



**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

May  
June  
2026

**Danielle Ellman**  
Chief Executive Officer

**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  
Deerpdale 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

## Nutrition with Susie Spodek from PlantJoy.nyc

Easy Ways to Eat Enough Fiber **Wednesday, May 6**

**Bay Terrace** 12:00-1:00pm **Sam Field** - 1:30-2:30pm

Healthy Beverages, **Wednesday, June 3**

**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, 225, x223

## DOH Health Homes presents **How to Maintain a Healthy Home Environment**

**Monday, May 11, 1:00-2:00pm** in person at Sam Field

Learn how to identify and remediate indoor moisture problems (mold, leaks, etc.) to help maintain a dry, healthy environment for you and your family. Sponsored by VNS Health.

Pre-registration required 718-225-6750 x233, x222

## **Come Dance with Us Latin Style! SAMBA NY** In person at Bay Terrace

**Thursdays, 10:00-11:30am, through June 25**

The Brazilian Samba dance is one of the most popular dances in the world from South Africa.

In person at Bay Terrace. Pre-registration required 718-423-6111 x225, x228, x242, x223

## **Mother's Day Celebration with D.J. Russell** at Sam Field

**Tuesday, May 12, 11:45am-1:45pm**

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

Pre-registration required by May 5, 718-225-6750 x233, x222

## **Jewish American Heritage Month & AAPI Heritage Month Community Engagement**

**Monday, May 18, 12:00-1:30pm**

This special event unites Commonpoint Queens Older Adults with

Korean Community Service (KCS) in a program called: "From Our Kitchens to our Community"

This presentation will highlight Korean History, culinary traditions and Kosher-certified Korean food.

Goodie bags will be distributed. This program is generously funded by a grant from UJA.

Lunch will be served. For more information & to register call 718-268-5011, Shelly x421 or Ellen x160

## **Fire Safety Presentation Led by FDNY Fire Safety Education Unit**

**Thursday, June 4, 10:30-11:30am** In person at Sam Field

Join us for a fire safety presentation covering practical ways to prevent fires and stay safe at home. Learn about common causes, alarms, escape planning, fire extinguishers, and more.

Pre-registration 718-225-6750 x233, x222

## **Here Comes the Summer and Father's Day Celebration!**

**Sam Field Center at the Tanenbaum Pool**

**Tuesday, June 9, 11:45am-1:45pm**

Bagged Lunch 11:45-12:30 followed by music with Angela LoBianco 12:45-1:45

Pre-registration required by Tuesday, June 2, 718-225-6750, x233, x222 Suggested donation \$3

In case of inclement weather, event will be moved indoors at Sam Field.

## **Long Term Care: What You Need to Know Before You Need It**

Presented by Senior Advisor Solutions, Sponsored by VNS Health,

**Thursday, June 11, 11am-12pm**

Don't think you're eligible for Community or Nursing Home Care? Think again.

Join us to learn to protect your income and assets and how to prepare for and respond to a health crisis.

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

## **Cello Music from Carnegie Hall to the Older Adult Center at Bay Terrace**

**Wednesday, June 17, 2:00-3:30pm**

We are delighted to spotlight Alyssa Sugiyama, a talented 15-year-old cellist from Queens. She studies at the Manhattan School of Music Precollege Division with David Geber and is a freshman at The Spence School. Pre-registration required. Bay Terrace 718-423-6111 x228, x242, 225, x223

## **MAY IS OLDER ADULT AMERICANS MONTH CELEBRATING YOU!**



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 Monday May 25 for Memorial Day**

