



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

March
April
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 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

Goin' Green at Sam Field Thursday, March 12, 11:45am-1:45pm

Lunch followed by Music with Squeaky Clean performing
"Get Rhythm with Suzanne and Glenn"
Lunch: 11:45am-12:30pm Music: 12:45-1:45pm Suggested donation \$3.
Pre-registration required by March 3 718-225-6750 x233, x222

Musical Theatre Group with Candaceia Charles in person at Sam Field
Monday & Thursdays Starting March 16, 9:30-11:00am
No prior experience necessary. Pre-registration required 718-225-6750 x233, x222

Model Passover Seder at Central Queens, Thursday, March 19. 12:00-2:00pm
Learn the background of the holiday, its traditions and rituals.
Pre-registration required 718-268-5011 Shelly x421 or Ellen x160 Suggested donation \$5

Ceramic Necklace Making Class led by artist Lonai Mosely
Fridays 10:15-11:15am, March 20–June 12, In person at Sam Field
Create and decorate jewelry using simple techniques to design a meaningful, wearable keepsake.
This class encourages creativity while supporting fine motor skills in a fun and welcoming setting.
No experience needed—just come ready to enjoy making something special.
This program is courtesy of a grant awarded by City Council Member Linda Lee.
Pre-registration required, 718-225-6750 x233, x222

Pre-Passover Luncheon at Sam Field with Eden Ezra, Tuesday, March 24 11:45am-1:45pm
Celebrate the spirit of freedom and hope of Passover through music.
Pre-registration required by March 16 718-225-6750, x233, x222 Suggested donation \$3

Nutrition with Susie Spodek from PlantJoy.nyc
Healthier Eating for a Healthy Heart, Thursday, March 26
Bay Terrace - 12:00-1:00pm Sam Field - 1:30-2:30pm
Easy Ways to Eat a Variety of Protein, Thursday, April 30
Bay Terrace - 12:00-1:00pm Sam Field - 1:30-2:30pm
Pre-registration required: Sam Field 718-225-6750 x233, x222 Bay Terrace 718-423-6111 x228, x242, x223

NEW Living Proud: Living Connected
A new support group for LGBTQ+ Older Adults 60+ Starting Monday, April 13, 1:00-2:30pm
Join others as we connect, reflect, and find strength in community.
Pre-registration required. Call Alyssa Lombardo, LMSW, 718-2256750 x233

Ballroom Dancing with Charlie and Dottie, Fridays, 1:00-2:00pm beginning April 17
Put on your dancing shoes and experience the joy of ballroom dance. Come solo or with a partner.
MEN are strongly encouraged to join your female peers and give it a whirl, or twirl!
No experience necessary. Pre-registration required, 718-225-6750 x233, x222

Juilliard is back for another semester of beautiful musical performances. (organized by CQ)
Wednesday, April 15, 1:30pm - Cello
Thursday, April 30, 1:00pm - Cello, Clarinet, Violin, French Horn
Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Let your creativity shine! Join our limited series ART CLUB and have your artwork
displayed at Sam Field this May in recognition of Older Americans Month
Tuesday, April 21 and Wednesday, April 29, 1:00-3:00 pm
Pre-registration required, call Alyssa Lombardo 718-225-6750, x233



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 April 2 and Friday April 3 for Passover

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
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. March 24 April 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. March 3, 10, 17, April 7, 14 Pre-registration required, 718-423-6111 x228, 242, 223
2:45-3:45	Music Through the Years with Jack Xu, LMSW 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. March 3, 10, 17, 24 April 7, 14 Pre-registration required 718-423-6111 x225, x228 x242.
2:45-4:15	MET Art Box Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. March 31 April 28 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 - Moving to Fridays. Last class 3/18
10:45-11:45 New	Mindfulness with Malissa Breathe, Reflect, Grow with us to help regulate emotions, reduce anxiety with clarity, and confidence. In person at Bay Terrace. Pre-registration required 718-423-6111 x225, x228, 242 No group March 18
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
THURSDAYS 星期四	
NO CLASSES APRIL 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 No group April 2, 9, 16 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 at Bay Terrace No group April 2, 9, 16 Pre-registration required 718-423-6111 x228, 242, 223
FRIDAYS 星期五	
NO CLASSES APRIL 3	
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 CHANGING TIMES - effective 3/27 class will run from 10:00-11:30AM.
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 No group April 3, 10 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, No group April 3, 10
10:00-11:00AM	Yoga Stretch with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223 - Moving to Fridays beg. 3/27

