



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

**November
December
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

How To Decide When to Consider Assisted Living Monday, November 3, 12:30-1:30pm
A specialist in senior living will address us on how to determine when the time is right for assisted living.
In person at Central Queens. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160

Flim Flams & Elder Scams presented by Elise lev, LCSW November 3, 1:00pm
Join us for a discussion on Elder Scams and how we might avoid them.
In person at SAM FIELD Pre-registration required, 718-225-6750, x233, x236

The Benefits of Holistic Health, Wednesday, November 5, 1:00-2:15pm
An educational seminar presented by Pharmacist Anthony Varikos, RPh of Jericho Chemists
In person at Sam Field. Pre-registration required, 718-x233, x236, x222

Holiday Season Kickoff: Lunch and a Movie at Sam Field Monday, November 10 11:45am
"The Most Wonderful Time of the Year" starring Henry Winkler
Pre-registration required by November 4, 718-225-6750, x233, x236, x222 Suggested donation \$2.50 for lunch

Virtual Juilliard Musical Performance (organized by CQ)
Tuesday, November 11, 12:00pm and Wednesday, November 19, 12:00pm
For more information, 718-268-5011 Shelly x 421 or Ellen X160
Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Spotlight on Natural Wonders Wednesday, November 12, 1:00-2:00pm (organized by CQ)
A virtual presentation of the Northern Lights, Everest and Victoria Falls.
Pre-registration required., 718-268-5011 Shelly x421 or Ellen x160
Zoom Link: <https://us02web.zoom.us/j/9416378919?omn=81079419794> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Benefits & Entitlements presented by Kim Lerner, LMSW, Director - Benefits Outreach Program, LiveOn NY
Wednesday, December 17 2:00pm Do you qualify for public benefits and entitlements?
In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 223

Estate Planning Seminar presented by the Moskowitz Legal Group, Monday, November 17, 12:30pm
Practical tips and insights on planning for your future, focusing on Trusts & Medicaid.
In person at Central Queens For more information 718-268-5011 Shelly x421 or Ellen x160

Pre-Thanksgiving Celebration at Sam Field - Tuesday, November 18, 11:45am-1:45pm
Enjoy a festive holiday meal and music with Squeaky Clean Lunch: 11:45am Music: 12:45pm
Suggested donation \$3. In person at Sam Field. Pre-registration required by Nov. 11, 718-225-6750, x233, x236, x222

Gobble, Gobble Thanksgiving Luncheon at Bay Terrace, Tuesday, November 18, 12:00-1:00pm
Join us for a festive holiday luncheon. Pre-registration required by November 11, 718-423-6111 x228, x242.
You must be a registered member of the Older Adult Center at Bay Terrace

Friendsgiving at Central Queens: Lunch & Live Music with Mike Zuko from Lee Perry Gross Music
Thursday, November 20, 12:00pm Join us for an in person celebration of gratitude and friendship!
Suggested donation \$3. Pre-registration required., 718-268-5011 Shelly x421 or Ellen x160

Holiday Party at Sam Field with DJ Russell, Tuesday, December 16, 11:45am-1:45
Lunch: 11:45am-12:30pm Music: 12:45-1:45pm Suggested donation \$3
Pre-registration required by December 9, 718-225-6750 x233, x236, x222

Community Chanukah Celebration Wednesday, December 17, 12:00-1:30 pm
In person at Central Queens. Celebrate Chanukah with fun and surprises.
Space is Limited. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160 \$3 suggested donation

Chinese Food and a Movie at Sam Field Thursday, December 25 11:45am "Mamma Mia"
Pre-registration required by December 16, 718-225-6750, x233, x236, x222 Suggested donation \$2.50

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, LMSW, 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



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

Please check your emails daily for class cancellations and program changes

Commonpoint is closed Thursday November 27 for Thanksgiving. See individual programs for other closures.