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



MONDAYS 星期一		NO CLASSES MAY 25
10:00-10:45	<b>Classic Exercise</b> with Karen In person & virtual. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223	
10:00-11:30	<b>Conversational Yiddish</b> for Beginners with Chana Ramon In person only <b>Pre-registration required.</b> 718-423-6111, 228, 242, 223 <b>New Time starting July 6–1:30-3:00</b>	
1:30-2:15	<b>Senior Circuit</b> with Karen In person & virtual <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223	
2:30-3:15	<b>Yoga on the Mat</b> 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	<b>Women Supporting Women</b> 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 <span style="float: right;"><b>No group May 4, 11 June 8, 22, 29</b></span>	
TUESDAYS 星期二		
10:00-1:00	<b>Leisure Canasta</b> In person at Bay Terrace. <b>Pre-registration required,</b> 718-423-6111 x228, 242, 223 <b>Changing to Leisure Games, new time, 1:30-4:00 starting July 7</b>	
10:30-11:30	<b>Sports Talk with Warren</b> 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 <span style="float: right;"><b>New day starting Wednesday, May 27</b></span>	
11:00-11:45	<b>Everyday Dance</b> with Gail In person & virtual <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223	
1:30-2:30	<b>Leisure Bingo</b> In person. <b>May 19 June 23</b> <b>Pre-registration required.</b> 718-423-6111 x 228, 242, 223	
1:30-2:30	<b>The Pursuit of Trivia</b> Come in and see what <b>trivialities</b> you may know. <b>May 5, 26 June 2, 9, 30</b> <b>Pre-registration required,</b> 718-423-6111 x228, 242, 223	
2:45-3:45	<b>Music Through the Years</b> 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. <b>May 5, 19, 26 June 2, 9, 30</b> <b>Pre-registration required</b> 718-423-6111 x225, x228 x242.	
2:45-4:15	<b>MET Art Box</b> Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. <b>May 12 June 16</b> In person only. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223	
WEDNESDAYS 星期三		
9:00-9:50	<b>Tai Chi for Arthritis</b> with Elaine Fleischman In person & virtual <b>Pre-registration required</b> 718-423-6111 x228, 242, 223	
10:45-11:45	<b>Mindfulness with Malissa</b> Breathe, Reflect, Grow with us to help regulate emotions, reduce anxiety with clarity, and confidence. In person at Bay Terrace. <b>Pre-registration required</b> 718-423-6111 x225, x228, 242 <span style="float: right;"><b>Last session May 13</b></span>	
2:00-3:30	<b>All Together Now!</b> 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 <span style="float: right;"><b>No group May 27, June 17</b></span>	
THURSDAYS 星期四		
9:15-10:00	<b>Aerobics and More</b> 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	<b>Exploring Jewish Culture</b> Experience a Jewish moment with Elise Lev, LCSW <b>Virtual Only</b> Zoom: <a href="https://us02web.zoom.us/j/82255332463">https://us02web.zoom.us/j/82255332463</a> Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656 <span style="float: right;"><b>No group June 11</b></span>	
1:00-2:30	<b>iPhone Assistance with Allan</b> By appointment only on Thursdays. <b>May 7, 14, 21, 28 June 4, 11, 25</b> Learn how to use your iPhone with confidence 718-423-6111, x242, x228, 223	
1:30-2:30	<b>Meditation and Reiki</b> with Lori In person only. <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223	
2:45-3:45	<b>Remember the Times of Your Life</b> with Elise Lev, LCSW In person at Bay Terrace <b>Pre-registration required</b> 718-423-6111 x228, 242, 223 <span style="float: right;"><b>No group June 11</b></span>	
FRIDAYS 星期五		
9:00-9:45	<b>Yoga Stretch</b> with Karen In person & virtual <b>Pre-registration required.</b> 718-423-6111 x228, 242, 223 <b>New Day &amp; time</b>	
10:00-11:30	<b>Drawing, Sketching and Watercolor Painting</b> with Laura In person at Bay Terrace Bring your own supplies. <b>Pre-registration required.</b> 718-423-6111, x 228, 242, 223	
10:00-11:30	<b>Changes and Challenges of Aging Discussion Group</b> 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: 646-558-865 <span style="float: right;"><b>No group May 1, June 12</b></span>	
1:30-2:30	<b>Reality Check</b> 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, <span style="float: right;"><b>No group May 1, June 12</b></span>	

