



**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

January  
February  
2026

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 Pizzutello  
Program Director  
Early Stage Memory Care  
Program  
718-225-6750 Ext 387

Jamie Cooperman  
Program Director  
Family Respite Program  
718-225-6750 Ext 221



### New Year's Celebration at Sam Field with Live Music by Joe Pace

Thursday, January 8, 11:45am-1:45pm

Lunch: 11:45am-12:30pm Music: 12:45-1:45pm Suggested donation \$3.

Pre-registration required by December 29 718-225-6750 x233, x236, x222

### Elder Abuse Awareness with Deepa Singh, MSW

(organized by DDC)

Wednesday, January 7, 11:00am

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 738

### Living the Dream: Service in Action, Wednesday, January 14, 11:00am

A meaningful and inspiring program highlighting the power of service & volunteerism in our community. Kathy Martinovich, Volunteer Coordinator, Commonpoint Sam Field Center and Gina Fuentes Walker, Call Center Manager, Invisible Hands by Commonpoint, will share opportunities to get involved, the impact of volunteer programs, & how small acts of service can make a difference.

Zoom Link: <https://us02web.zoom.us/j/87119007383> (organized by DDC)

### Let's Go Shopping! Monday, January 19, 10:00am

(organized by CQ)

We are heading to the Queens Center Mall followed by lunch at Central Queens.

\$3 includes the trip and lunch. Space is limited.

Pre-registration is a must 718-268-5011 Shelly x421 or Ellen x160

### Heart's Day Party at Sam Field with Angela LoBianco

Tuesday, February 10 11:45am-1:45pm

Lunch: 11:45am-12:30pm Music: 12:45-1:45pm Suggested donation \$3.

Pre-registration required by February 3, 718-225-6750, x233, x236, x222

### XOXO - Hugs and Kisses Celebration with DJ Russell

Tuesday, February 10, 12:00-1:15pm

A celebration of friendship with live music and lunch. In person at Central Queens  
Space is Limited. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160 Suggested donation \$3

### Medicare Made Easy with Gil Kunken (HICAP)

(organized by DDC)

Wednesday, February 11, 12:00pm

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 738

### In Recognition of Lunar New Year, Wednesday, March 4, 1:00pm

Join us for a live performance by artists from the NY Chinese Cultural Center.

In person at Sam Field. Pre-registration required 718-225-6750, x233, x236, x222

Suggested donation \$3.

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 January 1 for New Year's Day. See individual programs for other closures.

MONDAYS 星期一	
10:00-10:45	Classic Exercise with Karen In person & virtual. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223
10:00-11:30	Conversational Yiddish for Beginners with Chana Ramon In person only <b>Pre-registration required.</b> 718-423-6111, 228, 242, 223
1:30-2:15	Senior Circuit with Karen In person & virtual <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223
2:30-3:15	Yoga on the Mat with Robin Stuelpner In person & virtual (Bring your own mat) <b>Pre-registration required.</b> 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. <b>Pre-registration required</b> 718-423-6111 x223, x228, x242 No group January 19
TUESDAYS 星期二	
10:00-1:00	Leisure Canasta In person at Bay Terrace. <b>Pre-registration required,</b> 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. <b>Pre-registration required.</b> 718-423-6111 x 228, 242, 223
11:00-11:45	Everyday Dance with Gail In person & virtual <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223
1:30-2:30	Leisure Bingo In person. January 20 February 17 <b>Pre-registration required.</b> 718-423-6111 x 228, 242, 223
1:30-2:30	The Pursuit of Trivia Come in and see what trivialities you may know. January 6 February 3, 10 <b>Pre-registration required,</b> 718-423-6111 x228, 242, 223
2:45-3:45 <b>New</b>	Music Through the Years with Jack Xu, LMSW <b>Starting January 6</b> Explore the sounds that shaped history. From classical to contemporary, take a journey across eras, styles, and stories-discover how music reflects culture, sparks change and connects us all. In person only. <b>Pre-registration required</b> 718-423-6111 x225, x228 x242. No group February 17
2:45-4:15	MET Art Box Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. January 13 February 24 In person only. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223
WEDNESDAYS 星期三	
9:00-9:50	Tai Chi for Arthritis with Elaine Fleischman In person & virtual <b>Pre-registration required</b> 718-423-6111 x228, 242, 223
10:00-10:45	Yoga Stretch with Karen In person & virtual <b>Pre-registration required.</b> 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. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223
THURSDAYS 星期四	
	No Classes January 1
9:15-10:00	Aerobics and More with Gail In person & virtual Program combines Warm-up/Aerobics/Arms/Stomach/Cool Down. <b>Pre-registration required</b> 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: <a href="https://us02web.zoom.us/j/82255332463">https://us02web.zoom.us/j/82255332463</a> Meeting ID: 822 5533 2463# Dial In +1-646-558-8656
1:30-2:30	Meditation and Reiki with Lori In person only. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223
2:45-3:45	Remember the Times of Your Life with Elise Lev, LCSW <b>In person only effective January 8</b> <b>Pre-registration required for in person</b> 718-423-6111 x228, 242, 223
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. <b>Pre-registration required.</b> 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 <b>Pre-registration required for in person attendance.</b> 718-423-6111 x223, x228 Zoom: <a href="https://us02web.zoom.us/j/87458237562">https://us02web.zoom.us/j/87458237562</a> Meeting ID: 874 5823 7562# Dial In: 646-558-8656 No group January 16
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. <b>Pre-registration required</b> 718-423-6111 x228, 242, 223 No group January 16

