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

September
October
2026

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Chief Executive Officer

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Vice President,
Adult Programs

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Assistant Vice President,
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718-225-6750 Ext 256

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718-225-6750 Ext 236

Shelly Channan
Senior Director
Central Queens Older Adult Center
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Older Adult Center at Bay Terrace
718-423-6111 Ext 223

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Clearview NORC (CAP)
718-352-4157

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718-225-6750 Ext 541

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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

Fall Holiday Luncheon at Central Queens, Tuesday, September 8, 12:00-1:00pm

Learn, celebrate and eat! Join Eden, our emissary from Israel to celebrate and learn about Rosh Hashanah, the Jewish New Year and enjoy a yummy lunch.
Suggested donation $5 Pre-registration required, call Ellen 718-268-5011 x160

A Taste of Israel with Eden Ezra, September 17, October 22, 10:00-11:00am

Join us at Bay Terrace 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 718-423-6111 x242, 228

Lunch and Learn: How To Fall Safely (organized by SF)

with Mark Helbrich, PT, MAA, CEEAA of AgeWell PT,
Thursday, September 17, 12:00-12:45pm
In person at Sam Field. Pre-registration required 718-225-6750, x233, x222

Better Balance with Dr. Stanline Anto, DPT, September 23 at 11:00am, (organized by CQ)

Join us for an overview of Balance and Fall Prevention followed by an individualized professional Balance Assessment.
In person at Central Queens, pre-registration required., 718-268-5011 Ellen x160

New Year's Celebration at Sam Field....Lunch & Live Music by Joe Pace

Thursday, September 24 Lunch 11:45-12:30 Live Music 12:45-1:45
Pre-registration required by September 15, 718-225-6750 x233, x222 Suggested contribution $3

An Afternoon of Music by Orpheus Reflections, Tuesday, October 6

Orpheus Chamber Orchestra returns to Sam Field for an interactive program of classical works and well-known songs.
Lunch served from 11:45am-12:30pm. Program starts at 12:45pm.
Suggested donation $3. Pre-registration required by September 29 718-225-6750 x222, x233

Flu Vaccine at Central Queens, Wednesday, October 7, 10:30am-12:00pm

St. John's University is providing nursing staff to administer regular and senior version flu vaccines
Pre-registration required, 718-268-5011 Ellen x160

Central Queens is going on a Trip to The Nassau Museum of Art, Tuesday, October 20, 9:30am-2:30pm

Enjoy the beautiful grounds and experience a docent-led tour of the Tiffany glass exhibit.
Space is limited. $25 per person. For more information and to pre-register call 718-2268-5011 x160

Monster Mash with DJ Russell at Sam Field (organized by SF)

Tuesday, October 27, Lunch 11:45-12:30 Live Music with 12:45-1:45
Pre-registration required by October 16, 718-225-6750, x233 x222 Suggested donation of $3.

Now Forming - Spousal / Partner Bereavement Group for the Newly Bereaved

At Sam Field. Start date to be determined.
For more information call Shelly, 718-225-6750 x236

PROUD PARTNER UJA Federation NEW YORK

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 September 7 for Labor Day & September 21 for Yom Kippur

Older Adult Center at Bay Terrace

Home of North Flushing & Bay Terrace Older Adults

212-00 23 Avenue, Bayside, 11360 718-423-6111 x223

NYC Department for the Aging

	MONDAYS 星期一	No Classes September 7 & 21
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	
10:00-11:30 New Time	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 223 Time change effective September 14	
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	The Ladies Social Circle: Friendship & Fun with Elise Lev, LCSW Enjoy good company, engaging conversations, and plenty of laughs in a friendly atmosphere. In person only. Pre-registration required 718-423-6111 x223, x228, x242 No group Sept 7, 21 Oct 12	
	TUESDAYS 星期二	
10:00-11:30 New Time	Leisure Games (Canasta, Mah Jong or Rummikub) In person at Bay Terrace. Players are asked to register as a group of four. Space is very limited. You must bring your own Mah Jong set. Pre-registration required, 718-423-6111 x228, 242, 223 .Time change effective September 8	
11:00-11:45	Everyday Dance with Gail In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223	
1:30-2:30	Bingo In person. September 29 October 20 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. September 1. 8, 22 October 6, 13 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. September 1, 8, 22, 29 October 6, 13, 20 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. September 15 October 27 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	
10:15-11:15 New	Brain Power Hour with Jack XU, LMSW Starting Sept 23 Challenge your mind, sharpen your memory, and have fun! 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. Resumes September 9 Pre-registration required. 718-423-6111 x 228, 242, 223	
2:00-3:30	All Together Now! Let's get together and have fun "chit-chatting" A lively discussion group. In person only. Pre-registration required. 718-423-6111 x228, 242, 223 No group September 2	
	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 No group Sept 17 , Oct 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 No class Sept 17	
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	
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 No group September 11	
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. 4 week sessions. Pre-registration required 718-423-6111 x225, 242, 228, 223 Session 4 starts Sept 25, Session 5 starts Oct 16	

