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

November
December
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 Director
Sam Field Older Adult Center
718-225-6750 Ext 236

Shelly Channan
Senior 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

Amanda Palumbo
Social Worker
NORC WOW
718-225-6750 Ext 541

Kiaralis Tekin
Program Director
Deepdale NORC
718-225-3929

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

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


**Lunch and Learn at Bay Terrace: Medicare 101: Understanding Your Medicare Benefits,**
Thursday, November 5, 12:00-1:00pm Space is limited. Pre-registration required 718-423-6111 x242, 228, 225, 223

**Spotlight on Diwali with Shelly Channan Monday, November 9, 11:00am-12:00 pm**
Learn about the Hindu Festival of Light! Enjoy a holiday craft activity and lunch. Suggested donation $5
In person at Central Queens. Pre-registration required., 718-268-5011 Ellen x160

**Lunch and Learn: Medicare Open Enrollment Updates - with Chris Accardi at Sam Field**
Wednesday, November 11. Program starts at 12:00pm Pre-registration required by Nov. 10, 718-225-6750, x233, x222

**Medicare Made Clear - Monday, November 16, 12:30-1:30pm, in person at Central Queens**
Kim Lerner, the Director of the Benefits Outreach Program of LiveOn NY will clarify and answer your questions.
Please register with Ellen 718-268-5011 x160

**Friendsgiving at Central Queens: Lunch and Live Music, Tuesday, November 17 at 12:00pm**
Suggested donation $5. Pre-registration required., 718-268-5011, Ellen x160

**Pre-Thanksgiving Celebration at Sam Field - Thursday, November 19, 11:45am-1:45**
Enjoy a festive holiday meal and music with Squeaky Clean Lunch: 11:45 - 12:30 Music: 12:45 - 1:45
Suggested donation $3. In person at Sam Field. Pre-registration required by Nov. 10, 718-225-6750, x233, x222

**Gobble, Gobble (Thanksgiving Luncheon) at Bay Terrace. Thursday, November 19, 12:00-1:00pm**
In person at Bay Terrace Join us for a festive holiday luncheon. Space is limited.
Pre-registration required by November 10, 718-423-6111, x242, 228, 225, 223 Suggested donation $2.50

**Elder Abuse, Maltreatment & Neglect presented by Elise Lev, LCSW Wednesday, November 25, 2:00pm.**
In person at Bay Terrace. Pre-registration required. 718-423-6111 x228, 242, 223

**Lunch and Learn: OMNY Reduced-Fare Program, Monday, November 30, 12:00-1:00pm**
In person at Bay Terrace. Pre-registration required, 718-423-6111 x223, 228, 242

**Festive Lunch and a Movie at Sam Field Thursday. December 10, 11:45am**
"Nonnas" Pre-registration required 718-225-6750, x233 x222

**Community Chanukah Celebration Thursday, December 10, 12:00-1:30 pm**
In person at Central Queens. Celebrate Chanukah with fun and surprises.
Space is Limited. Pre-registration required, 718-268-5011 Ellen x160 Suggested donation $5

**Holiday Party with DJ Russell at Sam Field**
Tuesday, December 15, Lunch 11:45-12:30 Live Music 12:45-1:45
Pre-registration required by December 7, 718-225-6750, x233 x222 Suggested donation of $3.

**Lunch & Music: SF Music Group Holiday Performance Monday, December 21**
Lunch 11:45 Performance 12:00pm In person at Sam Field. Pre-registration required 718-225-6750, x233, 222

**A Toast to Winter-Mixology Experience, Monday, December 21, 3:30-4:30pm**
In person at Bay Terrace. Pre-registration required by 718-423-6111 x225, x228, x242, x223

**Cello Interlude at Central Queens, Monday, December 21, 11:00am**
Alyssa and Emma Sugiyama will enchant us with a lovely musical presentation
that should not be missed. Pre-registration required, 718-268-5011 Ellen x160 or Tkeisha x359