Bay Terrace is closed Thursday, April 2 and Friday April 3 for Passover

MONDAYS	
10:00-10:50	Musical Theatre Group with Candaceia Charles Class meets Mondays and Thursdays. Starting March 16 Pre-registration required, 718-225-6750 x233, x236, x222 New Time starting March 16 - 9:30-11:00
10:30-11:30	Headlines & Hot Topics For more information call 718-225-6750 x256
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 x233, x236
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. Pre-registration required, 718-225-6750 x233, x236
1:00-2:30 New	Living Proud: Living Connected A new support group for LGBTQ+ Older Adults. Join others as we connect, reflect, and find strength in community. Pre-registration required. Call Alyssa Lombardo, LMSW 718-225-6750 x233
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. Pre-registration required, 718-225-6750 x233, x236
10:00-10:45	Balance with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x236
11:00-11:45	Classic Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x236
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	Cell-Phone Tips and Tricks with Guang Yang April 14, 21, 28, May 5, 12, 19 This group is for iPhone users only Pre-registration required, 718-225-6750 x233, 236
1:00-1:45	Dance Fitness with Lori In person only. Pre-registration required, 718-225-6750 x233, x236
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 x233, x236
12:45-1:30	Senior Stretch with Gail In person & virtual. Pre-registration required, 718-225-6750 x233, x236
1:00-2:30	Art Appreciation with Marie Zanzel Thursday, March 5 & Wednesday, March 11 No April Session Pre-registration required, 718-225-6750 x233, x236
1:00-2:30	MET Art Box March 25 April 22 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
1:30-2:30	Bingo with Max In person at Sam Field March 18 April 16 Pre-registration required, 718-225-6750 x231
THURSDAYS	
NO CLASSES APRIL 2	
9:30-11:00	Musical Theatre Group with Candaceia Charles Class meets Mondays starting March 16 and Thursdays starting March 19
10:00-11:30	Hebrew Ulpan with Chana Ramon for beginners through advanced students. In person. Pre-registration required, 718-225-6750 x233, x236
10:15-11:15	Stay Active & Independent for Life Exercise (SAIL) with Catherine Dunckley of Northwell Health Pre-registration required, 718-225-6750 x233, x236
11:15-2:00 New Time	Mah Jong and Canasta In person at Sam Field. Suggested donation of \$3 includes lunch. New Time starting March 19 Players are encouraged to register as a group of four. Space is limited. Pre-registration required, 718-225-6750, X233 X236
1:00-1:45	Senior Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x236
2:00-2:45	Balance with Robin In person only. Pre-registration required, 718-225-6750 x233, x236
FRIDAYS	
NO CLASSES APRIL 3	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x233, x236
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, x233, x236
11:30-12:15	Chair Yoga with Karen In person only. Pre-registration required, 718-225-6750 x233, x236
1:00-2:00	Basic Ballroom Dancing with Dottie & Charlie Pre-registration required, 718-225-6750 x233, x236 Returning April 17 MEN and women encouraged to register!
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x233, x236

