



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

July
August
2026

Danielle Ellman
Chief Executive Officer

Brynn McCormick
Vice President,
Adult Programs

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

Shelly Channan
Senior Program Director
Sam Field Older Adult Center
718-225-6750 Ext 236

Shelly Channan
Senior 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
Deerpale 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

A Taste of Israel with Eden Ezra, July 1, August 5, 1:00-2:00 pm

Join us at Sam Field for a lively, engaging monthly series exploring Israel's rich and diverse story - from ancient history and modern innovation to music and cuisine. You don't have to be Jewish to enjoy this amazing experience! Led by our wonderful Israeli emissary, Eden, who you may remember as the person who facilitated our Pre-Passover musical celebration this year at Sam Field, this interactive program offers a special space to connect, learn and experience Israel in a new way.

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

"July Fourth on the 2nd Luncheon" at Bay Terrace

Thursday, July 2, 12:00-1:00pm

Pre-registration required 718-423-6111 x228, x242, x225, x223

Basic Conversational Spanish with Zachary

Monday's 1:00-2:00pm at Sam Field Older Adult Center

July 6, 13 August 3, 10, 17, 24, 31

For Beginners Only..... Exercise your brain by learning to have simple conversations in a new language. Pre-registration required, 718-225-6750 x233, x222

Celebrate America's 250th Birthday!

Wednesday, July 8 at Sam Field

Lunch 11:45-12:30 Live Music with DJ Russell 12:45-1:45

Pre-registration required by June 30 718-225-6750 x233, x222 Suggested contribution \$3

Lake Success Shopping Trip, Monday, July 13, 9:45am. (organized by CQ)

Join us for a fun retail therapy outing to the Lake Success Shopping Center.

Return to CQ at 1:00pm for a grab and go lunch

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

Ice Cream Party at Central Queens, Tuesday, July 21 following lunch

Celebrate the summer with some yummy ice cream, fun toppings and music from the 60s!

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

Fire Safety Presentation Led by FDNY Fire Safety Education Unit

Wednesday, July 22, 2:00-2:45pm In person at Bay Terrace

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 718-423-6111 x242, 228, 225, 223

Emergency Preparedness Presentation in Person at Central Queens-

Tuesday August 4, 11:00 am

This presentation equips New Yorkers with the knowledge and tools needed to prepare for emergencies and disasters, respond effectively, and recover as quickly as possible. New York National Guard members, in partnership with the New York State Division of Homeland Security and Emergency Services (DHSES) and local emergency management officials conduct these trainings across the state.

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

Pizza Party and a Movie featuring "Remarkably Bright Creatures"

at Central Queens, Tuesday, August 11

Movie begins at 11:30am, 12:30pm intermission and lunch, 1:00 movie resumes

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



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

Please check your emails daily for class cancellations and program changes

Commonpoint is closed Friday July 3 for Independence Day

Older Adult Center at Bay Terrace
Home of North Flushing & Bay Terrace Older Adults
 212-00 23 Avenue, Bayside, 11360 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
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
1:30-3:00	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 223 New Time starting July 6
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	
1:30-4:00 New name & time	Leisure Games (Canasta, Mah Jong or Rummikub) In person at Bay Terrace. Register as a group of four. <u>Space is very limited.</u> You must bring your own Mah Jong set. Pre-registration required, 718-423-6111 x228, 242, 223 Please let us know if you are interested in volunteering to teach any of these games.
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. July 28 August 25 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. July 7, 14 August 4, 11 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. July 7, 14, 28 August 4, 11, 25 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. July 21 August 18 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
10:30-11:30	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 On pause for July and August
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	
9:15-10:00	Aerobics and More with Gail In person & virtual Program combines Warm-up/Aerobics/Arms/Stomach/Cool Down. Pre-registration required 718-423-6111 x 228, 242, 223
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment with Elise Lev, LCSW Virtual Only Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656
1:30-2:30	Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 223
2:45-3:45	Remember the Times of Your Life with Elise Lev, LCSW In person at Bay Terrace Pre-registration required 718-423-6111 x228, 242, 223
FRIDAYS 星期五	
NO CLASSES JULY 3	
9:00-9:45	Yoga Stretch with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
10:00-11:30	Drawing, Sketching and Watercolor Painting with Laura In person at Bay Terrace Bring your own supplies. Pre-registration required. 718-423-6111, x 228, 242, 223
10:00-11:30	Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW In person & virtual Pre-registration required for in person attendance 718-423-6111 x223, x228 Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-865
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
2:45-3:45	Mah Jong 101: Learn the Game! Learn to play step by step instruction in a relaxed welcoming setting. In person only at Bay Terrace. Pre-registration required 718-423-6111 x225, 242, 228, 223 Session 2 starts July, 17th

