



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

**July
August
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

"July Fourth on the Third" Luncheon at Bay Terrace

Thursday, July 3, 12:15-1:15pm

Pre-registration required, 718-423-6111 x228, x242, x225, x223

Summer Paint Party at Bay Terrace

Tuesday, July 8, 2:00-3:30pm

Space is limited. Pre-registration required, 718-423-6111 x225, x228, x242, x223

Ice Cream Party at Central Queens, Tuesdays following lunch

July 8, August 12

Start the summer months with some yummy ice cream, fun toppings and music from the 60s!
In person at **Central Queens**. Register with Ellen, 718-268-5011 x160

Luncheon at Chosen Gardens, Tuesday, July 15 at 12:30pm (organized by CQ)

Join us at our local Chinese restaurant in Forest Hills.

\$25 per person includes lunch and tip

Pre-registration required. Call Ellen, 718-268-5011 x160.

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

In person at Bay Terrace. **Tuesday, August 5, 2:00-3:30pm**

Learn about what kind of funds are held, how to claim your money and estate items
In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, x242, x225, x223

The NY Citizen Preparedness Training Program

August 6, 1:00-2:00pm

Learn tools and resources to prepare for any type of disaster or emergency, how to respond accordingly, as well as how to recover as quickly as possible to pre-disaster conditions.
In person at Sam Field. Pre-registration required, 718-225-6750 x236, x222

MET Art Box Program

Join us for our inaugural sessions of a new collaboration with the Met Museum.

Each month, our members will have the opportunity to participate in thought provoking discussions centered around the Met's artworks, followed by an interactive art project.

In person at Sam Field on July 9 and August 13, 1:00-2:30pm **(NEW TIME)**

Pre-registration required. 718-225-6750 x236, x222

In person at Bay Terrace on ***NEW DAY/TIME*** Tuesdays, July 29 and August 26, 2:45-4:30pm

Pre-registration required, 718-423-6111 x228, 242, 225, 223

Falls Prevention presentation sponsored by Atria Senior Living in Great Neck

Tuesday, September 9, 1:00pm

In person at Sam Field. Pre-registration required, 718-225-6750 x236, x222

Please check your emails daily for class cancellations and program changes

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



Commonpoint is closed Friday, July 4

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
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
1:30-3:00 New Time	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 225, 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
3:30-4:30	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
TUESDAYS 星期二	
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. July 22, August 19 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. July 1, 15, 29 August 5, 12, 26 Pre-registration required, 718-423-6111 x228, 242, 225, 223
1:30-4:00 New Time	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 225, 223
2:45-4:30 New	MET Art Box with Elise Lev, LCSW & Winni Yang, LMSW In person only. July 29 August 26 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
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 July 31
10:00-11:00	Walk with Ease with Joan Walk for better health, improved fitness & less pain Meet at the Bay Terrace Older Adult Center For more info & to pre-register 718-423-6111 x 228
1:30-2:30	Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 225, 223
2:45-3:45	Remember the Times of Your Life with Elise Lev, LCSW In person & virtual No group July 31 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 NO CLASSES JULY 4	
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 attendance. Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-865 No group August 1
1:30-2:30	Reality Check Take some time to discuss your thoughts and hear from others about the hottest topics in the news today. In person only. Pre-registration required 718-423-6111 x228, 242, 225, 223
2:45-3:45	Arts & Crafts with Winni Get your creative juices flowing by joining us in a variety of projects. Beginner & experienced crafters are welcome. Pre-registration required. 718-423-6111 x225, x228 x242

Starting July 1, New Time for Congregate Lunch is 12:15-1:15pm
Bay Terrace is closed Friday, July 4