Sam Field Center is closed Thursday April 2 and Friday April 3 for Passover

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 March 2, 16, 30 April 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 March 9, 23 April 13, 27 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 There will be no lunch on April 6
TUESDAYS	
11:00-12:00	A Taste of Israel with Eden Ezra In person. March 17 April 28 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. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160 There will be no lunch on April 7
12:30-1:30	Bingo March 3, 24 April 21 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 March 17 Everyone Says I Love You April 14 Shepherd: The Story of a Jewish Dog April 28 Dream Girls
WEDNESDAYS NO CLASSES APRIL 8	
10:00-11:00	Bookends Express your thoughts and feelings about our current selection: March 4 Culpability by Bruce Holsinger 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
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. 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 APRIL 2, 9	
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 There will be no lunch on April 9
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 NO CLASSES APRIL 3	
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. April 17 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

Estate Planning Seminar Monday, March 9, 12:30pm In person at Central Queens
Jonah Gorenstein of The Moskowitz Legal Group will present practical tips and insight on planning your future, focusing on state planning mistakes and how to avoid them **Pre-registration required 718-268-5011 Shelly x421 or Ellen x160**

Show Me the Money - Monday, April 20 & Trip to The Cradle of Aviation Museum - Wednesday, April 29—See page 9 for more information

Central Queens is closed Thursday April 2, Friday April 3, Wednesday April 8 and Thursday April 9 for Passover

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
TUESDAYS	
10:00-11:00	Stay Active & Independent for Life (SAIL) Exercise with Catherine Dunckley of Northwell Health. Virtual & In person for Deepdale Cares members only. Zoom: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
11:00-12:00	Nutrition with Neda Pourat Virtual & In person for Deepdale Cares members only March 3 11:00am <u>Presentation</u> : March into Nutrition: Smart Grocery Shopping March 17 11:00am-1:00pm <u>Presentation & Cooking Demo</u> : Spring Clean Your Diet & Spinach / White Bean Salad April 7 11:00am <u>Presentation</u> : Anti-Inflammatory Eating 101 April 21 11:00am -1:00pm <u>Presentation & Cooking Demo</u> : Earth Friendly Eating / Veggie Stir Fry & Dark Chocolate Dipped Strawberries" 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
WEDNESDAYS	
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
2:00	Book Club with Felice Jackson March 25 "The Lion Women of Tehran" by Marjan Kamali April 29 "Verity" by Colleen Hoover Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 In person for Deepdale Cares members only
THURSDAYS NO CLASSES APRIL 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
2:00	Knitting & Crocheting In person for Deepdale Cares members only
FRIDAYS NO CLASSES APRIL 3	
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

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 April 2 and Friday April 3 for Passover



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 CAP Staff 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. March 30 April 27
TUESDAYS	
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 March 10 Spring Cleaning Your Diet March 24 <u>Demonstration</u> : Spinach & White Bean Delight April 14 <u>Presentation</u> : Anti-inflammatory Eating 101 April 28 <u>Demonstration</u> : Veggie Stir Fry Made Simple
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 CAP Staff. In person at CAP office. Pre-registration is required 718-352-4157 March 17 April 21 Book titles will be announced at the previous month's Book Club meeting or can be found on March & April 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 CAP Staff 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 March 18 April 15
THURSDAYS	
NO CLASSES APRIL 2	
9:30-10:30	Walking Group Pre-registration is required. Meet in the CAP community room.
1:00	Movie Matinee See CAP's March & April 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. March 5 April 2 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	
NO CLASSES APRIL 3	
10:00-11:00	Veterans' Group with Jaimeson Champion, LCSW March 13 April 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 March 27 April 24

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 April 2 and Friday April 3 for Passover