Bay Terrace is closed Friday July 3 for Independence Day

MONDAYS	
9:45-10:45	Musical Group with Candaceia Pre-registration required, 718-225-6750 x233, x222
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, x222
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. Pre-registration required, 718-225-6750 x x233, x222
1:00-2:30 New	Basic Conversational Spanish with Zachary Starting July 6 For beginners only Exercise your brain by learning to have simple conversations in a new language. July 6, 13, August 3, 10, 17, 24, 31 Pre-registration required, 718-225-6750 x233, 222
1:00-2:30	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 FALL start date anticipated
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. Pre-registration required, 718-225-6750 x233, x222
10:00-10:45	Balance with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x222
11:00-11:45	Classic Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x222
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
1:00-1:45	Dance Fitness with Lori In person only. Pre-registration required, 718-225-6750 x233, x222
2:00-2:45	Mindful Yoga with Lori In person only. Pre-registration required, 718-225-6750 x233, x222
WEDNESDAYS	
10:30-11:45	Single Seniors In person at Sam Field. Pre-registration required, 718-225-6750 x222
11:00-11:45	Everyday Dance with Gail In person & virtual. Pre-registration required, 718-225-6750 x233, x222
12:45-1:30	Senior Stretch with Gail In person & virtual. Pre-registration required, 718-225-6750 x233, x222
1:00-2:00	A Taste of Israel with Eden Ezra A lively, engaging monthly series exploring Israel's rich and diverse story from ancient history and modern innovation to music and cuisine. July 1 August 5 Pre-registration required, 718-225-6750 x233, x222
1:00-2:30	Art Appreciation with Marie Zanzel Pre-registration required, 718-225-6750 x233, x222 On hiatus. Resumes September
1:00-2:30	MET Art Box July 22 August 26 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, x222
1:30-2:30	Bingo with Max In person at Sam Field July 15 August 19 Pre-registration required, 718-225-6750 x231
THURSDAYS	
10:00-11:30	Hebrew Ulpan with Chana Ramon for beginners through advanced students. In person. Pre-registration required, 718-225-6750 x233, x222
10:15-11:15	Stay Active & Independent for Life Exercise (SAIL) with Catherine Duncley of Northwell Health Pre-registration required, 718-225-6750 x233, x222
1:00-1:45	Senior Aerobics with Robin In person & virtual. Pre-registration required, 718-225-6750 x233, x222
2:00-2:45	Balance with Robin In person only. Pre-registration required, 718-225-6750 x233, x222
FRIDAYS	
NO CLASSES JULY 3	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x233, x222
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, x222
11:30-12:15	Chair Yoga with Karen In person only. Pre-registration required, 718-225-6750 x233, x222
1:00-2:00	Basic Ballroom Dancing with Cha Cha Charlie and Disco Dotty Pre-registration required, 718-225-6750 x233, x222 On hiatus. Resumes September 25
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x233, x222