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



MONDAYS 星期一	
10:00-10:45	Classic Exercise with Karen In person & virtual. Pre-registration required. 718-423-6111 x228, 242, 223
10:00-11:30	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 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 No group November 10
TUESDAYS 星期二	
10:00-1:00	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 223
10:30-11:30	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. November 11 December 23 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. November 4, 25 December 9, 30 Pre-registration required, 718-423-6111 x228, 242, 223
2:30-3:30	Introduction to Genealogy: Appreciating Your Roots Learn how to build your family tree. November 4, 11, 18 December 9, 23, 30 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. . November 25 December 16 In person only. Pre-registration required. 718-423-6111 x228, 242, 223
WEDNESDAYS 星期三	
9:00-9:50	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 November 12
THURSDAYS 星期四	
No Classes November 27 & December 25	
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 In Person and Virtual 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	
NO CLASSES NOVEMBER 28	
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. 718-423-6111 x223, x228 Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-865 No group December 19
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

Bay Terrace is closed Thursday and Friday November 27 & 28 for Thanksgiving
and December 25 for Christmas

MONDAYS	
10:00-10:50	Musical Group with Candaceia Charles Pre-registration required, 718-225-6750 x236, x233
10:30-11:30	Headlines & Hot Topics For more information call 718-225-6750 x236
11:00-11:45	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, x233
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. Pre-registration required, 718-225-6750 x236, x233 No Class November 3, 10
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. Pre-registration required, 718-225-6750 x236, x233
10:00-10:45	Balance with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x233
11:00-11:45	Classic Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x233
1:00-2:30 Special Day	MET Art Box December 9 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 x233, x236
1:00-1:45	Dance Fitness with Lori In person only. Pre-registration required, 718-225-6750 x236, x233
2:00-2:45	Mindful Yoga with Lori In person only. Pre-registration required, 718-225-6750 x236, x233
WEDNESDAYS	
10:30-11:45	Single Seniors In person at Sam Field. Pre-registration required, 718-225-6750 x236
11:00-11:45	Everyday Dance with Gail In person & virtual. Pre-registration required, 718-225-6750 x236, x233
12:45-1:30 New Time	Senior Stretch with Gail In person & virtual. Pre-registration required, 718-225-6750 x236, x233
1:00-2:30	Art Appreciation with Marie Zanzel November 12 December 10 Pre-registration required, 718-225-6750 x236, x233
1:00-2:30	MET Art Box November 19 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 x236, x233
1:30-2:30	Bingo with Max In person at Sam Field November 19 December 17 Pre-registration required, 718-225-6750 x231
THURSDAYS	
No classes November 27	
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, x233
10:00-2:00	Mah Jong and Canasta In person at Sam Field. Suggested donation of \$3 includes lunch. Players are encouraged to register as a group of four. Space is limited. Pre-registration required, 718-225-6750, X236, X233
1:00-1:45	Senior Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x236, x233
2:00-2:45	Balance with Robin In person only. Pre-registration required, 718-225-6750 x236, x233
FRIDAYS	
No classes November 28	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x236, 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, x236, x233
11:30-12:15	Chair Yoga with Karen In person only. Pre-registration required, 718-225-6750 x236, x233
1:00-2:00	Basic Ballroom Dancing with Dottie & Charlie Pre-registration required, 718-225-6750 x236, x233
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x236, x233

Sam Field Center is closed Thursday and Friday November 27 & 28 for Thanksgiving

Central Queens Older Adult Center

718-268-5011 x421, x160

Central Queens Older Adult Center aims to offer fresh, innovative and engaging programs for our participants. We offer a full range of social, cultural, recreational and educational activities that have been carefully designed to address the specific needs of adults aged 60+.