Bay Terrace is closed Monday September 7 for Labor Day & September 21 for Yom Kippur

	MONDAYS	No Classes September 7 & 21
9:45-10:45	Musical Group with Candaceia Pre-registration required, 718-225-6750 x233, x222	
10:00-10:45	Strength & Balance with Robin In person only 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	
1:00-1:45	Balance with Robin In person only 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	
	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 form ancient history and modern innovation to music and cuisine. September 2 October 7 Pre-registration required, 718-225-6750 x233, x222	
1:00-2:30	Art Appreciation with Marie Zanzel September 9 October 14 Pre-registration required, 718-225-6750 x233, x222	
1:00-2:30	MET Art Box September 23 October 28 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 September 16 October 21 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 Dunckley 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	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x233, x222	
10:30-11:15	Circuit with Karen In person only. 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	
12:30-1:15	Cardio, Tone & Stretch with Lori 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 MEN and women encouraged to register! Resumes September 25	
1:00-2:30	Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x233, x222	

Sam Field Center is closed Monday September 7 for Labor Day & September 21 for Yom Kippur

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	No Classes September 7 & 21
11:00-12:00	Brainworks September 14 October 5, 19 Join us as we keep our minds sharp and active. In person at Central Queens. Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421	
11:00-12:00	Master Your Mind September 28 October 12, 26 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 Ellen x160 or Shelly x421	
12:00-12:45	Lunch on Mondays Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421	
	TUESDAYS	
11:00-12:00	A Taste of Israel with Eden Ezra In person October 13, 27 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 Ellen x160 or Shelly x421	
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 Ellen x160 or Shelly x421	
12:30-1:30	Bingo September 1, 15, 29 October 13, 27 In person at Central Queens Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421	
12:15-2:15	Movie Matinee In person at Central Queens. Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421 September 22 Sam & Kate October 6 Fried Green Tomatoes	
	WEDNESDAYS	
10:00-11:00	Bookends Express your thoughts and feelings about our current selection: September 2 I See You've Called In Dead by John Kenney 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 Ellen x160 or Shelly x541	
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 Ellen x 160 or Shelly x421 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 Ellen x160 or Shelly x421	
	THURSDAYS	
12:00-12:45	Lunch on Thursdays In person. Please note: lunch is first come first served. Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421	
11:00-2:15	Mah Jong Games In person at Central Queens Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421	
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 Ellen x160 or Shelly x421	
	FRIDAYS	
10:15-11:30	Hot Topics In person at Central Queens. Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421	
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. September 25 October 23 Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656	

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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 No Classes September 7 & 21
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 September 1 11:00am Presentation: Managing Blood Sugar Through Nutrition & Tropical Chia Pudding September 15 11:00am-1:00pm Presentation & Cooking Demo: Brain Boosting Foods for Healthy Aging October 6 11:00am Presentation: Fall Harvest Nutrition October 20 11:00am -1:00pm Presentation & Cooking Demo: Maintaining Muscle Strength Through Nutrition & Apple Cinnamon Overnight Oats 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 September 9 "All the Light We Cannot" See by Anthony Doerr October 28 "Signal Fires" by Dani Shapiro 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
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 Monday September 7 for Labor Day & September 21 for Yom Kippur

Clearview Assistance Scheduled Programs

163-59 17 Avenue, Whitestone,11357 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 September 7 & 21
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. September 28 October 26	
	TUESDAYS	
11:00-12:00	Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 September 8 Presentation: Manage Your Blood Sugar with Nutrition September 22 Demonstration: Tropical Chia Pudding October 13 Presentation: Maintaining Muscle Strength Through Nutrition October 27 Demonstration: Apple Cinnamon Overnight Oats	
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 September 22 October 20 Book titles will be announced at the previous month's Book Club meeting or can be found on September & October 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 September 23 October 21	
	THURSDAYS	
9:30-10:30	Walking Group Pre-registration is required. Meet in the CAP community room.	
1:00	Movie Matinee See CAP's September & October calendars for more information. Pre-registration required 718-352-4157	
2:30-3:30	Monthly Health Chat with RN Vilma In person at CAP Library. September 3 October 1 Pre-registration required 718-352-4157	
3:00-4:00	Games Galore! Meet in the CAP library. Pre-registration is required 818-352-4157	
	FRIDAYS	
10:00-11:00	Veterans' Group with Jaimeson Champion, LCSW September 11 October 9	
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	
1:00	Coffee and Talk with Safula Kaikai In Person at CAP Library	
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 September 25 October 30	

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.