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	
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. March 9 April 13 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! March 23, March 30, April 27 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. March 2, March 16, April 6, April 20 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 March 3, March 17, April 7, April 21 Pre-registration required 718-225-6750 ext 540
11:00-11:30	Healthy Tips with Maureen Schneider The program nurse will discuss healthy snacks, health tips and more. March 31, April 28 Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656
11:00-12:00	Healthy Aging Empowerment Support Group with Amanda Palumbo March 10, March 24, April 14 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 NO CLASSES APRIL 2	
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only March 5 <u>Presentation</u> : Spring Cleaning Your Diet <u>Demonstration</u> : Easy healthy, dessert March 19 <u>Presentation</u> : How to Read Your Labels <u>Demonstration</u> : Spinisch & White Bean Delight April 16 <u>Presentation</u> : Anti-inflammatory Eating 101 <u>Demonstration</u> : Anti-inflammatory super food salad April 30 <u>Presentation</u> : Food to Fight Cancer Cooking <u>Demonstration</u> : Veggie Stir-Fry made simple
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. March 12, March 26, April 9, April 23 In person at Sam Field For NORC WOW members only.
FRIDAYS NO CLASSES APRIL 3	
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 March 13: Sleep Health March 20: National Kidney Month March 27: Seasonal Allergies April 17: Irritable Bowel Syndrome: Digestive Health & Management April 24: Arthritis: Symptoms & Treatment
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! March 6 Auto Immune Disorder Overview in honor of Auto Immune Awareness Month April 10 Anxiety Disorders & Treatment 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 April 2 and Friday April 3 for Passover

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Common Point Queens Older Adult Services, Little Neck, NY

03-1142

Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)
 March 4: Seasonal Allergies March 11: Debunking Disabilities April 1: Cultivating Calm
 Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Hearing Screenings, In person at Central Queens, Tuesday, March 10, 11:00 AM
 The screenings will be administered by New York Aud Consortium, partnered with
 St. John's University Audiology Department.
 By appointment only. Pre-registration is a must 718-268-5011 Shelly x421 or Ellen x160

Elder Abuse Awareness Presentation with Jennifer Yang from Sunnyside Community Services, Inc.
 Wednesday, March 11, 2:00pm
 Fire Safety Presentation: Stop, Drop, & Learn
 Tuesday, April 14, 1:00pm
 Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383 (organized by DDC)

Health Chat with Jawwad Butt, RN, Fridays, 11:00am - 12:00 pm (organized by NORC WOW)
 March 13: Sleep Health March 20: National Kidney Month March 27: Seasonal Allergies
 April 17: Irritable Bowel Syndrome: Digestive Health & Management
 April 24: Arthritis: Symptoms & Treatment
 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
 March 6 Auto Immune Disorder Overview in honor of Auto Immune Awareness Month April 10 Anxiety Disorders & Treatment
 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 March 31 April 28
 Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

Free Health Screenings (organized by DDC)
 Monday, April 20 from 10:00 am to 2:00 pm
 The St. Francis Hospital Outreach Van will be outside Deepdale Cares NORC office,
 57-17 Marathon Pkwy, Little Neck. Screenings include brief cardiac history, blood pressure
 testing, and a simple blood test for cholesterol and diabetes. Open to all community members.

Flim Flams & Elder Scams - Crimes of the Century
 presented by Elise Lev, LCSW, Wednesday, April 15, 2:00-3:30pm
 Lively discussion on Elder Scams and how we can avoid them.
 In person at Bay Terrace. Pre-registration required 718-423-6111 x225, x228, x242, x223

Show Me the Money with Larry! Monday, April 20, 12:30pm in person at Central Queens
 Larry will present an introduction to coin collecting and evaluate your personal collection .
 For more information call 718-268-5011 Shelly x421 or Ellen x160

Trip to The Cradle of Aviation Museum - Wednesday, April 29, 10:00am-2:00pm, hosted by Central Queens
 Join us for a guided tour and planetarium show at Long Island's air and space museum.
 \$25 includes admission, a guided tour and a wonderful planetarium presentation.
 Space is limited! Pre-registration and pre-payment required. For information call Ellen 718-268-5011.

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, Shelly Channan, LCSW 718-268-5011 x421

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

★★★★★
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

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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

- 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 April 2

- 9:15-10:00 Aerobics and More with Gail Virtual & In Person at Bay Terrace
- 10:15-11:15 S.A.I.L with Catherine Dunckley of Northwell In Person at Sam Field
- 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 April 3

- 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

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