



OLDER ADULT SERVICES

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

January
February
2025

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

Jaimeson Champion
Senior Program Director
Clearview NORC (CAP)
718-352-4157

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

Kiaralis Tekin
Program Director
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

Please check your emails daily
for class cancellations
and program changes

Screening of **The Conspiracy** (organized by BTC)

Thursday, January 9, 10:00-11:30am In person and via zoom

An animated film about the biggest lie ever told: Jews are plotting to take over the world.

. For in person, pre-registration required, 718-423-6111 x223, x228, x242, x225

Zoom Link: <https://us02web.zoom.us/j/2848324865?omn=84696906624> Meeting ID: 2848324865

Flim Flams and Elder Scams with Elise Lev, LCSW **Wednesday, January 15, 2:00 pm** (organized by BTC)

"Crime of the Century" - A discussion on Elder Scams and how we might avoid them.

In person only at Bay Terrace. Pre-registration. 718-423-6111 x223, x228, x242, x225

Nutrition Presentation sponsored by Jericho Chemists (organized by SF)

Thursday, January 16, 10:30-11:30am

Join us for an informative presentation about Fats & Sugars. Topics will include recommended daily intakes, eating habits, weight gain, tooth decay, diabetes, corn syrup, aspartame (sweeteners), junk food & cholesterol

Pre-registration required 718-225-6750 x233, x236

Estate Planning Workshop presented by Moskowitz Legal Group (Organized by CQ)

Tuesday, January 21, 11:30am

A free educational workshop to help you develop a better understanding of the complexities of estate planning.

In person at Central Queens. Register with Ellen, 718-268-5011 x160

Spotlight on The Piano **Wednesday, January 22, 1:00-2:00pm** (organized by CQ)

Enjoy this virtual class on the history of the piano.

Spotlight on The Seven Wonders of The World **Wednesday, February 26, 1:00-2:00pm**

Enjoy this fascinating look at: The Great Wall of China, Petra and the Colosseum.

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

Presentation: **Dr. Martin Luther King Jr. Legacy and Volunteer Opportunities** (organized by DDC)

Friday, January 24, 1:00pm

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

Luncheon at Cho Sen Gardens in Forest Hills **Tuesday, January 28, 11:30am** (organized by CQ)

For more information and to pre-register call Ellen, 718-268-5011 x160

Lunch & Learn: Benefits & Entitlements Basics (organized by SF)

Wednesday, February 5, 11:45am

Join us for lunch at Sam Field and learn about government benefits and entitlements available to older adults.

We invite you to participate in **Leisure Games with the Girls Scouts**, an Intergenerational Program

with Troop #4276 from St. Kevin's Academy, **Friday, February 7, 1:30-2:30pm**

In person at Bay Terrace, pre-registration required, 718-423-6111, x228, x242, x223

Heart's Day Celebration at Sam Field **Lunch & Live Music with Angela LoBianco**
Tuesday, February 11 Lunch: 11:45am-12:30pm Music: 12:45-1:45pm Suggested donation \$3

Pre-registration required by January 31 718-225-6750 x236, x233

Health Chat: Managing Your Medications **Tuesday, February 25, 11:30am -12:00pm**

Donna Kearns, a Nurse Practitioner from Northwell Health will talk about medication management, hypertension, high cholesterol & diabetes. In person at Central Queens.

For more information & to register, call Ellen 718-268-5011 x160

In Honor of Black History Month: **"A Change is Gonna Come"**, a performance piece by Squeaky Clean

Tuesday, February 25, 11:45am Lunch, 1:00pm Show (organized by SF)

Narration, still photos and videos are skillfully combined with live musical performances of songs from the era of the American Civil Rights movement.

Pre-registration required by February 11 718-225-6750 x236, x233 Suggested donation \$3

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



Commonpoint is closed **Wednesday, January 1** for New Year's Day

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	
10:00-1:00	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 225, 223
10:15-11:15	A Taste of Israel with Amit February 4, 11, 18, 25, March 4, 11 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. Pre-registration required 718-423-6111 x223, x228, 242, 225
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. January 21, February 25 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. January 7, 14, 28 February 4, 11, 18 Pre-registration required, 718-423-6111 x228, 242, 225, 223
2:45 -3:45 New	Salsa Dancing In partnership with Queensboro Dance Festival. January 28, February 4, 11, 18 A fun, low impact way to stay active while learning the basics of salsa dancing. In person only. Pre-registration required, 718-423-6111 x225, 242, 228, 223
2:45-3:45 New Time	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
WEDNESDAYS 星期三	
No classes January 1	
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
THURSDAYS 星期四	
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 On hiatus for the winter
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 Pre-registration required for in person 718-423-6111 x228, 242, 225, 223 Zoom: https://us02web.zoom.us/j/83187859808 Meeting ID: 831 8785 9808# Dial In 1 646 558 8656
FRIDAYS 星期五	
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. 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
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

