



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

**September
October
2025**

SEPTEMBER IS FALL PREVENTION MONTH!

Danielle Ellman
Chief Executive Officer

Juanito Vargas
VP of Adult Programs

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Assistant Vice President,
Older Adult Services
718-225-6750 Ext 256

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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

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

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718-352-4157

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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

Fall 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, x233, x222

Fall Fling Tuesday, September 9, 12:00-1:30pm

In person at Central Queens. Let's celebrate the season with lunch and live music with DJ Russell!
\$3 suggested donation Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160

Spotlight on Igloos and Ice Hotels- Wednesday; September 10, 1:00-2:00pm (organized by CQ)

Pre-registration required., 718-268-5011 Shelly x421 or Ellen x160

An Afternoon of Music by Orpheus Reflections

Tuesday, September 16 11:30am-1:30pm

Orpheus Chamber Orchestra returns to Sam Field for an interactive program of classical works and well-known songs. Lunch served from 11:30am-12:15pm. Music starts at 12:30pm.
Suggested donation \$3. Pre-registration required, 718-225-6750 x222, x233

Introduction to Better Balance with Dr. Stanline Anto, DPT Wednesday, September 17 at 11:00am

Join us for an overview of Balance and Fall Prevention followed by
an individualized professional Balance Assessment.

In person at Central Queens, Pre-registration required., 718-268-5011 Shelly x421 or Ellen x160

Falls Prevention Seminar with Vivek Sukumaran, PT,DPT, TPI (organized by BTC)

Wednesday, September 17, 2:00-3:30pm

Join us for an engaging discussion regarding strategies aimed at preventing falls. In person at Bay Terrace.
Pre-registration required, 718-423-6111 x228, 242, 223

Estate Planning Seminar Monday, September 29, 12:30 pm in person at Central Queens

The Moskowitz Legal Group will present practical tips and insight on planning for your future.
Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160

Elder Maltreatment & Mistreatment presented by Elise Lev, LCSW

***NEW DATE* October 29, 2:00-3:00pm**

In person at Bay Terrace. Pre-registration required , 718-423-6111 x223, 228, 242

Flu & Covid Shots provided by Walgreens at Central Queens **Thursday, October 16, 10:00-11:30am**

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

Taking Care of Your Feet presented by Dr. Philip Schatz, DPM. **Tuesday, October 21, 11:00am-12:pm**

In person at Central Queens. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160

SAVE THE DATE: "Sensational Aging"

Health Fair - October 22, 10:30am-1:00pm In person at Sam Field

Watch your email and bulletin boards at all of our program sites for more details to come.

We would like to remind you that the staff at our Older Adult Centers are available to assist you with understanding and possibly applying for the Benefits and Entitlements for which you may qualify.

To learn more, please reach out to our staff:

Sam Field Social Worker, Alyssa Lombardo, MSW, 718-225-6750 x233,

Bay Terrace Program Director, Elise Lev, LCSW, 718-423-6111 x223,

Central Queens Program Director, Shelley Channan, LCSW 718-268-5011 x421



Please check your emails daily for class cancellations and program

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

Commonpoint is closed September 1 for Labor Day, September 23 & 24 for Rosh Hashanah, and October 2 for Yom Kippur