Central Queens Older Adult Center

67-09 108 Street, Forest Hills, 11375

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 July 6, 20 August 3, 17, 31 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 July 27 August 17, 24 In person. Reconnect with the joy of play, through board games, brain teasers & other interactive activities while reducing stress, boosting cognitive function, and enhancing overall health. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160
12:00-12:45	Lunch on Mondays Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160
TUESDAYS	
11:30-12:30	Cozy Corner Chat with friends while working on your favorite pastime: knitting, needlepoint, crocheting, crossword puzzling, coloring etc. Then grab a yummy and healthy lunch! Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160
12:30-1:30	Bingo July 7, 21 August 4, 18 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 July 14 Legally Blond July 28 Song Sung Blue August 11 SPECIAL EVENT - Remarkably Bright Creatures August 25 Tea with Mussolini
WEDNESDAYS	
10:00-11:00	Bookends Express your thoughts and feelings about our current selection: July 29 Move Than Enough By Anna Quindlen 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
10:15-1:00	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	
12:00-12:45	Lunch on Thursdays In person. Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160
11:00-2:15	Mah Jong Games In person at Central Queens Pre-registration required, 718-268-5011 Shelly x421 or Ellen x 160
1:00-2:30	Hebrew Ulpan for beginners through advanced students. In person at Central Queens. Pre-registration required, Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160
FRIDAYS	
NO CLASSES JULY 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.
1:00-1:30	Welcome Shabbat A virtual gathering to restore your spiritual energy and enter a time of healing. July 24 August 14 Pre-registration required, 718-268-5011 Shelly x421 or Ellen x160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656

Central Queens is closed Friday July 3 for Independence 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.

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 July 7 11:00am <u>Presentation</u> : Hydration for Healthy Aging July 21 11:00am-1:00pm <u>Presentation & Cooking Demo</u> : Eating for Heart Health & Superfood Smoothies August 4 11:00am <u>Presentation</u> : Fiber for Digestive Health August 11:00am -1:00pm <u>Presentation & Cooking Demo</u> : Beat the Heat with Smart Summer Nutrition & No-Bake Desserts 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 July 29 "Sold On a Monday" by Kristina McMorris August 26 "The Rose Code" by Kate Quinn Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 In person for Deepdale Cares members only
THURSDAYS	
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 JULY 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 Friday July 3 for Independence 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 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. July 27 August 31
	TUESDAYS
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 July 14 <u>Presentation</u> : Heart Health & Nutrition July 28 <u>Demonstration</u> : Superfood Smoothies August 11 <u>Presentation</u> : Improve Your Digestion with Better Nutrition August 24 <u>Demonstration</u> : No-Bake Desserts
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 July 21 & August 18 Book titles will be announced at the previous month's Book Club meeting or can be found on July & August 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 July 15 August 19
	THURSDAYS
9:30-10:30	Walking Group Pre-registration is required. Meet in the CAP community room.
1:00	Movie Matinee See CAP's July & August 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. July 2 August 6 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 JULY 3
10:00-11:00	Veterans' Group with Jaimeson Champion, LCSW July 10 August 14
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 July 31 August 28

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 Friday July 3 for Independence Day



NORC WOW Scheduled Programs

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Naturally Occurring Retirement Community With Out Walls

58-20 Little Neck Parkway, Little Neck, 11362 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. July 6 August 3 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! July 13, 27 August 10, 24, 31 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. July 6, 20 August 3, 17 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 Pre-registration required 718-225-6750 ext 540 July 7, 28 August 4, 18
11:00-11:30	Healthy Tips with Maureen Schneider The program nurse will discuss healthy snacks, health tips and more. July 21 August 25 Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656
12:00-12:30	Healthy Tips with Maureen Schneider The program nurse will discuss healthy snacks, health tips and more. July 14 August 11 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 July 14 August 11 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	Nutrition with Neda: In person at Sam Field for NORC WOW members only July 9 <u>Presentation</u> : Label Ingredients To Look For & Avoid <u>Demonstration</u> : No Bake Dessert July 30 <u>Presentation</u> : Eating for Strong Bones <u>Demonstration</u> : Superfood Smoothies August 6 <u>Presentation</u> : Healing Foods & Natural Recovery <u>Demonstration</u> : Black Bean Salad August 20 <u>Presentation</u> : Healthy Grocery Shopping on A Budget <u>Demonstration</u> : Brussel Sprout Melody
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. July 2, 16, 23 August 13, 27 In person at Sam Field For NORC WOW members only.
FRIDAYS	
NO CLASSES JULY 3	
11:00-12:00	Health Chats with Lachelle Cruickshank, 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 July 17 Blood Pressure Management July 24 Sun Safety July 31 Medication Management August 14 Heart Healthy Meals August 28 All About Cholesterol
12:30-1:30	Health Chats at the Glen Oaks Library 256-04 Union Turnpike, Glen Oaks 11004 Community Members Welcome! July 10 Summer Safety Tips, Staying Hydrated August 7 Fall Prevention