Bay Terrace is closed Wednesday, January 1 for New Year's Day

MONDAYS		No classes February 17
10:00-11:00	Musical Group with Candaceia Charles Learn to sing and explore the possibilities. <i>Pre-registration required, 718-225-6750, x236, x233</i>	
10:30-11:30	Headlines & Hot Topics <i>For more information and to pre-register call 718-225-6750 x236</i>	
11:10-11:55 New Time	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, x233</i>	
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. <i>Pre-registration required. 718-225-6750 x 236, x233</i>	
TUESDAYS		
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. <i>Pre-registration required 718-225-6750 x236, x233</i>	
10:00-10:45	Balance with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>	
11:00-11:45	A Taste of Israel with Amit January 7, 14, 21 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, x233</i>	
1:00-2:00	Dance Fitness with Lori In person only. <i>Pre-registration required, 718-225-6750, x236, x233</i>	
WEDNESDAYS		No classes January 1
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, x233</i>	
12:30-1:15	Senior Stretch with Gail In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>	
1:00-2:30	Art Appreciation with Marie Zanzel January 8, February 12 <i>Pre-registration required, 718-225-6750 x236, x233</i>	
1:30-2:30	Bingo In person at Sam Field January 15, February 19 <i>Pre-registration required, 718-225-6750, x231</i>	
THURSDAYS		
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, x233</i>	
1:00-1:45	Senior Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>	
2:00-2:45	Balance with Robin In person only. <i>Pre-registration required, 718-225-6750, x236, x233</i>	
FRIDAYS		
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x233</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, x233</i>	
1:00-2:30	Painting with Laura Stevens In person only. <i>Pre-registration required, 718-225-6750, x 236. x233</i>	

**Sam Field Center is closed Wednesday, January 1 for New Year's Day and
Monday, February 17 for Presidents' 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	Brainworks January 13, 27 February 10 Join us as we keep our minds sharp and active. In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
11:00-12:00 New	Master Your Mind February 3, 24 Reconnect with the joy of play, through board games, brain teasers & other interactive activities while reducing stress, boosting cognitive function, & enhancing overall health. In person. Call Pascal to pre-register and for more information 718-268-5011 x359
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 January 7, 21 February 4, 18 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 January 14 "Divine Secrets of the Ya Ya Sisterhood" February 11 "Becoming Jane" February 25 "A Rainy Day in New York"
WEDNESDAYS No classes January 1	
11:00-12:00	A Taste of Israel with Amit January 8, 22 February 5, 19 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: January 8 "Go As a River" by Shelley Read February 19 "By Any Other Name" by Judy Picoult 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	
12:00-12:45	Lunch on Thursdays In person. Please note: lunch is first come first served. Pre-registration required, call Ellen 718-268-5011 x160
12:00-2:15	Play Mah Jong In person at Central Queens Pre-registration required, call Ellen 718-268-5011 x160
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	
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. January 17 February 7 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 Wednesday, January 1 for New Year's Day

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
11:15-12:00	Strength Training & Balance with Robin Stuelpner In person for Deepdale Cares members only
12:00-1:00	Current Events Virtual & In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/81258986764 & Meeting ID: 812 5898 6764
1:00-2:00	Tech Tutorials In person for Deepdale Cares members only. Learn about technology and get your questions answered.
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 January 7 Presentation: "New Year's Nourishment" January 21 11:00am-1:00pm Presentation: "Vitamin D & Winter Blues" Demonstration: "D-Lightful Yogurt Parfait" February 11 Presentation: "Chew on This: How Diet Affects Dental Health" February 25 11:00 am -1:00 pm Presentation: "Fiber Focused" Demonstration: "Black Bean Salad" Zoom Link: https://us02web.zoom.us/j/86312216863 & Meeting ID: 863 1221 6863
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
WEDNESDAYS	
No classes January 1	
10:00	Mah Jongg In person for Deepdale Cares for members only
1:00-1:45 New	Dance Fitness with Lori Rietwyk Virtual & In Person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
2:00-3:00	Book Club with Kiaralis Tekin January 22 "The Covenant of Water" by Abraham Verghese Black History Month Celebration: February 26 "The Nickel Boys" by Colson Whitehead Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
THURSDAYS	
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
12:00-1:00	Black History Month Celebration: Trivia: Test Your Knowledge of Black History February 23 Virtual & In Person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
2:00	Knitting & Crocheting In person for Deepdale Cares members only
FRIDAYS	
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. 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.