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



	MONDAYS 星期一	No classes September 1
10:00-10:45	Classic Exercise with Karen In person & virtual. Pre-registration required. 718-423-6111 x228, 242, 223	
10:00-11:30 New Time	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 223	
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223	
2:30-3:15	Yoga on the Mat with Robin Stuelpner In person & virtual (Bring your own mat) Pre-registration required. 718-423-6111 x228, 242, 223	
3:30-4:30	Women Supporting Women with Elise Lev, LCSW "There is no limit to what we, as women can accomplish". In person only. Pre-registration required 718-423-6111 x223, x228, x242	
	TUESDAYS 星期二	No classes September 23
10:00-1:00 New Time	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 223	
10:30-11:30 New	Sports Talk with Warren Let's gather to discuss various sports, breaking sports news and analysis. In person only. Pre-registration required. 718-423-6111 x 228, 242, 223	
11:00-11:45	Everyday Dance with Gail In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223	
1:30-2:30	Leisure Bingo In person. September 30 October 28 Pre-registration required. 718-423-6111 x 228, 242, 223	
1:30-2:30	The Pursuit of Trivia Come in and see what trivialities you may know. September 2, 9, 16 October 7, 14, 21 Pre-registration required, 718-423-6111 x228, 242, 223	
2:30-3:30 New	Introduction to Genealogy: Appreciating Your Roots Learn how to build your family tree. September 30 October 7, 14, 28 Pre-registration required, 718-423-6111 x228, 242, 223	
2:45-4:15	MET Art Box with Elise Lev, LCSW Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. . September 16 October 21 In person only. Pre-registration required. 718-423-6111 x228, 242, 223	
	WEDNESDAYS 星期三	No classes September 24
8:50-9:50	Tai Chi for Arthritis with Elaine Fleischman In person & virtual Pre-registration required 718-423-6111 x228, 242, 223	
10:00-10:45	Yoga Stretch with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 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, 223	No group September 17 & October 15
	THURSDAYS 星期四	No classes October 2
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, 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	
1:30-2:30	Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 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, 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, 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	
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, 223	

Starting September 2, Congregate Lunch is 12:00-1:00PM

Bay Terrace is closed September 1 for Labor Day, September 23 & 24 for Rosh Hashanah and October 2 for Yom Kippur

MONDAYS		No classes September 1
10:00-11:00	Musical Group with Candaceia Charles Pre-registration required, 718-225-6750 x222, x233	
10:30-11:30	Headlines & Hot Topics For more information and to be placed on the waiting list, call 718-225-6750 x256	
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 x222, x233	
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. Pre-registration required, 718-225-6750 x222, x233	
TUESDAYS		No classes September 23
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. Pre-registration required, 718-225-6750 x222	
10:00-10:45	Balance with Robin In person & virtual. Pre-registration required, 718-225-6750 x222, x233	
11:00-11:45	Classic Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x222, x233	
1:00-2:30 Special Day for September Only	MET Art Box Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. In person only. Pre-registration required. 718-225-6750 x222, x233 September 9	
1:00-1:45	Dance Fitness with Lori In person only. Pre-registration required, 718-225-6750 x222, x233	
2:00-2:45	Mindful Yoga with Lori In person only. Pre-registration required, 718-225-6750 x222	
WEDNESDAYS		No classes September 24
10:30-11:45	Single Seniors In person at Sam Field. For more information and to be placed on the waiting list, 718-225-6750 x222	
11:00-11:45	Everyday Dance with Gail In person & virtual. Pre-registration required, 718-225-6750 x222, x233	
12:30-1:15	Senior Stretch with Gail In person & virtual. Pre-registration required, 718-225-6750 x222, x233	
1:00-2:30 Returning	Art Appreciation with Marie Zanzel September 10 October 8 Pre-registration required, 718-225-6750 x222, x233	
1:00-2:30	MET Art Box Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. In person only. Pre-registration required. 718-225-6750 x222, x233 October 29	
1:30-2:30	Bingo with Max In person at Sam Field September 17 October 15 Pre-registration required, 718-225-6750 x231	
THURSDAYS		No classes October 2
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 x222, x233	
1:00-1:45	Senior Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x222, x233	
2:00-2:45	Balance with Robin In person only. Pre-registration required, 718-225-6750 x222, x233	
FRIDAYS		
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x222, x233	
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, x222, x233	
11:30-12:15	Chair Yoga with Karen In person only. Pre-registration required, 718-225-6750 x222 x233	
1:00-2:00 Returning	Basic Ballroom Dancing with Dottie & Charlie Pre-registration required, 718-225-6750 x222, x233 Returning September 5	
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x222, x233	