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NORC WOW Scheduled Programs

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 No Classes September 7 & 21
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. September 14 October 5 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! September 12 October 26 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/8743433698 Meeting ID: 874 343 3698 By phone: +1 646 558 8656
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. September 14, 28 October 5, 19 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 September 8, 22 October 6, 20
11:00-11:30	Healthy Tips with Maureen Schneider The program nurse will discuss healthy snacks, health tips and more. September 15, 29 October 13, 27 Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656
	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 September 3 Presentation: How to Manage Your Blood Pressure Demonstration: Stuffed Peppers September 17 Presentation: Foods to Boost Your Brain Demonstration: Tropical Chia Pudding October 1 Presentation: Fall Harvest Demonstration: Banana Pancake October 15 Presentation: Maintaining Your Muscle Through Good Nutrition Demonstration: Apple Cinnamon Overnight Oatmeal
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. September 10, 24 October 8, 22, 29 In person at Sam Field For NORC WOW members only.
	FRIDAYS
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/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656 September 11 Diabetes Management September 25 Flu Preparatiom October TBA
12:30-1:30	Health Chats at the Glen Oaks Library 256-04 Union Turnpike, Glen Oaks 11004 Community Members Welcome! September 18 Heart Healthy Meals October TBA

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 Monday September 7 for Labor Day & September 21 for Yom Kippur

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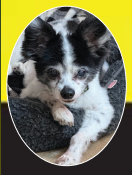

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Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)
September 9: Healthy Aging October: 8 Breast Cancer
Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383

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!
September 18 Heart Healthy Meals October TBA

Health Tips with Maureen Schneider (organized by NORC WOW)
Maureen will discuss healthy snacks, health tips and more
Tuesdays, 11:00 am September 15, 29 October 13, 27
Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656

Health Chats with Lachelle Cruickshank, RN (organized by NORC WOW)
Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656
September 11 Diabetes Management September 25 Flu Preparation
October TBA

Presentation: Spanish 101 with Kiaralis Tekin, Wednesday, October 7 (organized by Deepdale Care)
Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383

Brain Games: Test Your knowledge on Hispanic Culture. It's a ¡Trivia Fiesta! Wednesday, October 14
Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383

Benefits and Entitlements Assistance

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 110,750 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.

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 Director, Shelly Channan, LCSW 718-268-5011 x421
Clearview NORC 718-352-4157
Deepdale NORC 718-225-3929
NORC WOW 718-225-6750 x541

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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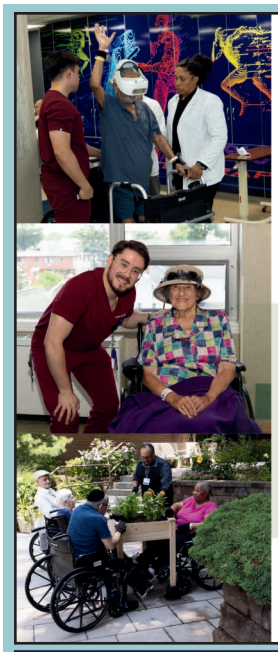

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My husband has been at Margaret Tietz for two months. I will forever be grateful for their compassion, kindness and their ability to provide excellent service with a smile. He will be able to resume his life once again! - RB

★★★★★
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

★★★★★
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 gentleand 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 No classes September 7 & 21

10:00-10:45 Classic Exercise with Karen Virtual & In Person at Bay Terrace
10:00-10:45 Strength and Balance with Robin In Person only at Sam Field
11:00-11:45 Latin Fusion with Gail In Person only at Sam Field
1:00-1:45 Balance with Robin 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 No class September 17
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
10:30-11:15 Circuit with Karen In Person only at Sam Field
11:30-12:15 Chair Yoga with Karen In Person only at Sam Field
12:30-1:15 Cardio, Tone & Stretch with Lori In Person only at Sam Field

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