



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

March
April
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

Show Me The Money with Larry! Thursday, March 6, 11:00am

Our coin expert, Larry, will present an introduction to coin collecting and evaluate your personal collection.
In person at Central Queens. Register with Ellen, 718-268-5011 x160

Nutrition Discussion with Brandon Diaz in person only at Bay Terrace

Fridays, 12:15-1:00pm Pre-registration. 718-423-6111 x223, x228, x242, x225
March 7 - Importance of Protein in Your Diet April 4 - Diet for Strong Bones: Foods that Prevent Osteoporosis

Lets Talk and Eat Vegetables presented by GrowNYC

Easy Ways to Understand Signs of Hunger and Fullness, Wednesday, March 12

Bay Terrace - 12:00pm Sam Field - 1:30pm

Easy Ways to Cut the Salt, Thursday, April 24,

Sam Field - 10:30am Bay Terrace - 12:00pm

Presentations include information about locally grown fruits and vegetables
Pre-registration required: Sam Field 718-225-6750 x236, x233, x222 Bay Terrace 718-423-6111 x228, x242, x223

Spotlight on The Seven Wonders of The World - Wednesday, March 12, 1:00-2:00pm (organized by CQ)

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

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

<https://us02web.zoom.us/j/9416378919?omn=81079419794> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Hearing Screenings administered by the New York AuD Consortium, in cooperation with

St. John's University Audiology Department. By appointment only

Wednesday, March 12 at 10:30am at Central Queens, 67-09 108 St. Forest Hills, 11375 - Call Ellen 718-268-5011 x160

Thursday, April 24 at 10:00am at Bay Terrace, 212-00 23 Avenue, Bayside, 11360 -

Call 718-423-6111 Joan x228, Sarah x242, Elise x223

Managing Your Medications, Tuesday, March 18, 11:30am-12:00pm In person at Central Queens.

See page 9 for more information

Juilliard is Back! Join us as we are virtually serenaded by the amazing students of Juilliard. (organized by CQ)

Wednesday, March 19 - 12:00pm: Viola and Cello. Zoom: <https://us02web.zoom.us/j/9416378919?omn=89169232170>

Wednesday, March 26 - 1:30pm: Violin and Cello. Zoom: <https://us02web.zoom.us/j/9416378919?omn=87170764113>

Call Ellen for more information, 718-268-5011 x160

Nutrition with Neda Pourat at Bay Terrace Thursday, March 20, 12:15-1:00pm

Plant Proteins: Why Do We Need Plant Protein as We Age?

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

Goin' Green Celebration at Sam Field- Lunch and Live Music with Squeaky Clean

Tuesday, March 25, 11:45am Lunch, 12:45pm Music & Dancing Suggested donation \$3

Pre-registration required by March 14, 718-225-6750 x236, x233, x222

Tips for Talking with Your Health Care Professionals, Wednesday, March 26, 1:00pm

Registered Pharmacist, Anthony Varikos, from Jericho Chemists will share tips on communicating with health care professionals. In person at Sam Field. Pre-registration required 718-225-6750 x236, x233, x222

Model Passover Seder - Thursday, April 3, 12:00-2:00pm

Learn about the background of the holiday, its traditions and rituals. It will be moving, educational and fun!

In person at Central Queens. Space is limited. You must pre-register with Ellen 718-268-5011 x160

Pre-Passover Celebration with "Uncle" Steve at Sam Field, Tuesday, April 8, 11:45am

Join us for a delicious holiday meal and have some fun learning about Passover rituals and traditions

Pre-registration required by March 28, 718-225-6750 x236, x233, x222 Suggested donation \$3

Unclaimed Funds presented by Leah Solomon of the NYS Office of the State Comptroller

In person at Sam Field. Tuesday, April 22, 1:00-2:30pm

Learn about what kind of funds are held, how to claim your money and estate items