Deepdale Cares is closed Wednesday, January 1 for New Year's Day



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	Monthly Health Chat with Gerlinde Saint Eloi, RN In person at CAP office. Pre-registration is required 718-352-4157 January 13 February 10
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, LMSW. In person at CAP Library. January 27 February 24
TUESDAYS	
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 January 28 10:30am-12:30pm <u>Presentation:</u> "New Year's Nourishment" Superfoods to Start Your Year Strong <u>Demonstration:</u> "D-Lightful Yogurt Parfait" February 4 <u>Presentation:</u> "Fiber-Focused" Nutrition for a Healthy Feast February 18 <u>Demonstration:</u> "Black Bean Salad"
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 January 21, February 18 Book titles will be announced at the previous month's Book Club meeting or can be found on January & February CAP calendars. Pre-registration required 718-352-4157
2:30-4:30	Mah Jongg with Arianna Mann. In person at CAP. Pre-registration required 718-352-4157
WEDNESDAYS No classes January 1	
11:00-12:00	Talk It Out Discussion Group with Safula Kaikai, 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 January 22, February 19
THURSDAYS	
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 January & February calendars for more information. Pre-registration required 718-352-4157
FRIDAYS	
10:00-10:45	Guided Meditation with Gretchen Brown January 10 February 14 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, LMSW. 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	Veterans' Group with Jaimeson Champion, LMSW January 10, February 14
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 January 31, February 28

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 Wednesday, January 1 for New Year's Day



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

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 first Monday of the month in person at Sam Field. January 6 February 3 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! January 13, 27 February 17, 24 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. January 6, 20 February 3, 24 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 January 4, 11, 18 February 4, 11, 18 Pre-registration required 718-225-6750 ext 540
11:00-12:00	Health Chat with Maureen Schneider January 28 "Balance Issues" February 25 "Atrial Fibrillation" Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
WEDNESDAYS	
No classes January 1	
10:30-11:30 New	Giving Back: Volunteer Hour Program Participants will have the opportunity to assist with volunteer opportunities at Commonpoint. In person at Sam Field. For more information, 718-225-6750 x540
THURSDAYS	
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only January 30 <u>Presentation:</u> New Year's Nourishment: Superfoods to Start Your Year Strong <u>Demonstration:</u> D-Lightful Yogurt Parfait February 27 <u>Presentation:</u> Fiber Focus: Nutrition for a Heart healthy Feast <u>Demonstration:</u> Black Bean Salad
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. January 30, February 27 In person at Sam Field for NORC WOW members only.
FRIDAYS	
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 January 17 "Pre-Diabetes Management" January 24 "Hydration: Electrolyte and Fluid Balance" January 31 "New Year, Healthy Goals" February 7 "Heart Health & Awareness: Blood Pressure Management" February 21 "Heart Health: Healthy Coronaries" February 28 "Heart Health: Managing Congestive Heart Failure"
12:30-1:30	Special Health Presentations facilitated by Jawwad Butt, RN at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks 11004 January 10 "Respiratory Disease: Symptoms & Treatment" February 14 " Impact of Social Companionship on Mental Health" 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 Wednesday, January 1 for New Year's Day

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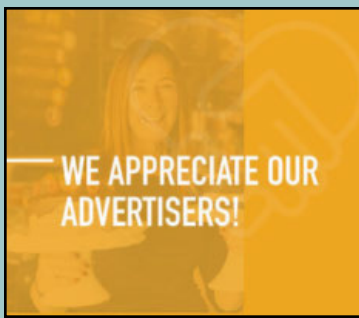


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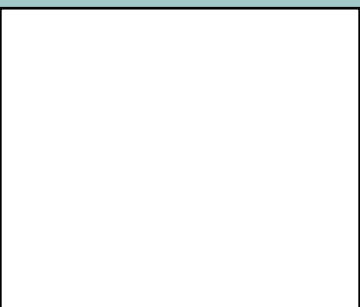
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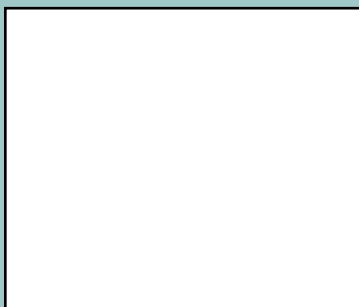
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Health Chat: Cold Weather Facts & Tips presented by Jericho Chemists (organized by DDC)

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Wednesday, January 8, 12:00 pm

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Health Chat: with Jane Emmerth, RN Wednesdays 12:00pm (organized by DDC)

January 15, **Winter Wellness: Hygienic Habits for the Cold Months**

February 5, **The Big C**, in honor of World Cancer Day

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Health Chat with Jawwad Butt, RN, Fridays, 11:00-12:00 pm (organized by NORC WOW)

January 17 **Pre-Diabetes** January 24 **Hydration: Electrolyte and Fluid Balance**

January 31 **New Year, Healthy Goals**

February 7 **Heart Health & Awareness: Blood Pressure Management**

February 21 **Heart Health Healthy Coronaries**

February 28 **Heart Health: Managing Congestive Heart Failure**

Zoom Link: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889

Phone: 1-646-558-8656 PIN: 796 582 5889

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)

January 10 **Respiratory Disease: Symptoms & Treatment**

February 14 **Impact of Social Companionship on Mental Health**

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 No classes at Sam Field February 17

- 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 January 1

- 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

- 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

- 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

<p>Nursery and Afterschool</p>		<p>Health and Wellness</p>	
<p>Senior Services</p>		<p>Day Camp and Sleepaway</p>	
<p>Food Pantry</p>		<p>Counseling</p>	
<p>Developmental Disabilities</p>		<p>Employment Assistance</p>	