MONDAYS	
10:00-11:00	Musical Group with Candaceia Charles Resumes July 14 Pre-registration required, 718-225-6750 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 x236, x222
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. Pre-registration required, 718-225-6750 x236, x222
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. Pre-registration required, 718-225-6750 x236 Starting new form of Tai Chi July 1
10:00-10:45	Balance with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x222
11:00-11:45	Classic Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x222
1:00-1:45	Dance Fitness with Lori In person only. Pre-registration required, 718-225-6750 x236, x222
2:00-2:45	Mindful Yoga with Lori In person only. Pre-registration required, 718-225-6750 x236, x222
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 x236, x222
12:30-1:15	Senior Stretch with Gail In person & virtual. Pre-registration required, 718-225-6750 x236, x222
1:00-2:30	Art Appreciation with Marie Zanzel (on hiatus for the summer) Pre-registration required, 718-225-6750 x236, x222
1:30-2:30 New	MET Art Box with Wendy Lepper In person only. July 9 August 13 Pre-registration required. 718-225-6750 x236, x222
1:30-2:30	Bingo with Max In person at Sam Field July 16, August 20 Pre-registration required, 718-225-6750 x231
THURSDAYS	
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 x236, x222
1:00-1:45	Senior Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x222
2:00-2:45	Balance with Robin In person only. Pre-registration required, 718-225-6750 x236, x222
FRIDAYS	
NO CLASSES JULY 4	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 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 x236, x222
1:00-2:00	Basic Ballroom Dancing with Dottie & Charlie (on hiatus for the summer, returning September 5)
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x236

Sam Field Center is closed Friday, July 4

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+.

11:00-12:00	Brainworks July 7, 21 August 11, 25 Join us as we keep our minds sharp and active. In person at Central Queens. Pre-registration required, call Ellen 718-268-5011 x160
12:00-12:45	Lunch on Mondays In person. Please note: lunch is first come first served. Pre-registration required, call Ellen 718-268-5011 x160
	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 July 8, 22 August 5, 19 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 July 1 "Nonnas" July 29 "Enchanted April" August 12 "Emma" Special Start Time 12:00 August 26 "Dressmaker"
	WEDNESDAYS
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: July 2 "The River We Remember" by William Kent Krueger August 27 "The Widows of Malabar Hill" by Sujata Massey 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	Mah Jong Games 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 JULY 4
10:15-11:30	Hot Topics 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. Please contact Ellen for more information and the Zoom link, 718-268-5011 x160
1:00-1:30	Welcome Shabbat A virtual gathering to restore your spiritual energy and enter a time of healing. July 18 August 22 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 Friday July 4

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	Reminiscence Virtual & In person for Deepdale Cares members only Share cherished memories, stories, and life experiences. Zoom Link: & Meeting ID: https://us02web.zoom.us/j/81258986764
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 July 1 Presentation: "Sizzling Summer Nutrition" Healthy hydration, summer fruits and veggies and eating for energy. July 15 11:00am-1:00pm Presentation: "Grill thrill: BBQ Nutrition Without the Guilt" and Cooking Demo. Demonstration: "Grilled Veggie Skewers with Lemon-Tahini Sauce" - A simple, nutrient-packed side dish. August 5 Presentation: "Sensational Snacks" Explore nutritious snack ideas for all ages, and how to balance energy and nutrition. August 13 11:00 am -1:00 pm Presentation: "The Power of Plant-Based: Summer's Bounty in Every Bite" and Cooking Demo Demonstration: "Chickpea Salad Sandwich" - A quick, healthy, plant-based lunch option. 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 August 13 In person for Deepdale Cares members only
WEDNESDAYS	
10:00	Mah Jong In person for Deepdale Cares for members only
11:00	Gardening Group 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
2:00-3:00	Book Club with Felice Jackson July 30 "By Chance Alone" by Max Eisen August 27 "A Woman is No Man" by Etan Rum 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	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	
NO CLASSES JULY 4	
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 Friday, July 4

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 July 14, August 18
2:00-3:00	Brain Games with Gretchen Brown In person. Pre-registration is required 718-352-4157
3:00-4:00 New Time	MET Art Box Activity & Discussion Group with Arianna Mann, LMSW. In person at CAP Library. July 28, August 25
	TUESDAYS
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 July 8 <u>Presentation</u>: "Sizzling Summer Nutrition" July 22 <u>Demonstration</u>: "Veggie Skewers with Lemon-Tahini Sauce" August 12 <u>Presentation</u>: "Sensational Snacks" August 26 <u>Demonstration</u>: "Chickpea 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 July 15, August 19 Book titles will be announced at the previous month's Book Club meeting or can be found on July & August 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 Arianna Mann, MSW In Person at CAP office. Pre-registration required 718-352-4157
12:00-1:00	Let's Get Connected Technology 101 with Gretchen Brown Interested in being more tech-savvy? Bring your tablet or smartphone, and we'll cover basic topics to help you get comfortable with being online. In person at CAP office. Pre-registration required. 718-352-4157
1:00-2:00	Men's Group with Jaimeson Champion, LMSW In person at the CAP office. Pre-registration required 718-352-4157
2:00-2:45	Cardio Fitness with Robin Stuelpner In person at CAP. Pre-registration is required 718-352-4157
3:00-4:00	Arts & Crafts with Gloria Newman In person in CAP library July 16, August 20
	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 July & August calendars for more information. Pre-registration required 718-352-4157
	FRIDAYS NO CLASSES JULY 4
10:00-10:45	Guided Meditation with Gretchen Brown July 18, August 15 Relax, tune into your breath & focus your mind. In person at CAP. Pre-registration required 718-352-4157
10:00-11:00	Veterans' Group with Jaimeson Champion, LMSW July 11, August 8
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 July 25, August 29