Pre-registration required by 718-225-6750 x236, x233, x222



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

Commonpoint is closed Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday

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



MONDAYS 星期一		NO CLASSES APRIL 14
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	
2:30-3:30 New	Women Supporting Women with Winni Yang, LMSW "There is no limit to what we, as women can accomplish". In person only. Pre-registration required 718-423-6111 x223, x228, x242, x225	
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 March 4, 11, 18 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. March 25 April 29 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. March 4, 11, 18 April 1, 8, 15, 22 Pre-registration required, 718-423-6111 x228, 242, 225, 223	
2:45-3:45	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		
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 April 16	
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.. No group April 17 & April 24 Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656	
10:00-11:00 Returning	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 Returning April 10	
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 No group April 17	
FRIDAYS 星期五		NO CLASSES APRIL 18
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 Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday

MONDAYS		NO CLASSES APRIL 14
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, x222</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	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, 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, x233, x222</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, x222</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, x222</i>	
WEDNESDAYS		
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 March 12, April 9 <i>Pre-registration required, 718-225-6750 x236, x233, x222</i>	
1:30-2:30	Bingo In person at Sam Field March 19, April 16 <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, x222</i>	
10:00-2:00 New	Mah Jong and Canasta In person at Sam Field. Start date for experienced players only February 27. Suggested donation of \$3 includes lunch. Players are encouraged to register as a group of four. Space is limited. <i>Pre-registration required, 718-225-6750, X236, X233, x222</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, x222</i>	
FRIDAYS		NO CLASSES APRIL 18
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x233, x222</i>	
10:30-11:30	Men's Forum 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, x222</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 Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday

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		NO CLASSES APRIL 14
11:00-12:00	Brainworks March 3, 17, 31 April 21 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	Master Your Mind March 10, 24 April 7, 28 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 March 4, 18 April 1, 22 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 March 11 "Wicked" March 25 "Thelma" April 8 "The American President" April 29 "Ordinary Angels"	
WEDNESDAYS		
11:00-12:00	A Taste of Israel with Amit March 5, 19 April 2, 23 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	
12:15-1:15 Special Time	Book Ends Express your thoughts & feelings about our current selection: March 26 "Marriage Portrait" by Maggie Farrell 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	
12:45-2:15	Israeli Dance with Honey Goldfein In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160	
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		NO CLASSES APRIL 18
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. March 14 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 Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday

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		NO CLASSES APRIL 14
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	No group April 7
12:15	A Taste of Jewish Culture Join Amit Yaacov for a 5-part series on Jewish traditions, Customs, and Culture Virtual & In person for Deepdale Care members only Zoom: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	
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 : 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 March 11 Presentation: "Spring's Nutritional Bounty" March 25 11:00am-1:00pm Presentation: "Spring Cleanse" Demonstration: "Detox Salad" April 8 Presentation: "Spring Boost: Immunity-Boosting Foods & Vitamins for Seniors" April 22 11:00 am -1:00 pm Presentation: "Antioxidant Adventures: Nutrition for a Heart-Healthy Feast" 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	
2:00	Game Extravaganza March 18 In person for Deepdale Cares members only	
WEDNESDAYS		
10:00	Mah Jong In person for Deepdale Cares for members only	
1:00-1:45	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 Special Event	Elder Abuse Awareness Presentation with Jennifer Yang, from Sunnyside Community Services March 12 Learn to recognize elder abuse & learn about available resources. Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 Dial In: (646)-558-8656	
2:00 Special Event	Presentation: Clear the Clutter with Donna Furino of Quality Cleanouts April 9 Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 Dial In: (646)-558-8656	
2:00-3:00	Book Club with Kiaralis Tekin March 26 "Things We Do in the Dark " by Jennifer Hillier April 30 "The Book of Lost Names" by Kristin Harmel Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	
THURSDAYS		
10:00-10:45	Chair Yoga with Robin Stuelpner 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		NO CLASSES APRIL 18
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: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	

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 Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday



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		NO CLASSES APRIL 14
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 March 10 April 7	
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. March 31 April 28	
TUESDAYS		
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 March 4 <u>Presentation</u> : "The Benefits of the Right Foods for Your Health" March 18 <u>Demonstration</u> : "Spring Detox Salad" April 1 <u>Presentation</u> : "Springtime Nourishment: The Best Foods for Immunity" April 29 <u>Demonstration</u> : "Strawberry Chia Pudding"	
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 March 18, April 22 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 Jong with Arianna Mann. In person at CAP. Pre-registration required 718-352-4157	
WEDNESDAYS		
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 March 19, April 16	
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 March & April calendars for more information. Pre-registration required 718-352-4157	
FRIDAYS		NO CLASSES APRIL 18
10:00-10:45	Guided Meditation with Gretchen Brown March 21, April 11 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 March 21, April 11	
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 March 28, April 25	