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.

In person programs are for NORC WOW members only

NORC WOW is closed Friday July 3 for Independence Day

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03-1142

Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)
July 8: Protecting your Skin July 8: Preventing Falls at Home
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

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Health Chats at the Glen Oaks Library Fridays 12:30-1:30pm (organized by NORC WOW)
256-04 Union Turnpike, Glen Oaks 11004 **Community Members Welcome!**
July 10 Summer Safety Tips, Staying Hydrated August 7 Fall Prevention

Health Tips with Maureen Schneider (organized by NORC WOW)
Maureen will discuss healthy snacks, health tips and more
Tuesdays, 12:00 pm July 14, August 11
Tuesdays, 11:00 am July 28, August 25
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889

Health Chats with Lachelle Cruickshank, RN
Zoom: <https://us02web.zoom.us/j/7965825889> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
July 17 Blood Pressure Management July 24 Sun Safety July 31 Medication Management
August 14 Heart Healthy Meals August 28 All About Cholesterol

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 Senior Program Director, Shelly Channan, LCSW 718-268-5011 x421
Clearview NORC 718-352-4157
Deerpdale 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

Family Respite Social**Adult Day Program**

Carefully designed for people with moderate to later stage memory loss, this program meets daily Monday through Friday.

Activities include chair exercise, group discussions, memory enhanced activities, music program and crafts.

Support for family members and caregivers is available.

Jamie Cooperman, Director

718-225-6750 x221

Jcooperman@commonpoint.org

CAPE

An Adult Mental Health Clinic at the Sam Field Center for people over the age of 21.

We have experienced, licensed clinical social workers, a psychiatrist, a psychiatric nurse practitioner and a registered nurse on staff. Our supportive team is here to provide individual family and group therapy, and psychiatric services. In continued consideration of COVID-19 and to increase accessibility of mental health services to the community, video teletherapy is available.

For more information call 718-224-0566

Transitions Program

A program designed to address the needs of those individuals experiencing moderate memory loss. Our Transitions Program will provide the opportunity to engage in thoughtful discussions, stimulating cognitive activities and other fun experiences in a warm and supportive environment. The Transitions Program is offered Tuesdays from 10:00 am - 2:00 pm

To learn more about the program call 718-225-6750, Jamie Cooperman x221 or Alissa Pizzutiello x387

Adult Child Caregiver Support Group

If you or anyone you know is facing the challenge of caring for a parent who is suffering from Alzheimer's Disease or Dementia you are not alone.

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

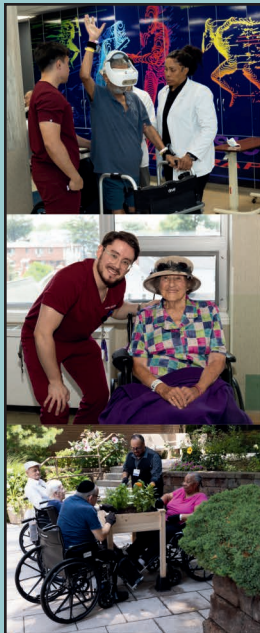
For more information call Michele Molho at 718-225-6750 x243 or email mmolho@commonpoint.org.

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

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

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

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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

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 Duncley 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 July 3

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, 236, 222 - For Bay Terrace - 718-423-6111, x 228, 242, 225, 223

SNEAKERS MUST BE WORN FOR ALL EXERCISE CLASSES

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