Mondays	
11:00-12:00	Brainworks November 3, 17 December 1, 15, 29 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 November 10, 24 December 8, 22 In person. Reconnect with the joy of play, through board games, brain teasers & other interactive activities while reducing stress, boosting cognitive function, and enhancing overall health. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160
12:00-12:45	Lunch on Mondays Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Shelly x421 or Ellen 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, 718-268-5011 Shelly x421 or Ellen x160
12:30-1:30	Bingo November 11, 25 December 23 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 November 4 "My Sailor My Love" November 18 "Maria" December 2 "Ezra" December 16 "One Life" December 30 "Driving Miss Daisy"
WEDNESDAYS	
10:00-11:00	Book Ends Express your thoughts and feelings about our current selection: December 10 "James" by Percival Everett 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
11:00-12:30	A Taste of Israel with Eden Ezra In person. Share in the sights, scents, sounds and tastes of Israel with our own emissary, Eden Ezra. For more information and to register call 718-268-5011 Shelly x421 or Ellen x160
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 November 27	
11:00-12:00	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
11:00-2:15	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. November 14 December 19 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

Luncheon at Chosen Gardens, Tuesday, December 9 at 12:30pm Join us at our local Chinese restaurant in Forest Hills.
\$25 per person includes lunch and tip Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160

Central Queens is closed Thursday November 27 for Thanksgiving

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 & 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 Training 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
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 November 5 Presentation: "Heart Health for the Holidays" November 18 11:00am-1:00pm Presentation: Satisfying Sides: "Healthy Holiday Recipes" December 2 Presentation: "Eating Well Through Winter" December 16 11:00 am -1:00 pm Presentation: "Comfort Foods with a Healthy Twist" 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 November 26 "The Memory Dress" by Jade Beer December 31 "This Motherless Land" by Nikki May Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 In person for Deepdale Cares members only
WEDNESDAYS	
No classes December 24	
10:00	Mah Jong In person for Deepdale Cares for members only
1:00-1:45	Dance Fitness with Lori Rietwyk Virtual & In Person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
THURSDAYS	
No classes November 27 and December 25	
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	
9:30	Mah Jong In person for Deepdale Cares for members only
10:00-11:00	Stay Active & Independent for Life (SAIL) Exercise with Catherine Dunckley of Northwell Health. Virtual & In person for Deepdale Cares members only. Zoom: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
10:00	Dominoes In person for Deepdale Cares members only

Property Tax Exemptions Demystified with Kim Lerner, Director-Benefits Outreach Program at LiveOn NY
Wednesday, December 10, 11:00am

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

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 Thursday November 27 for Thanksgiving and
Wednesday and Thursday December 24 & 25 for Christmas**



Clearview Assistance Scheduled Programs

718-352-4157



CAP NORC Supportive Service Program offers social work, nursing, educational and recreational services free of charge to all individuals 60 years of age and older living in the Clearview Gardens Cooperative. Our program's goal is to help older adults remain safely in their own homes as long as possible.

	MONDAYS
10:30-11:30	Crochet and Knitting 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. November 24, December 22
	TUESDAYS
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 November 11 <u>Presentation</u> : "Heart Health for the Holidays" November 25 <u>Demonstration</u> : "Colorful Roasted Vegetables and Quinoa" December 9 <u>Presentation</u> : "Eating Well Through Winter" December 23 <u>Demonstration</u> : "Cauliflower and Chickpea Curry"
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 November 18, December 16 Book titles will be announced at the previous month's Book Club meeting or can be found on November & December 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, LCSW 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 November 19, December 17
	THURSDAYS No Classes November 27 and December 25
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 November & December calendars for more information. Pre-registration required 718-352-4157
2:30-3:30	Monthly Health Chat with Jane Emmerth, RN. In person at CAP Library. November 6, December 4 Pre-registration required 718-352-4157
3:00-4:00 New	Games Galore! Meet in the CAP library. Pre-registration is required
	FRIDAYS
10:00-10:45	Guided Meditation with Gretchen Brown November 21, December 19 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, LCSW November 14, December 12
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 November 21, December 19

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 Thursday and Friday November 27 & 28 for Thanksgiving and Thursday December 25 for Christmas



