health" November 15 "Vaccine Management" November 22 "Whooping Cough" December 6 "Frostbite & Hypothermia" December 20 "Arthritis Management in the Winter" December 27 "Fall Prevention in the Winter"
12:30-1:30	Special Health Presentations facilitated by Jawwad Butt, RN at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks 11004 November 8 "Cold & Flu Prevention" December 13 "Seasonal Affective Disorder" Complimentary blood pressure monitoring following the health chats

In person programs are only for NORC WOW members only

NORC WOW is a collaboration of Commonpoint, NYC Aging, NYS Office for the Aging, VNS Health Personal Care, Parker Jewish Institute for Health Care and Rehabilitation, and UJA Federation. This project is supported in part by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.

**NORC WOW is closed Thursday Friday, November 28 & 29 for Thanksgiving
and Wednesday, December 25 for Christmas**

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Health Chat with Jawwad Butt, RN, Fridays, 11:00-12:00 pm (organized by NORC WOW)
 November 1 **Kidney Health** November 15 **Vaccine Management** November 22 **Whooping Cough**
 December 6 **Frostbite & Hypothermia** December 20 **Arthritis Management in the Winter**
 December 27 **Fall Prevention in the Winter**
 Zoom Link: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889
 Phone: 1-646-558-8656 PIN: 796 582 5889

Health Chat: with Jane Emmerth, RN Wednesdays 12:00pm (organized by DDC)
 November 6, **Diabetes Month Presentation**
 December 4, **Sleep Hygiene and Health**
 Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Medicare & Me presented by Nancy Gaska (organized by DDC)
 Wednesday, November 13, 1:00 pm Get valuable insights about Medicare options.
 Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Special Health Presentations facilitated by Jawwad Butt, RN Fridays, 12:30-1:30 pm
 at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks. (organized by NORC WOW)
 November 8 **Cold & Flu Prevention** December 13 **Seasonal Affective Disorder**
 Complimentary blood pressure monitoring following the health chat

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Early Stage Memory Loss

Have you or someone you love been newly diagnosed with memory loss?

Do you want to share your feelings in a social setting with others like you?

This program includes small group discussions, memory enhancing activities and musical entertainment.

Comprehensive support for family members and caregivers is also available.

Alissa Pizzutiello, Director

718-225-6750 x387

Apizzutiello@commonpoint.org

Family Respite Social Adult Day Program

Carefully designed for people with moderate to later stage memory loss, this program meets daily Monday through Friday.

Activities include chair exercise, group discussions, memory enhanced activities, music program and crafts.

Support for family members and caregivers is available.

Jamie Cooperman, Director

718-225-6750 x221

Jcooperman@commonpoint.org

CAPE

An Adult Mental Health Clinic at the Sam Field Center for people over the age of 21.

We have experienced, licensed clinical social workers, a psychiatrist, a psychiatric nurse practitioner and a registered nurse on staff. Our supportive team is here to provide individual family and group therapy, and psychiatric services. In continued consideration of COVID-19 and to increase accessibility of mental health services to the community, video teletherapy is available.

For more information call 718-224-0566

Transitions Program

A program designed to address the needs of those individuals experiencing moderate memory loss. Our Transitions Program will provide the opportunity to engage in thoughtful discussions, stimulating cognitive activities and other fun experiences in a warm and supportive environment. The Transitions Program is offered Tuesdays from 10:00 am- 2:00 pm

To learn more about the program call 718-225-6750, Jamie Cooperman x221 or Alissa Pizzutiello x387

Adult Child Caregiver Support Group

If you or anyone you know is facing the challenge of caring for a parent who is suffering from Alzheimer's Disease or Dementia you are not alone.

We are offering an in person Adult Child Caregiver Support Group every other Wednesday from 2:30-3:45 pm.

For more information call Michele Molho at 718-225-6750 x243 or email mmolho@commonpoint.org.

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PRE-REGISTRATION is Required for All Classes

For Sam Field - 718-225-6750, x 233, x236 - For Bay Terrace - 718-423-6111, x 228, 242, 225,223

Monday

10:00-10:45 Classic Exercise with Karen Virtual & In Person at Bay Terrace
 11:00-11:45 Latin Fusion with Gail In Person only at Sam Field
 1:30-2:15 Senior Circuit with Karen Virtual & In Person at Bay Terrace
 2:30-3:15 Yoga on the Mat with Robin Virtual & In Person at Bay Terrace

Tuesday

8:50-9:50 Tai Chi with Elaine Fleischman Virtual & In Person at Sam Field
 10:00-10:45 Balance with Robin Virtual & In Person at Sam Field
 11:00-11:45 Everyday Dance with Gail Virtual & In Person at Bay Terrace
 11:00-11:45 Classic Aerobics with Robin Virtual & In Person at Sam Field
 1:00-2:00 Dance Fitness with Lori In Person only at Sam Field

Wednesday No classes on December 25

8:50-9:50 Tai Chi with Elaine Fleischman Virtual & In Person at Bay Terrace
 10:00-10:45 Yoga Stretch with Karen Virtual & In Person at Bay Terrace
 11:00-11:45 Everyday Dance with Gail Virtual & In Person at Sam Field
 12:30-1:15 Senior Stretch with Gail Virtual & In Person at Sam Field

Thursday No classes on November 28

9:15-10:00 Aerobics and More with Gail Virtual & In Person at Bay Terrace
 1:00-1:45 Senior Aerobics with Robin Virtual & In Person at Sam Field
 1:30-2:30 Meditation and Reiki with Lori In person only at Bay Terrace
 2:00-2:45 Balance with Robin In person only at Sam Field

Friday No classes on November 29

9:00-10:00 Dancercise with Russell Virtual & In Person at Sam Field
 11:30-12:15 Chair Yoga with Karen In person only at Sam Field

PRE-REGISTRATION is Required for All Classes

For Sam Field - 718-225-6750, x 233, 236 - For Bay Terrace - 718-423-6111, x 228, 242, 225, 223

SNEAKERS MUST BE WORN FOR ALL EXERCISE CLASSES

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