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 Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday



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		NO CLASSES APRIL 14
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. March 3 April 7 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! March 10, 24, 31 April 21, 28 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. March 3, 17 April 7, 21 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 March 4, 11, 18 April 1, 8, 15, 22 Pre-registration required 718-225-6750 ext 540	
11:00-12:00	Health Chat with Maureen Schneider March 25 "Spring Reset" April 29 "Parkinson's Awareness" Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889	
WEDNESDAYS		
10:30-11:30	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 No Group March 19	
10:30-11:30 Special Event	Lucky Coins March 19 In person at Sam Field Wondering if the coins you have at home are worth anything? Join presenter Larry Monggiello to see what coins have value. Pre-registration required 718-225-6750 ext 540	
THURSDAYS		
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only March 6 <u>Presentation</u> : Marching Toward Health: Embrace Spring's Nutritional Bounty <u>Demonstration</u> : Lentil & Mixed Veggies Stirfry March 27 <u>Presentation</u> : Nutritional Spring Cleaning: Detox & Rejuvenate <u>Demonstration</u> : Spring Detox Salad April 3 <u>Presentation</u> : Springtime Nourishment: The Best Foods for Immunity <u>Demonstration</u> : Avocado Toast April 24 <u>Presentation</u> : April's Antioxidant Boost: Protect Your Body from Within <u>Demonstration</u> : Strawberry Chia Pudding	
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. March 13, 20 April 10, 17 In person at Sam Field for NORC WOW members only.	
FRIDAYS		NO CLASSES APRIL 18
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 March 7 "Bleeding Disorders Awareness" March 21 "Irritable Bowel Syndrome: Symptoms & Treatment" March 28 "Arthritis vs Rheumatoid Arthritis"	
11:00-12:00	Protecting Your Identity: Technology Scams April 4, 11, 25 Meet with a NORC WOW staff member to review common scams. In person at Sam Field. Pre-registration required 718-225-6750 ext 540	
12:30-1:30	Special Health Presentation facilitated by Jawwad Butt, RN at the Glen Oaks Library 256-04 Union Turnpike, Glen Oaks 11004 Community Members Welcome! March 14 "Colorectal Cancer" Complimentary blood pressure monitoring following the health chat	

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 Monday April 14 for Passover & Friday, April 18 for Passover & Good Friday

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

March 5, Get Ready for the Upcoming Spring: Get tips and tricks to get you through the sneezy season!
March 12, Debunking Disabilities: A collaborative presentation between NORC member James Alchus and Jane Emmerth, RN
April 2 Cultivating Calm: Self-Care Rituals for Mental Well-Being
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)

March 7 Bleeding Disorders Awareness March 21 Irritable Bowel Syndrome: Symptoms & Treatment
March 28 Arthritis vs Rheumatoid Arthritis
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 (organized by NORC WOW)
at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks

March 14 Colorectal Cancer Complimentary blood pressure monitoring following the health chat

Health Chat: Managing Your Medications, Tuesday, March 18, 11:30am-12:00pm In person at Central Queens
Northwell Health Nurse Practitioner Donna Kearns will discuss medication management, hypertension,
cholesterol and diabetes. For more information and to register call Ellen, 718-268-5011 x160

Health Chat: with Maureen Schneider (organized by NORC WOW)

Tuesdays, 11:00 am March 25 Spring Reset April 29 Parkinson's Awareness
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

Canceled - Health Chat: I Can't Hear You with Denise Passerieux, AuD Monday, April 7, 10:30am
(organized by DDC)

Free Health Screenings with a Registered Nurse Monday, April 21 from 10:00 am to 2:00 pm (organized by DDC)
The St. Francis Hospital Outreach Van will be outside Deepdale Cares NORC office, 57-17 Marathon Pkwy, Little Neck.
Screenings include brief cardiac history, blood pressure testing, and a simple blood test for cholesterol and diabetes.
Open to all community members.

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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 April 14

- 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

- 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 No classes April 18

- 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

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