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 September 1
11:00-12:00	Brainworks September 8, 22 October 6, 20 Join us as we keep our minds sharp and active. In person at Central Queens. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
11:00-12:00	Master Your Mind September 15, 29 October 13, 27 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. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
12:00-12:45	Lunch on Mondays In person. Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
	TUESDAYS	No classes September 23
10:00-11:00 New	Caregiver Support Group facilitated by Shelly Channan, LCSW In person at Central Queens. A 10-week cycle group for those who care for individuals with chronic illness. Pre-registration required, call Shelly Channan 718-268-5011 x421	
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, 718-268-5011 Shelly x421 or Ellen x160	
12:30-1:30	Bingo September 2, 30 October 28 In person at Central Queens Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
12:15-2:15	Movie Matinee In person at Central Queens. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160 September 16 "Mission Impossible (2015)" October 21 "Sliding Doors"	
	WEDNESDAYS	No classes September 24
10:00-11:00	Book Ends Express your thoughts and feelings about our current selection: October 29 "How To Read a Book" by Monica Wolf 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	
11:00-12:00	PD Support Group For caregivers and those with Parkinson's Disease. Share information, knowledge & insights. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x 160 Zoom: https://us02web.zoom.us/j/81625373986 Meeting ID: 816 2537 3986# By phone: 646-558-8656	
12:45-2:15	Israeli Dance with Honey Goldfein In person at Central Queens. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
	THURSDAYS	No classes October 2
11:00-12:00 New	Bereavement Support Group facilitated by Shelly Channan, LCSW In person at Central Queens. This group is for spousal bereavement only. Pre-registration required, call Shelly Channan 718-268-5011 x421	
12:00-12:45	Lunch on Thursdays In person. Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
12:00-2:15	Mah Jong Games In person at Central Queens Pre-registration required, 718-268-5011 Shelly x421 or Ellen x 160	
1:00-2:30	Hebrew Ulpan for beginners through advanced students. In person at Central Queens. Pre-registration required, Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160	
	FRIDAYS	
10:15-11:30	Hot Topics In person at Central Queens. Pre-registration required, 718-268-5011 Shelly x421 or Ellen 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. September 19 October 10 Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656	

Central Queens is closed September 1 for Labor Day, September 23 & 24 for Rosh Hashanah and October 2 for Yom Kippur

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 September 1
10:00-11:00	Meditation & Stretching 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	No classes September 23
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 September 2 Presentation: Fall Into Health: "Autumn Super Foods You Can't Miss" September 16 11:00am-1:00pm Presentation: "Balanced Breakfasts for Busy Days" October 7 11:00 am -1:00 pm Presentation: "Harvesting Health: Sukkot Feast" October 21 Presentation: "Boost Your Immunity" 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	Book Club with Felice Jackson September 30 "We Were the Lucky Ones" by Georgia Hunter October 29 "The Three Mothers" by Anna Malaika Tubbs Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 In person for Deepdale Cares members only	
	WEDNESDAYS	No classes September 24
10:00	Mah Jong In person for Deepdale Cares for members only	
12:00	Spanish Lesson 101 Presentation Virtual & In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	
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	Brain Games: Trick or Trivia Virtual & In person for Deepdale Cares member only Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	No class October 29
	THURSDAYS	No classes October 2
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	
1:00	Brain Games: Hispanic Culture Trivia Fiesta 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	

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 September 1 for Labor Day, September 23 & 24 for Rosh Hashanah and October 2 for Yom Kippur

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 September 1
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	
2:00-3:00	Brain Games with Gretchen Brown In person. Pre-registration is required 718-352-4157	
3:00-4:00	MET Art Box Activity & Discussion Group with Arianna Mann, LMSW. In person at CAP Library. September 29, October 27	
	TUESDAYS	No classes September 23
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 September 9 Presentation: "Fall into Health: Autumn Superfoods" September 30 Demonstration: "Overnight Oats with Mixed Berries and Nuts" October 14 Presentation: "Brain Health and Food" October 28 Demonstration: "Rainbow Salad with Pomegranate and Apple"	
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 September 16, October 21 Book titles will be announced at the previous month's Book Club meeting or can be found on September & October CAP calendars.	
2:30-4:30	Mah Jong with Arianna Mann. In person at CAP. Pre-registration required 718-352-4157	
	WEDNESDAYS	No classes September 24
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 September 17, October 15	
	THURSDAYS	No Classes October 2
9:30-10:30	Walking Group with Gretchen Brown. Pre-registration is required. Meet in the CAP community room.	
1:00	Movie Matinee See CAP's September & October calendars for more information. Pre-registration required 718-352-4157	
2:30-3:30 New Day & Time	Monthly Health Chat with Jane Emmerth, RN. In person at CAP Library. September 4 October 2 Pre-registration required 718-352-4157	
	FRIDAYS	
10:00-10:45	Guided Meditation with Gretchen Brown September 19, October 17 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 September 12, October 10	
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 September 26, October 31	