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 Friday, July 4



NORC WOW Scheduled Programs

Naturally Occurring Retirement Community With Out Walls

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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. July 7 August 4 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! July 14, 28 August 11, 25 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. July 7, 21 August 4, 18 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 July 8, 15 August 5, 12, 19 Pre-registration required 718-225-6750 ext 540
11:00-12:00	Health Tips with Maureen Schneider July 22 August 26 Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
WEDNESDAYS	
10:30-11:30z0	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 July 10 Presentation: Sizzling Summer Nutrition Demonstration: Hydration Foods July 31 Presentation: Grill & Thrill - Barbeque Without the Guilt Demonstration: Grilled Veggie Skewers with Lemon Tahini Sauce August 7 Presentation: Sensational Snacks Demonstration: Nutritious Snack Ideas August 28 Presentation: The Power of Plant-Based Diet Demonstration: Chickpea Salad
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. July 3, 17, 24 August 14, 21 In person at Sam Field for NORC WOW members only.
FRIDAYS	
NO CLASSES JULY 4	
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 July 18 "Heat Illness & Prevention" July 25 "Hepatitis: Symptoms & Treatment" August 1 "Partnering With Your Physician" August 15 "Chronic Lower Respiratory" August 22 "How to Spot Symptoms of A Stroke & Treatment" August 29 "Osteoporosis vs Osteoarthritis"
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! July 11 "Cataract: Signs, Symptoms & Treatment" August 8 "Skin Cancer: Prevention & Treatment" 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 Friday, July 4

July 2 **Glow Up: Skincare Tips for Healthy, Sun-Protected Skin**

An informative discussion on protecting your skin this summer.

August 13 **Beat the Heat: Summer Safety & Hydration Tips** Stay cool and safe during August's hottest days.

Learn how to prevent heat-related illnesses and stay properly hydrated.

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)

July 18 **Heat Illness & Prevention** July 25 **Hepatitis: Symptoms & Treatment** August 1 **Partnering With Your Physician**

August 15 **Chronic Lower Respiratory Diseases** August 22 **How to Spot Symptoms of a Stroke & Treatment**

August 29 **Osteoporosis vs Osteoarthritis**

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 Tips with Maureen Schneider (organized by NORC WOW)

Maureen will discuss healthy snack, health tips and more Tuesdays, 11:00 am July 22, August 26

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

Presentation: **CHAA-lenge Accepted!** Wednesday, July 23, 12:00 pm (organized by DDC)

Navigating the Path to Certified Healthcare Access with Caterina Raneri from Human Care

In person for Deepdale Cares members only. Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Presentation: **Elevating Homecare Together** with Michael Goldman, Director of Strategic Business Development, Private Pay Home Care at Helping I Homecare: Explore innovative strategies and insight to elevate private pay home care.

Wednesday, August 6, 12:00pm Let's shape the future of homecare-together

In person for Deepdale Cares members only. Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

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.

PRE-REGISTRATION is Required for All Classes

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

Monday

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

Tuesday

8:50-9:50 Tai Chi with Elaine Fleischman Virtual & In Person at Sam Field
 10:00-10:45 Balance with Robin Virtual & In Person at Sam Field
 11:00-11:45 Everyday Dance with Gail Virtual & In Person at Bay Terrace
 11:00-11:45 Classic Aerobics with Robin Virtual & In Person at Sam Field
 1:00-1:45 Dance Fitness with Lori In Person only at Sam Field
 2:00-2:45 Mindful Yoga 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 0 July 4

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	