Bay Terrace is closed Thursday January 1 for New Year's Day

MONDAYS		No classes February 16
10:00-10:50	Musical Group with Candaceia Charles	Pre-registration required, 718-225-6750 x236, x233 No group January 5
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
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 No Class January 6 & 13
11:00-11:45	Classic Aerobics with Robin	In person & virtual. Pre-registration required, 718-225-6750 x236, x233 No Class January 6 & 13
10:15-11:15	Think Fast with Alyssa Lombardo, LMSW	In person at Sam Field Challenge your brain as you engage in activities, puzzles, word games and more. Pre-registration required, 718-225-6750 x233
12:45-1:45 <b>New</b>	Cell-Phone Tips and Tricks with Guang Yang	January 13, 20, 27 February 3, 24 March 3 Pre-registration required, 718-225-6750 x236, x233
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	Senior Stretch with Gail	In person & virtual. Pre-registration required, 718-225-6750 x236, x233
1:00-2:30	Art Appreciation with Marie Zanzel	January 14 February 11 Pre-registration required, 718-225-6750 x236, x233
1:00-2:30	MET Art Box	January 28 February 25 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 January 21 February 18 Pre-registration required, 718-225-6750 x231
THURSDAYS		No classes January 1
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
10:15-11:15 <b>New</b>	Stay Active & Independent for Life Exercise (SAIL )	with Catherine Dunckley of Northwell Health Starting Jan 15 A fall prevention fitness program for older adults. 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		
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 On hiatus until April '26
1:00-2:30	Painting with Laura Stevens	In person only. Pre-registration required, 718-225-6750 x236, 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
11:00-12:00	Brainworks January 12, 26 February 9, 23 Join us as we keep our minds sharp and active. In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
11:00-12:00	Master Your Mind January 5, 19 February 2, 16 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. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
12:00-12:45	Lunch on Mondays Please note: lunch is first come first served. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
	TUESDAYS
11:00-12:00	A Taste of Israel with Eden Ezra In person. January 6, 20 February 3, 17 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
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. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
12:30-1:30	Bingo January 13, 27 February 3, 17 In person at Central Queens <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
12:15-2:15	Movie Matinee In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b> January 6 "Return to Me" January 20 "Little Miss Sunshine" February 24 "Ten Items or Less"
	WEDNESDAYS
10:00-11:00	Bookends Express your thoughts and feelings about our current selection: January 21 "News of the World" by Paulette Jiles <b>Pre-registration required, call Ellen 718-268-5011 x160</b> Zoom: <a href="https://us02web.zoom.us/j/9416378919">https://us02web.zoom.us/j/9416378919</a> Meeting ID: 941 637 8919 Dial in: +1-1646-558-8656
10:30-12:30	Play Canasta In person at Central Queens. For more information and to register call 718-268-5011 Shelly x421 or Ellen x160
11:30-12:30	PD Support Group For caregivers and those with Parkinson's Disease. Share information, knowledge & insights. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x 160</b> Zoom: <a href="https://us02web.zoom.us/j/81625373986">https://us02web.zoom.us/j/81625373986</a> Meeting ID: 816 2537 3986# By phone: 646-558-8656
12:45-2:15	Israeli Dance with Honey Goldfein In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
	THURSDAYS
	No classes January 1
11:30-12:30	Bereavement Support Group facilitated by Shelly Channan, LCSW In person at Central Queens. This group is for spousal bereavement only. <b>Pre-registration required, call Shelly Channan 718-268-5011 x421</b>
12:00-12:45	Lunch on Thursdays In person. Please note: lunch is first come first served. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
11:00-2:15	Mah Jong Games In person at Central Queens <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x 160</b>
1:00-2:30	Hebrew Ulpan for beginners through advanced students. In person at Central Queens. <b>Pre-registration required, Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
	FRIDAYS
10:15-11:30	Hot Topics In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>
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. January 30 February 20 <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b> Zoom: <a href="https://us02web.zoom.us/j/9416378919">https://us02web.zoom.us/j/9416378919</a> Meeting ID: 941 637 8919# By phone: +1-1646-558-8656

