



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

May
June
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

Latin Rhythms & Movement in Person at Bay Terrace, Thursdays, through June 26, 10:00-11:00 AM
Dance to the beats of Salsa, Mambo, Cha-Cha & Flamenco.
Program is Funded by SU-CASA Grant from NYC Council
Pre-registration required , 718-423-6111, x228, x242, x225, x223

Musical Theatre Group with Candaceia Charles in person at Sam Field
Monday & Thursdays through June 9, 9:30-11:00am
Participants will learn songs and dances for "Feel Good Hits Through the Decades".
No prior experience necessary. Pre-registration required 718-225-6750 x236, x233, x222

Cinco De Mayo has evolved into a commemoration of Mexican culture and heritage.
Celebrate with us on Wednesday, May 7, 12:00-1:00pm
Enjoy a yummy taco lunch and live entertainment by DJ Russell
In person at Central Queens. Register with Ellen, 718-268-5011 x160. Suggested contribution \$3

Mother's Day Celebration with Joe Pace at Sam Field - Thursday, May 8
11:45am Lunch, 12:45pm Music Suggested contribution \$3
Pre-registration required by April 30, call 718-225-6750 x236, x233, x222

Nutrition Talk with Neda Pourat, Thursday, May 15, 12:15-1:00pm
"Everyday Foods That Fight Cancer"
In person at Bay Terrace. Pre-registration required. 718-423-6111, x228, x242, x223

Lets Talk and Eat Vegetables presented by GrowNYC
Easy Ways to Enjoy Fresh Greens: Monday, May 19, Bay Terrace - 12:00pm Sam Field - 1:15pm
Every Sip Adds Up: Thursday, June 12, 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 - Wednesdays, 1:00-2:00pm (organized by CQ)
May 14 - Chichen Itza, Machu Picchu, Taj Mahal and Christ the Redeemer
June 25 - Long Island's Gold Coast - Fabulous estates of Long Island's North Shore
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

STAR (Senior Theater Acting Repertory) Young at Heart Seniors performance,
Wednesday, May 21, 2:00pm
Please join us for **Spring Fling** presented by this talented group of older adults.
In person at Bay Terrace. Pre-registration required, 718-423-6111, x228, x242, x223 Suggested contribution \$3

Elder Abuse & Scams: Presented by Laurie Woods, Elder Abuse Project, (organized by NORC WOW)
Director of the Queens District Attorney's Office, Wednesday, May 21, 11:00am-12:00pm
For more information & pre-registration call Amanda, 718-225-6750 x540

Clutter Busters, Wednesday, June 4, 1:00pm
A clean clutter-free home can do wonders. Learn tips for decluttering your life.
presented by Marilyn and Carol of Exit Realty
In person at Sam Field. Pre-registration required, 718-225-6750 x236, x233, x222

Father's Day Celebration at the Tanenbaum Pool, Thursday, June 19, 11:45am - 1:45pm
Boxed lunch and musical entertainment with D.J. Russell (organized by Sam Field)
Pre-registration required by June 6, 718-225-6750 x236, x233, x222 Suggested contribution \$3
In case of inclement weather, event will be moved indoors at Sam Field.

Summer Kickoff at Central Queens, Wednesday, June 18, 12:00-1:00pm
Live music by Lee Perry Gross. Enjoy good food and the company of friends -
an excellent way to start off the summer season! Space is limited.
Pre-registration required, 718-268-5011 x160 Suggested contribution \$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 Monday May 26 for Memorial Day

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



MONDAYS 星期一		NO CLASSES MAY 26
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 New Time starting June 2 - 1:30-3:00pm	
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223	
2:30-3:30	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 New Time starting June 2 - 3:30-4:30 No group May 5, 26, June 9	
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 New time starting July 1 - 1:30-4:00pm	
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. May 27, June 24 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. May 13, 20 June 3, 10, 17 Pre-registration required, 718-423-6111 x228, 242, 225, 223 No group May 6	
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 May 21, 28, June 18	
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. 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 Virtual Only Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656 No group June 19	
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 No class May 22	
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: 646-558-865 No group May 23, June 13, 20	
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 No group June 6, 27	