**Bay Terrace is closed Monday, May 25 for Memorial Day**

MONDAYS		NO CLASSES MAY 25
9:45-10:45	<b>Musical Group</b> with Candaceia <b>Pre-registration required, 718-225-6750 x233, x222</b>	
10:30-11:30	<b>Headlines &amp; Hot Topics</b> <b>For more information call 718-225-6750 x256</b>	
11:00-11:45	<b>Latin Fusion</b> with Gail In person only. A unique dance class to Latin tunes that incorporates whole body exercise. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
1:00-2:30	<b>Israeli Dance</b> with Honey Goldfein In person at Sam Field. <b>Pre-registration required, 718-225-6750 x x233, x222</b>	
1:00-2:30	<b>Living Proud: Living Connected</b> A new support group for LGBTQ+ Older Adults. Join others as we connect, reflect, and find strength in community. <b>Pre-registration required. Call Alyssa Lombardo, LMSW 718-225-6750 x233</b> <b>Start date to be determined</b>	
TUESDAYS		
8:50-9:50	<b>Tai Chi</b> with Elaine Fleischman In person & virtual. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
10:00-10:45	<b>Balance</b> with Robin In person & virtual. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
11:00-11:45	<b>Classic Aerobics</b> with Robin In person & virtual. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
10:15-11:15	<b>Think Fast</b> with Alyssa Lombardo, LMSW In person at Sam Field Challenge your brain as you engage in activities, puzzles, word games and more. <b>Pre-registration required, 718-225-6750 x233</b>	
12:45-1:45	<b>Cell-Phone Tips and Tricks</b> with Guang Yang May 5, 19, 26 <b>This group is for iPhone users only</b> <b>Pre-registration required, 718-225-6750 x233, 222</b> <b>Last day is May 26</b>	
1:00-1:45	<b>Dance Fitness</b> with Lori In person only. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
2:00-2:45	<b>Mindful Yoga</b> with Lori In person only. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
WEDNESDAYS		
9:30-11:00	<b>Quilting</b> In person at Sam Field. <b>Pre-registration required, 718-225-6750 x233, 222</b>	
10:30-11:45	<b>Single Seniors</b> In person at Sam Field. <b>Pre-registration required, 718-225-6750 x222</b>	
11:00-11:45	<b>Everyday Dance</b> with Gail In person & virtual. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
12:45-1:30	<b>Senior Stretch</b> with Gail In person & virtual. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
1:00-2:30	<b>Art Appreciation</b> with Marie Zanzel <b>May 13 June 10</b> <b>Pre-registration required, 718-225-6750 x233, x222</b>	
1:00-2:30	<b>MET Art Box</b> <b>May 27 June 24</b> Participate in thought provoking discussions centered around the Met's artworks followed by an interactive art project. In person only. <b>Pre-registration required. 718-225-6750 x233, x222</b>	
1:30-2:30	<b>Bingo</b> with Max In person at Sam Field <b>May 20 June 17</b> <b>Pre-registration required, 718-225-6750 x231</b>	
THURSDAYS		
10:00-11:30	<b>Hebrew Ulpan</b> with Chana Ramon for beginners through advanced students. In person. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
10:15-11:15	<b>Stay Active &amp; Independent for Life Exercise (SAIL)</b> with Catherine Dunckley of Northwell Health <b>Pre-registration required, 718-225-6750 x233, x222</b>	
1:00-1:45	<b>Senior Aerobics</b> with Robin In person & virtual. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
2:00-2:45	<b>Balance</b> with Robin In person only. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
FRIDAYS		
9:00-10:00	<b>Dancercise</b> with Russell In person & virtual at Sam Field. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
9:30-11:00	<b>Ceramic Necklace Making</b> In person at Sam Field <b>Class is closed to new participants</b>	
10:30-11:30	<b>Men's Forum</b> Get together with your peers to discuss common interests, experiences, and memories. In person only. <b>Pre-registration required, 718-225-6750, x233, x222</b>	
11:30-12:15	<b>Chair Yoga</b> with Karen In person only. <b>Pre-registration required, 718-225-6750 x233, x222</b>	
1:00-2:00	<b>Basic Ballroom Dancing</b> with Dottie & Charlie <b>Pre-registration required, 718-225-6750 x233, x222</b> <b>MEN and women encouraged to register!</b>	
1:00-2:30	<b>Painting</b> with Laura Stevens In person only. <b>Pre-registration required, 718-225-6750 x233, x222</b>	