Central Queens is closed Thursday January 1 for New Year's Day

**Residents of Deepdale are encouraged to attend all programs in person**

Deepdale Gardens Residents: Please see the Deepdale CARES NORC Monthly Newsletter for more information  
 To participate in any group by phone, call: (646)-558-8656 & input the meeting ID followed by the # sign

Deepdale CARES NORC is a Naturally Occurring Retirement Community Supportive Service Program a partnership between Deepdale Gardens Cooperative, its residents, and community health and social service providers. We create a supportive community that empowers older adults to take advantage of services that promote successful aging and respond to the changing needs of residents. By doing this, we can help them maintain their independence, improve their quality of life, and safely age in place.

<b>MONDAYS</b>	
10:00-11:00	Meditation & Stretching Virtual & In person for Deepdale Cares members only Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & 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: <a href="https://us02web.zoom.us/j/81258986764">https://us02web.zoom.us/j/81258986764</a> & Meeting ID: <a href="https://us02web.zoom.us/j/81258986764">https://us02web.zoom.us/j/81258986764</a>
<b>TUESDAYS</b>	
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: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
11:00-12:00	Nutrition with Neda Pourat Virtual & In person for Deepdale Cares members only January 6 11:00am <u>Presentation</u> : "New Year, Nourished You!" January 20 11:00am-1:00pm <u>Presentation &amp; Cooking Demo</u> : Winter Warmers: "Healthy One-Pot Meals & Stuffing for Peppers" February 3 11:00am <u>Presentation</u> : "Love Your Heart" February 17 11:00am -1:00pm <u>Presentation &amp; Cooking Demo</u> : "Sweet Treats That Love You Back & Dark Chocolate Dipped Strawberries" Zoom Link: <a href="https://us02web.zoom.us/j/86312216863">https://us02web.zoom.us/j/86312216863</a> & Meeting ID: 863 1221 6863
1:00-2:00	Dear Abby Discussion Group Virtual & In person for Deepdale Cares members only Zoom Link: <a href="https://us02web.zoom.us/j/87220188501">https://us02web.zoom.us/j/87220188501</a> & Meeting ID: 872 2018 8501
2:00	Black History Month Trivia Challenge February 10 Virtual & In Person for Deepdale Cares members only Zoom: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
<b>WEDNESDAYS</b>	
10:00	Mah Jong 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: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
2:00	Book Club with Felice Jackson January 28 "The Grass is Singing" by Doris Lessing February "Homecoming" by Yaa Gyasi Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383 In person for Deepdale Cares members only
<b>THURSDAYS</b>	
	No classes January 1
10:00-10:45	Chair Yoga with Robin Stuelpner Virtual & In person for Deepdale Cares members only Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
11:00-12:00	Tai Chi with Catherine Dunckley Virtual & In Person for Deepdale Cares members only Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
2:00	Knitting & Crocheting In person for Deepdale Cares members only
<b>FRIDAYS</b>	
9:30	Mah Jong In person for Deepdale Cares 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: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
10:00	Dominoes In person for Deepdale Cares members only

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 January 1 for New Year's Day**

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

MONDAYS	
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. January 26 February 23
TUESDAYS	
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 January 13 <u>Presentation</u> : New Year, Nourished You! January 27 <u>Demonstration</u> : Farrow Bowl February 10 <u>Presentation</u> : Everyday Heart Health Tips February 24 <u>Demonstration</u> : Cauliflower Rice Delight
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 January 20 February 17 Book titles will be announced at the previous month's Book Club meeting or can be found on January & February 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 January 21 February 18
THURSDAYS	
No Classes January 1	
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 January & February 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. January 8 February 5 Pre-registration required 718-352-4157
3:00-4:00	Games Galore! Meet in the CAP library. Pre-registration is required 818-352-4157
FRIDAYS	
10:00-10:45	Guided Meditation with Gretchen Brown January 16 February 20 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 January 9 February 13
11:00-12:00	Women's Group with Arianna Mann, LMSW. In Person at CAP office. Pre-registration required 718-352-4157
12:00-12:45	Strength and Balance with Robin (bring your own weights) In Person at CAP. Pre-registration required 718-352-4157
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 January 30 February 27

**In person programs are only for Clearview Gardens residents**

CAP NORC is a collaboration of Commonpoint, NYC Aging, NYS Office for the Aging, VNS Health Personal Care, and UJA Federation. This project is supported in part by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.