Bay Terrace is closed Monday, May 26 for Memorial Day

MONDAYS		NO CLASSES MAY 26
9:30-11:00	Musical Theatre Group with Candaceia Charles In progress until June 9. For more information. See page 1 Class meets Mondays and Thursdays. Pre-registration required, 718-225-6750 x233, x236, x222	
10:30-11:30	Headlines & Hot Topics For more information and to pre-register call 718-225-6750 x236	
11:10-11:55	Latin Fusion with Gail In person only. A unique dance class to Latin tunes that incorporates whole body exercise. Pre-registration required, 718-225-6750 x233, x236, x222	
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. Pre-registration required, 718-225-6750 x 233, x236, x222	
TUESDAYS		
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. Pre-registration required, 718-225-6750 x233, x236	
10:00-10:45	Balance with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x233, x222	
11:00-11:45	Classic Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x236	
1:00-1:45	Dance Fitness with Lori In person only. Pre-registration required, 718-225-6750 x233, x236, x222 No class May 20	
2:00-3:00	Mindful Yoga with Lori In person only. Pre-registration required, 718-225-6750 x233, x236, x222 No class May 20	
WEDNESDAYS		
10:30-11:45	Single Seniors with Wendy Lepper In person at Sam Field. Pre-registration is required, 718-225-6750 x236	
11:00-11:45	Everyday Dance with Gail In person & virtual. Pre-registration required, 718-225-6750 x233, x236	
12:30-1:15	Senior Stretch with Gail In person & virtual. Pre-registration required, 718-225-6750 x233, x236	
1:00-2:30	Art Appreciation with Marie Zanzel May 14, June 11 Pre-registration required, 718-225-6750 x233, x236, x222	
1:30-2:30	Bingo with Max In person at Sam Field May 21, June 18 Pre-registration required, 718-225-6750 x231	
THURSDAYS		
9:30-11:00	Musical Theatre Group with Candaceia Charles In progress until June 9. For more information. See page 1 Class meets Mondays and Thursdays. Pre-registration required, 718-225-6750 x233, x236, x222	
10:00-11:30	Hebrew Ulpan with Chana Ramon for beginners through advanced students. In person at Sam Field. Pre-registration required, 718-225-6750 x233, x236, x222	
10:00-2:00	Mah Jong and Canasta In person at Sam Field. Suggested contribution of \$3 includes lunch. Players are encouraged to register as a group of four. Space is limited. Pre-registration required, 718-225-6750 X233, X236, x222	
1:00-1:45	Senior Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750, x233, x236	
2:00-2:45	Balance with Robin In person only. Pre-registration required, 718-225-6750 x233, x236, x222	
FRIDAYS		
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x233, x236, x222	
10:30-11:30	Men's Forum Get together with your peers to discuss common interests, experiences, and memories. In person only. Pre-registration required, 718-225-6750, x236	
11:30-12:15	Chair Yoga with Karen In person only. Pre-registration required, 718-225-6750 x233, x236, x222	
1:00-2:00 Returning	Basic Ballroom Dancing with Dottie & Charlie Space is Limited. Pre-registration required, 718-225-6750 x233, x236, x222	
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x 233, x236	

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 MAY 26
11:00-12:00	Brainworks May 5, 19 June 9, 23 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 May 12 Reconnect with the joy of play, through board games, brain teasers & other interactive activities while reducing stress, boosting cognitive function, and 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 May 6, 20 June 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 May 13 "Maybe I Do" May 27 "Dave" Special Time: 12:00-2:15 June 17 "Little Women"	
WEDNESDAYS		
11:00-12:00	A Taste of Israel with Amit May 7, 21 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	
1:00-2:00	Book Ends Express your thoughts and feelings about our current selection: May 21 "The Lion Women of Tehran" by Marjan Kamali 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		
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. May 2 May 30 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, May 26 for Memorial 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		NO CLASSES MAY 26
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	Reminiscence Virtual & In person for Deepdale Cares members only Share cherished memoires, stories, and life experiences. Zoom Link: & Meeting ID:	
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 May 6 Presentation: "Nourish from Within" May 20 11:00am-1:00pm Presentation: "May Your Plate Be Colorful" Learn how to add vibrant, nutritious foods to your diet with this engaging presentation and live cooking demonstration. June 3 Presentation: "Tropical Vibes: Summer Health Essentials" June 17 11:00 am -1:00 pm Presentation: "Summer Nutrition" and Cooking Demo Demonstration: "Watermelon Feta 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 May 13 In person for Deepdale Cares members only	
WEDNESDAYS		
10:00	Mah Jong In person for Deepdale Cares for members only	
11:00 New	Gardening Get your hands dirty and enjoy the beauty of nature while tending to our community garden. In person for Deepdale Cares 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	No class May 21
2:00-3:00	Book Club with Felice Jackson May 28 "The Librarian Spy" by Madeline Martin June 5 "They're Going to Love You" by Meg Howrey 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	
11:00-12:00 New	Tai Chi with Catherine Dunckley 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		
10:00-11:00	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	
10:00	Dominoes In person for Deepdale Cares members only	
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 Monday , May 26 for Memorial Day