NORC WOW Scheduled Programs

Naturally Occurring Retirement Community With Out Walls

718-225-6750 x 540

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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. November 3 December 8 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! November 17 December 1, 15 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. November 10, 24 December 8, 22 Pre-registration required 718-225-6750 ext 540
	TUESDAYS
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 November 4, 11, 18 December 2, 9, 16, 23 Pre-registration required 718-225-6750 ext 540
11:00-12:00	Health Tips with Maureen Schneider November 25 December 30 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 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 November 27 and December 25	
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only November 6 <u>Presentation</u> : Heart Health <u>Demonstration</u> : Quinoa with Colorful Veggies November 20 <u>Presentation</u> : Satisfying healthy Holiday Swaps <u>Demonstration</u> : Thanksgiving Turkey & Veggies December 4 <u>Presentation</u> : How to Build Your Immune System During the Cold Winter Months <u>Demonstration</u> : Immune Boosting Ginger Veggie Lentil Soup December 18 <u>Presentation</u> : Comfort Foods with a Healthy Twist <u>Demonstration</u> : Cauliflower Chickpea Curry
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. November 13 December 11 In person at Sam Field For NORC WOW members only.
	FRIDAYS
NO CLASSES NOVEMBER 28	
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 November 14: Irritable Bowel Syndrome: Symptoms & Causes November 21: Seasonal Depression December 12: Older Adult: Top Health Concerns December 19: Winter Health Tips December 26: Holiday Stressors
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! November 7 "Osteoporosis: Symptoms & Treatment" December 5 "Migraines vs Headache vs Tension Headaches" Complimentary blood pressure monitoring following the health chat

In person programs are 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 Thursday and Friday November 27 & 28 and Thursday December 25

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Health Chat: Fall Prevention with Robin Evans, PT, DPT, GCS, CEEAA, AVPT from Ivy Rehab
Wednesday, November 5, 11:00am (organized by DDC)

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

Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)
November 12: Diabetes Prevention & Management December 17: Seasonal Affective Disorder
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)
November 21: Seasonal Depression December 12: Older Adults: Top Health Concerns
December 19: Winter Health tips December 26: Holiday Stressors
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
November 7: Osteoporosis: Symptoms & Treatments December 5: Migraines vs Headaches vs Tension Headaches
Complimentary blood pressure monitoring following the health chat

Health Tips with Maureen Schneider (organized by NORC WOW)
Maureen will discuss healthy snacks, health tips and more Tuesdays, 11:00 am November 25 December 30
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

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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.

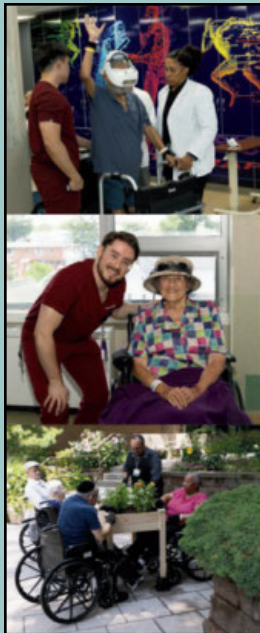
We are offering an in person Adult Child Caregiver Support Group every other Wednesday from 2:30-3:45 pm.

For more information call Michele Molho at 718-225-6750 x243 or email mmolho@commonpoint.org.



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★★★★★
Very clean and friendly environment. The staff are all marvelous, especially the CNAs which needs immense patience to do their work thoroughly. - JR

★★★★★
Margaret Tietz is a well-run rehab facility. The nurses, nurse aides, doctors, & staff are kind and attentive. The OT, PT, and ST services are excellent. Our needs are being met! Highly recommend this center! - AH

★★★★★
My sister has only been in rehab 2 days but everyone from front desk to housekeeping staff have been amazing. The nursing staff is gentleman extremely accommodating! - AC

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PRE-REGISTRATION is Required for All Classes

For Sam Field - 718-225-6750, x 233, 236, 222 - 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
 12:45-1:30 Senior Stretch with Gail Virtual & In Person at Sam Field New Time

Thursday No classes November 27 & December 25

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 November 28

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, 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	