**CAP is closed Thursday January 1 for New Year's Day**



## NORC WOW Scheduled Programs

*Naturally Occurring Retirement Community With Out Walls*

Page 7

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. January 5 February 2 Pre-registration required 718-225-6750 ext 540 For NORC WOW members only
11:00-12:00	Let's Have Some Fun: Brain Teasers & Games! January 12, 26 February 9, 23 Virtual and in person at Sam Field for NORC WOW members only. Pre-registration required 718-225-6750 ext 540 Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> 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. January 5, 19 February 2, 16 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 January 6, 20 February 3, 17 Pre-registration required 718-225-6750 ext 540
11:00-11:30	Health Tips with Maureen Schneider January 27 February 24 Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
11:00-12:00 <i>New</i>	Healthy Aging Empowerment Support Group with Amanda Palumbo January 13 February 10 Practical tips and coping skills for managing life changes as we age. In person at Sam Field
WEDNESDAYS	
10:30-11:30	Technology Assistance In person at Sam Field Need assistance with your smart phone or tablet: Join program staff to learn how to use your device safely and effectively. For more information, 718-225-6750 x540
THURSDAYS	
11:00-1:00	No Classes January 1
	Nutrition with Neda: In person at Sam Field for NORC WOW members only January 15 <u>Presentation</u> : New Year Nourished You! <u>Demonstration</u> : Farro Bowl January 29 <u>Presentation</u> : Winter Warmers: Healthy One-Pot Meals <u>Demonstration</u> : Stuffed Peppers February 12 <u>Presentation</u> : Love Your Heart: Everyday Heart Health Tips. Celebrate American Heart Month with heart smart lifestyle strategies. <u>Demonstration</u> : Cauliflower Rice Delight February 26 <u>Presentation</u> : Sweet Treats that Love You Back <u>Demonstration</u> : Healthy Banana Pancakes
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. January 8, 22 February 5, 19 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: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889 January 9: Keeping Warm: Dangers of Hypothermia January 16 Fluid and Electrolyte Balance in Winter Months January 23: Cervical Cancer: Symptoms and Treatment January 30: Skin Care: Managing skin during winter February 13: Relationship of blood pressure and kidneys February 20: Diabetes and Cardiovascular Health February 27: Respiratory Infections: Bacterial vs Viral
12:30-1:30	Special Health Presentation facilitated by Jawwad Butt, RN at the Glen Oaks Library 256-04 Union Turnpike, Glen Oaks 11004 <b>Community Members Welcome!</b> January 2 Sinusitis: Symptoms & Treatment February 6 Understanding Your Heart, Heart Healthy Habits 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 January 1 for New Year's Day**

An advertisement for ADT Monitored Home Security. The top half features the text 'ADT-Monitored Home Security' and 'Get 24-Hour Protection From a Name You Can Trust'. Below this is a list of four services: Burglary, Flood Detection, Fire Safety, and Carbon Monoxide. The bottom half shows a family (a man, a woman, and a young girl) playing in a grassy yard in front of a blue house. A blue octagonal sign with the ADT logo and 'HOME ALARM' text is visible in the foreground. The phone number '833-287-3502' is prominently displayed at the bottom right.

A large, empty rectangular frame with a thick black border, centered on a light gray background. The frame is empty and serves as a placeholder for content.

A photograph of a person's hand holding a pen over a clipboard. The clipboard has a sheet of paper with a business plan or document on it. A white speech bubble is overlaid on the image, containing text about advertising in a newsletter and contact information for Illeana Vasquez.

The image is a professional business card for the Law Offices of Schwartz and Greenwood, LLP. It features a blue circular logo on the left with the text 'LAW OFFICES OF SCHWARTZ & GREENWOOD, LLP.' and 'EST. 1964' around a scale of justice icon. To the right of the logo, the firm's name 'Law Offices of Schwartz and Greenwood, LLP.' is written in a large serif font, with 'Established in 1964' in a smaller font below it. Further down, the services offered are listed: 'Estate and Trust Planning', 'Elder Law | Real Estate', and contact details '718-347-6100 • info@elder.nyc'. On the far right, there is a portrait photo of a man with short brown hair, wearing a dark suit, white shirt, and patterned tie.