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.

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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 September 1
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. September 8 October 6 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! September 15, 29 October 13, 20 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. September 8, 22 October 6 Pre-registration required 718-225-6750 ext 540	
TUESDAYS		No classes September 23
11:00-12:00	Current Events An opportunity for NORC WOW clients to get to know one another and chat about current headlines. This group meets in person at Sam Field September 2, 9, 16 October 7, 14, 21 Pre-registration required 718-225-6750 ext 540	
11:00-12:00	Health Tips with Maureen Schneider September 30 October 28 Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889	
WEDNESDAYS		No classes September 24
10:30-11:30	Giving Back: Volunteer Hour Program Interested in volunteering? Join NORC WOW members to assist our agency's Volunteer Service Department while socializing with peers. In person at Sam Field. For more information, 718-225-6750 x540	
THURSDAYS		No Classes October 2
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only September 4 Presentation: Fall Into Health Autumn Superfoods You Can't Miss Demonstration: Autumn Harvest Salad September 18 Presentation: Balanced Breakfast for Busy Days Demonstration: Overnight Oats with Mixed Berrie & Nuts October 16 Presentation: Brain Health Demonstration: Rainbow Salad October 30 Presentation: Boost Your Immunity: Nutrition for Cold & Flu Season Demonstration: Cold & Flu Healing Soup	
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. September 11, 25 October 9, 23 In person at Sam Field for NORC WOW members only.	
FRIDAYS		
11:00-12:00	Health Chat with Jawwad Butt, RN In person at Sam Field for NORC WOW members only and on zoom. Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889 September 5 Fall Prevention September 19 Blood Disorders September 26 Healthy Gut	
11:00-12:00 New	Navigating Your Health with Jawwad Butt, RN Program nurse discuss helpful ways you can use technology to navigate your health. Starting in October Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889 Starting in October	
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! September 12 "Cholesterol Education" October 3 "Cold vs Flu" 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 September 23 & 24 for Rosh Hashanah and October 2 for Yom Kippur

Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)
September 10 **Healthy Aging** October 8 **Breast Cancer Awareness**
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

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Health Chat: **Audiology & Hearing Loss** facilitated by Denise Passerieux, AuD.,CCC-A,FAAA
from St. John's University Speech and Hearing Center Tuesday, September 30, 11:00am
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Health Chat with Jawwad Butt, RN, Fridays, 11:00am - 12:00 pm (organized by NORC WOW)
September 5 **Fall Prevention** September 19 **Blood Disorders** September 26 **Healthy Gut**
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

Navigating Your Health with Jawwad Butt, RN (organized by NORC WOW)
Fridays, 11:00am -12:00pm, **Starting in October**
Program nurse discuss helpful ways you can use technology to navigate your 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
September 12 **Cholesterol Education** October 3 **Cold vs Flu**
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 September 30 October 28
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

Health Chats Sponsored by VNS Health and Facilitated by the NYC Department of Health
Wednesday, September 17, 11:00am **Fall Prevention for Older Adults**, Tuesday October 28, 11:00 am **Healthy Homes Overview**
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, x222 - For Bay Terrace - 718-423-6111, x 228, 242, 225,223

Monday No classes September 1

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 No classes September 23

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 No classes September 24

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

Thursday No classes October 2

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

Friday

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

PRE-REGISTRATION is Required for All Classes

For Sam Field - 718-225-6750, x 233, 222 - 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	