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 MAY 26
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 May 12, June 9	
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. May 19, June 30	
TUESDAYS		
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 May 13 <u>Presentation</u> : "How to Improve Your Blood Pressure with Food" May 27 <u>Demonstration</u> : "Rainbow Veggie Wraps" June 10 <u>Presentation</u> : "Summer Nutritional Prep: Stay Energized in the Heat" June 24 <u>Demonstration</u> : "Watermelon and Feta Salad with Mint"	
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 May 20, June 17 Book titles will be announced at the previous month's Book Club meeting or can be found on May & June CAP calendars.	
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 May 21, June 18	
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 May & June calendars for more information. Pre-registration required 718-352-4157	
FRIDAYS		
10:00-10:45	Guided Meditation with Gretchen Brown May 16, June 20 Relax, tune into your breath & focus your mind. In person at CAP. Pre-registration required 718-352-4157	
10:00-11:00 New Time	Veterans' Group with Jaimeson Champion, LMSW May 9, June 13	
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	
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 May 30, June 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 Monday, May 26 for Memorial 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		NO CLASSES MAY 26
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. May 5 June 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! May 12, 19 June 9, 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. May 5, 19 June 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 May 6, 13, 20 June 3, 10, 17 Pre-registration required 718-225-6750 ext 540	
11:00-12:00	Health Chat with Maureen Schneider May 27 "Spinal Stenosis" June 24 "Hearing Loss" 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	
THURSDAYS		
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only May 1 <u>Presentation</u> : How to Improve Your Blood Pressure with Food <u>Demonstration</u> : Rainbow Veggie Wrap with Hummus May 29 <u>Presentation</u> : Mindful Eating and How It Affects Digestion and Well Being <u>Demonstration</u> : Kani Salad June 5 <u>Presentation</u> : Summer Nutritional Prep: Stay Energized in the Heat <u>Demonstration</u> : Watermelon Feta Salad June 26 <u>Presentation</u> : Super Foods and Summer Fruits for Longevity <u>Demonstration</u> : Tempeh Stir Fry	
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. May 8, 15, 22 June 12 In person at Sam Field for NORC WOW members only. No group May 1, 29, June 5, 26	
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 May 23 "ALS Awareness" May 30 "Lyme Disease" June 6 "Asthma & Allergies" June 13 "Migraines vs Headaches" June 27 "Women's Health"	
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! May 16 "Healthy Aging" In honor of Older Americans Month June 20 "Alzheimer's & Brain Health" 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, May 26 for Memorial Day

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

May 15 Caring for your Bones and Joints: Maintaining bones and joint health to keep you active and strong
June 18 Sun Smarts - Protecting Your Skin This Summer: Choosing the right sunscreen, protect your skin, and spot signs of sun damage.

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)

May 23 ALS Awareness May 30 Lyme Disease

June 6 Asthma & Allergies June 13 Migraines vs Headaches June 27 Women's Health

Zoom: <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

May 16 Healthy Aging In honor of Older Americans Month June 20 Alzheimer's & Brain Health
Complimentary blood pressure monitoring following the health chat

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

Tuesdays, 11:00 am May 27 Spinal Stenosis June 24 Hearing Loss

Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

Health Chat with VNS: Wednesday, June 11, 2:00 pm (organized by DDC)

Indoor Air Quality in Your Home: How to breathe easier and keep your home environment safe and healthy.

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

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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 May 26

- 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
- 1:00-1:45 Dance Fitness with Lori In Person only at Sam Field **No class May 20**
- 2:00-2:45 Mindful Yoga with Lori. In person only at Sam Field **No class May 20**

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 **No class May 22**
- 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

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