# SUPPORT OUR ADVERTISERS!

Elder Abuse Awareness with Deepa Singh, MSW, Wednesday, January 7, 11:00am (organized by DDC)  
Medicare Made Easy with Gil Kunken (HIICAP) Wednesday, February 11, 12:00pm  
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)  
January 21: Thyroid Awareness Month February 18: Straight from the Heart  
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Health Chat with Jawaad Butt, RN, Fridays, 11:00am - 12:00 pm (organized by NORC WOW)  
January 9 Dangers of Hypothermia January 16 Fluid and Electrolyte Balance in the Winter Months  
January 23 Cervical Cancer: Symptoms and Treatment January 30 Skincare: Managing skin during the winter  
February 13 Relationship of blood pressure and kidneys February 20 Diabetes and Cardiovascular Health  
February 27 Respiratory infections: Bacterial vs Viral  
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 Jawaad Butt, RN Fridays, 12:30-1:30 pm (organized by NORC WOW)  
at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks  
January 2 Sinusitis: Symptoms & Treatment February 6 Understanding Your Heart, Heart Healthy Habits  
Complimentary blood pressure monitoring following the health chat. **Community Members Welcome!**

Health Tips with Maureen Schneider (organized by NORC WOW)  
Maureen will discuss healthy snacks, health tips and more Tuesdays, 11:00 am January 27 February 24  
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)

**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](mailto: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](mailto: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](mailto:mmolho@commonpoint.org).

**SUPPORT THE ADVERTISERS  
that Support our Community!**



# Reasons #1

why more patients choose Margaret Tietz!



We're the Highest Rated Rehab Facility in Queens & Long Island!

Margaret Tietz  
Nursing and  
Rehabilitation Center

★★★★★  
My husband has been at Margaret Tietz for two months. I will forever be grateful for their compassion, kindness and their ability to provide excellent service with a smile. He will be able to resume his life once again! - RB

★★★★★  
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 gentle and extremely accommodating! - AC

718-298-7806 • [margaretietz.org](http://margaretietz.org)

64-11 Chapin Parkway, Jamaica Hills, NY 11432



**HearingLife**

Hearing care you can count on.

Call today to schedule a **Free Hearing Test\***

Albertson, NY

**516.985.0652**

[hearinglife.com](http://hearinglife.com)

Mention code **AG60-12** when calling

\*See office for details.

# THE TUBCUT®

Stop struggling getting in & out of the tub to take a shower.

Solve the problem with The TubcuT®



Convert Your Tub To A Walk In Shower In Just One Day! Shower Door Or Shower Curtain keeps the splash from coming out.

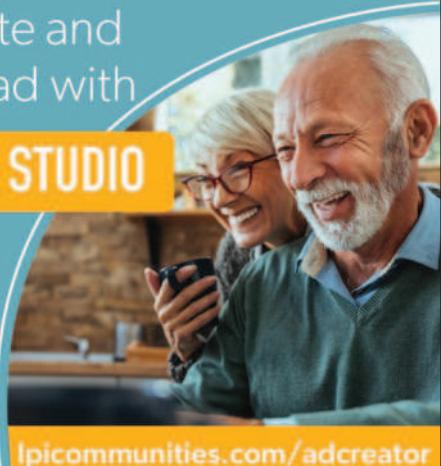
[www.tubcutnyc.com](http://www.tubcutnyc.com)

917-519-4586

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**SUPPORT OUR ADVERTISERS!**



Ad info. 1-800-477-4574 • Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Samuel Field Y Adult Services, Little Neck, NY 03-1142

**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 **No class February 16**  
 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 **No class January 6 & 13**  
 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 **No class January 6 & 13**  
 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**

9:00-9:50 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

**Thursday No classes January 1**

**New**  
 9:15-10:00 Aerobics and More with Gail Virtual & In Person at Bay Terrace  
 10:15-11:15 Stay Active & Independent for Life Exercise with Catherine Dunckley of Northwell **Starting January 15**  
 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, 236, 222 - For Bay Terrace - 718-423-6111, x 228, 242, 225, 223

**SNEAKERS MUST BE WORN FOR ALL EXERCISE CLASSES**

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