## Central Queens Older Adult Center

### 718-268-5011 x421, x160

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

Mondays		NO CLASSES MAY 25
11:00-12:00	<b>Brainworks</b> May 4, 18 June 8, 22 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	<b>Master Your Mind</b> May 11 June 1, 15, 29 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	<b>Lunch on Mondays</b> 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	<b>A Taste of Israel with Eden Ezra</b> In person. <b>Dates to be determined</b> 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	<b>Cozy Corner</b> 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	<b>Bingo</b> May 5, 19 June 2, 16, 30 In person at Central Queens <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>	
12:15-2:15	<b>Movie Matinee</b> In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b> <b>May 12</b> Ten Items or Less <b>May 26</b> The Starling <b>June 9</b> Ladies in Lavender <b>June 23</b> Itzhak Perlman	
WEDNESDAYS		
10:00-11:00	<b>Bookends</b> Express your thoughts and feelings about our current selection: <b>May 6</b> The Space Between Us by Thrity Umrigar <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	<b>Play Canasta</b> In person at Central Queens. For more information and to register call 718-268-5011 Shelly x421 or Ellen x160	
11:30-12:30	<b>PD Support Group</b> 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	<b>Israeli Dance</b> with Honey Goldfein In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>	
THURSDAYS		
12:00-12:45	<b>Lunch on Thursdays</b> 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	<b>Mah Jong Games</b> In person at Central Queens <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x 160</b>	
1:00-2:30	<b>Hebrew Ulpan</b> 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	<b>Hot Topics</b> In person at Central Queens. <b>Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160</b>	
11:30-12:30	<b>Chat With Your Friends on Friday</b> 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	<b>Welcome Shabbat</b> A virtual gathering to restore your spiritual energy and enter a time of healing. <b>May 15</b> <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 Monday, May 25 for Memorial 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>		<b>NO CLASSES MAY 25</b>
10:00-11:00	<b>Meditation &amp; Stretching</b> 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	<b>Strength Training &amp; Balance Training</b> with Robin Stuelpner In person for Deepdale Cares members only	
12:00-1:00	<b>Reminiscence</b> Virtual & In person for Deepdale Cares members only Share cherished memories, stories, and life experiences. Zoom Link: & Meeting ID: <a href="https://us02web.zoom.us/j/81258986764">https://us02web.zoom.us/j/81258986764</a>	
<b>TUESDAYS</b>		
10:00-11:00	<b>Stay Active &amp; Independent for Life (SAIL) Exercise</b> 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	<b>Nutrition</b> with Neda Pourat Virtual & In person for Deepdale Cares members only <b>May 5 11:00am Presentation:</b> Brain Food: Eating for Memory & Mood <b>May 19 11:00am-1:00pm Presentation &amp; Cooking Demo:</b> Picnic Prep: Healthy Meals on the Go / Slaw <b>June 9 11:00am Presentation:</b> Hydration & Health: Summer Wellness Tips <b>June 23 11:00am -1:00pm Presentation &amp; Cooking Demo:</b> Fresh & Flavorful: No-Cook Summer Meals 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	<b>Dear Abby Discussion Group</b> 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	
<b>WEDNESDAYS</b>		
10:00	<b>Mah Jong</b> In person for Deepdale Cares for members only	
1:00-1:45	<b>Dance Fitness</b> 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	<b>Book Club</b> with Felice Jackson <b>May 27</b> "Girl, Woman, Other" Bernadine Evaristo <b>June 24</b> "Beware the Woman" by Megan Abbott 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>		
10:00-10:45	<b>Chair Yoga</b> 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	<b>Tai Chi</b> 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	<b>Knitting &amp; Crocheting</b> In person for Deepdale Cares members only	
<b>FRIDAYS</b>		
9:30	<b>Mah Jong</b> In person for Deepdale Cares for members only	
10:00-11:00	<b>Stay Active &amp; Independent for Life (SAIL) Exercise</b> 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	<b>Dominoes</b> 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 Monday, May 25 for Memorial Day**



## 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		NO CLASSES MAY 25
10:30-11:30	<b>Crochet and Knitting For Charity</b> In person at CAP office. Pre-registration is required 718-352-4157	
11:30-12:15	<b>Chair Yoga with Karen</b> In person at CAP. Pre-registration is required 718-352-4157	
2:00-3:00	<b>Brain Games</b> with CAP Staff In person. Pre-registration is required 718-352-4157	
3:00-4:00	<b>MET Art Box Activity &amp; Discussion Group</b> with Arianna Mann, LMSW. In person at CAP Library. <b>May 31 June 28</b>	
TUESDAYS		
11:00-12:00	<b>Nutrition Presentations &amp; Demonstrations with Neda Pourat</b> In person. Pre-registration is required 718-352-4157 <b>May 12 Presentation:</b> Brain Boosting Foods <b>May 26 Demonstration:</b> Cabbage and Carrot Slaw <b>June 16 Presentation:</b> Summer Hydration Tips <b>June 30 Demonstration:</b> Watermelon Feta Salad	
12:30-1:15	<b>Everyday Dance</b> with Gail In person only at CAP Pre-registration is required 718-352-4157	
1:30-2:30	<b>Monthly Book Club</b> with CAP Staff. In person at CAP office. Pre-registration is required 718-352-4157 <b>May 19 June 16</b> Book titles will be announced at the previous month's Book Club meeting or can be found on May & June CAP calendars.	
2:30-4:30	<b>Mah Jong</b> with Arianna Mann. In person at CAP. Pre-registration required 718-352-4157	
WEDNESDAYS		
11:00-12:00	<b>Talk It Out Discussion Group</b> with Safula Kaikai, MSW In Person at CAP office. Pre-registration required 718-352-4157	
12:00-1:00	<b>Let's Get Connected Technology 101</b> 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	<b>Men's Group</b> with Jaimeson Champion, LCSW In person at the CAP office. Pre-registration required 718-352-4157	
2:00-2:45	<b>Cardio Fitness</b> with Robin Stuelpner In person at CAP. Pre-registration is required 718-352-4157	
3:00-4:00	<b>Arts &amp; Crafts</b> with Gloria Newman In person in CAP library <b>May 20 June 17</b>	
THURSDAYS		
9:30-10:30	<b>Walking Group</b> Pre-registration is required. Meet in the CAP community room.	
1:00	<b>Movie Matinee</b> See CAP's May & June calendars for more information. Pre-registration required 718-352-4157	
2:30-3:30	<b>Monthly Health Chat</b> with Jane Emmerth, RN. In person at CAP Library. <b>May 7 June 4</b> Pre-registration required 718-352-4157	
3:00-4:00	<b>Games Galore!</b> Meet in the CAP library. Pre-registration is required 818-352-4157	
FRIDAYS		
10:00-11:00	<b>Veterans' Group</b> with Jaimeson Champion, LCSW <b>May 8 June 12</b>	
11:00-12:00	<b>Women's Group</b> with Arianna Mann, LMSW. In Person at CAP office. Pre-registration required 718-352-4157	
12:00-12:45	<b>Strength and Balance</b> with Robin (bring your own weights) In Person at CAP. Pre-registration required 718-352-4157	
2:00-3:00	<b>Bingo!</b> with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 <b>May 29 June 26</b>	
3:15	<b>Dance Parade</b> with Carolyn Cooper In person in the CAP Community Room	

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

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**CAP is closed Monday, May 25 for Memorial Day**



# NORC WOW Scheduled Programs

## Naturally Occurring Retirement Community With Out Walls

**718-225-6750 x 540**

*Life just got easier...In your own home, in the neighborhood you love*

NORC WOW was established nearly 20 years ago to help individuals aged 60 and above who reside in parts of Bellerose, New Hyde Park and Floral Park. Our social workers and nurses help residents in these communities with their ever-growing needs as they age in place. Services range from helping people understand the complexities of benefits and entitlements such as Medicare, Medicaid, and long term planning, to ongoing help from nurses who provide education, support and guidance in understanding health care and wellness. We also provide access to regular programming including health chats, seminars, exercise classes and social activities. If you are not yet a member of NORC WOW, or if you know of someone who can benefit from our support, please don't hesitate to call us. We are here to help!

	MONDAY	NO CLASSES MAY 25
11:00-12:00	<b>Bingo</b> Join staff the first Monday of the month in person at Sam Field. <b>May 4, June 1</b> Pre-registration required 718-225-6750 ext 540 For NORC WOW members only	
11:00-12:00	<b>Let's Have Some Fun: Brain Teasers &amp; Games!</b> <b>May 11, June 8, 22, 29</b> 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	<b>Anxiety &amp; Stress Management Group</b> 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. <b>May 4, 18, June 1, 15</b> Pre-registration required 718-225-6750 ext 540	
<b>TUESDAYS</b>		
11:00-12:00	<b>Current Events</b> 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 <b>May 12, 26, June 2, 16</b> Pre-registration required 718-225-6750 ext 540	
11:00-11:30	<b>Healthy Tips</b> with Maureen Schneider The program nurse will discuss healthy snacks, health tips and more. <b>May 26 June 30</b> 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	
12:00-12:30	<b>Healthy Tips</b> with Maureen Schneider The program nurse will discuss healthy snacks, health tips and more. <b>May 12 June 9</b> 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	
11:00-12:00	<b>Healthy Aging Empowerment Support Group</b> with Amanda Palumbo <b>May 19, June 9, 23</b> Practical tips and coping skills for managing life changes as we age. In person at Sam Field.	
<b>WEDNESDAYS</b>		
10:30-11:30	<b>Technology Assistance</b> 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 No group May 6 & June 3	
12:00-1:00	<b>Health Chats</b> with Ellen McRae, RN at the Glen Oaks Library 256-04 Union Turnpike, Glen Oaks 11004 <b>Community Members Welcome!</b> <b>May 6</b> Eye Health <b>June 3</b> Let's Talk Supplement Health & Safety	
<b>THURSDAYS</b>		
11:00-1:00	<b>Nutrition with Neda:</b> In person at Sam Field for NORC WOW members only <b>May 14 Presentation:</b> Brain Foods: Nutrition That Supports Cognitive Health <b>Demonstration:</b> Boosting Salmon Bowl <b>May 28 Presentation:</b> Healthy Meals To Go: Packing Healthy Meals in Warmer Weather <b>Demonstration:</b> Carrots & Cabbage Slaw <b>June 4 Presentation:</b> Hydrating Summer Tips <b>Demonstration:</b> Different Ways to Hydrate <b>June 18 Presentation:</b> Beat the Heat with Meals That Don't Require Heat <b>Demonstration:</b> Watermelon, Feta & Mint Salad	
12:00-1:00	<b>Healthy Mind. Healthy Living</b> facilitated by Ellen McRae, RN. <b>May 7, 21, June 11, 25</b> In person at Sam Field For NORC WOW members only.	
<b>FRIDAYS</b>		
11:00-12:00	<b>Arts &amp; Crafts</b> Join program staff to explore your creativity and express yourself with art activities. In person at Sam Field	

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**In person programs are for NORC WOW members only**

**NORC WOW is closed Monday, May 25 for Memorial Day**

Health Chats with Ellen McRae, RN at the Glen Oaks Library  
 256-04 Union Turnpike, Glen Oaks 11004 **Community Members Welcome!**  
**May 6** Eye Health **June 3** Let's Talk Supplement Health & Safety

Health Tips with Maureen Schneider (organized by NORC WOW)  
 Maureen will discuss healthy snacks, health tips and more  
 Tuesdays, 12:00 pm **May 12, June 9**  
 Tuesdays, 11:00 am **May 26, June 30**

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

Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)  
**May 13:** Caring for Your Bones and Joints **June 3: Seasonal Affective Disorder**  
 Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Cyber Security for Seniors Workshop with Regina Ganpat from Chase sponsored by VNS Health.  
 Wednesday, **May 20**, 10:00am  
 Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383 (organized by DDC)

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

**Senior Citizen Homeowners' Exemption (SCHE):** 65+ & income of \$58,399 or less  
**Disabled Homeowners Exemption (DHE):** same as SCHE & disabled status  
**Senior Citizen Rent Increase Exemption (SCRIE):** 65+ & monthly rent is more than 1/3 of income

**Veteran's Exemption:** active combat during specific time frames with DD214

**STAR:** annual income of \$500,000 or less **Enhanced STAR (ESTAR):** 65+ & income of \$90,550 or less

The Supplemental Nutrition Program (SNAP), formerly called the Food Stamp Program, provides food support to low-income New Yorkers including working families, the elderly and people with disabilities to increase their ability to purchase food.

**HEAP Cooling Assistance Benefit:** The 2025-2026 HEAP Cooling Assistance Benefit opened April 15, 2026. If you are eligible, you may receive one HEAP Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.

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**  
**Clearview NORC 718-352-4157**  
**Deepdale NORC 718-225-3929**  
**NORC WOW 718-225-5650 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](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).

**PRE-REGISTRATION is Required for All Classes**

For Sam Field - 718-225-6750 x 233, 222 - For Bay Terrace - 718-423-6111 x 228, 242, 225,223

**Monday No classes May 25**

- 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
- 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**

- 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**

- 9:00-10:00 Dancercise with Russell Virtual & In Person at Sam Field
- 9:00-9:45 Yoga Stretch with Karen Virtual & In Person at Bay Terrace
- 11:30-12:15 Chair Yoga with Karen In person only at Sam Field

**PRE-REGISTRATION is Required for All Classes**

For Sam Field - 718-225-6750, x 233, 222 - For Bay Terrace - 718-423-6111, x 228, 242, 225, 223

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

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