**Chinese Food and A Movie at Central Queens**
Tuesday, December 22, 11:30am-2:30pm "The Devil Wears Prada 2".
Space is limited, Pre-registration required, 718-268-5011 Ellen x160 Suggested donation $5

**Chinese Food and a Movie at Sam Field**
Friday, December 25 Lunch 11:45am Movie 12:15pm "City Island"
Pre-registration required by December 16 , 718-225-6750, x233, x222 Suggested donation $2.50


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 Thursday November 26 for Thanksgiving

# 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

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|---|---|
| | **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 |
| 10:00-11:30 | Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 223 |
| 2:30-3:15 | Yoga on the Mat with Robin Stuelpner In person & virtual (Bring your own mat) Pre-registration required. 718-423-6111 x228, 242, 223 |
| 3:30-4:30 | 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 Nov 9, 16 Dec 21 |
| | **TUESDAYS 星期二** |
| 10:00-1:00 | Leisure Games (Canasta, Mah Jong or Rummikub) In person at Bay Terrace. Players are asked to register as a group of four for Mah Jong. Space is very limited. You must bring your own Mah Jong set. Pre-registration required, 718-423-6111 x228, 242, 223 |
| 11:00-11:45 | Everyday Dance with Gail In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223 |
| 1:30-2:30 | Bingo In person. November 17 December 22 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.<br>November 10 December 1, 8, 15 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.<br>November 10, 17 December 1, 8, 15, 22 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.<br>November 24 December 29 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 | Brain Power Hour with Jack XU, LMSW Challenge your mind, sharpen your memory, and have fun!<br>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.<br>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.<br>In person only. Pre-registration required. 718-423-6111 x228, 242, 223 No group November 11, 25 |
| | **THURSDAYS 星期四** No classes November 26 |
| 9:15-10:00 | Aerobics and More with Gail In person & virtual Program combines Warm-up/Aerobics/Arms/Stomach/Cool Down.<br>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 Nov 12, 19 Dec 17, 24<br>Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656 |
| 10:00-11:00 | 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 Pre-registration required. 718-423-6111 x228, 242 November 19 December 17 |
| 1:30-2:30 | Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 223 |
| 3:00-4:00 New Time | Remember the Times of Your Life with Elise Lev, LCSW In person. Pre-registration required 718-423-6111 x228, 242, 223<br>No group November 12 , 19 December 17, 24 |
| | **FRIDAYS 星期五** NO CLASSES NOVEMBER 27 & DECEMBER 25 |
| 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.<br>Pre-registration required. 718-423-6111, x 228, 242, 223 No class November 27 December 25 |
| 10:00-11:30 | Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW In person & virtual<br>Pre-registration required for in person attendance 718-423-6111 x223, x228<br>Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-865<br>No group November 13, 27 December 25 |
| 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.<br>In person only. Pre-registration required 718-423-6111 x228, 242 No group November 13, 27 December 25 |
| 2:45-3:45 | Mah Jong 101: Learn the Game! Learn to play step by step instruction in a relaxed welcoming setting. In person.<br>4 week sessions. Pre-registration required 718-423-6111 x225, 242, 228, 223 No group November 27 December 25 |

Bay Terrace is closed Thursday & Friday November 26 & 27 for Thanksgiving and December 25 for Christmas

# Sam Field Older Adult Center Programs

58-20 Little Neck Parkway, Little Neck, 11362 718-225-6750 x233, x222

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| | **MONDAYS** |
| 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 |
| 12:00-1:30 New | Spousal / Partner Bereavement Group for the newly Bereaved. Starting October 26. For more information & to register call Shelly Channan 718-225-6750 |
| 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. November 4 December 2 Pre-registration required, 718-225-6750 x233, x222 |
| 1:00-2:30 | Art Appreciation with Marie Zanzel November 11 December 9 Pre-registration required, 718-225-6750 x233, x222 |
| 1:00-2:30 | MET Art Box November 25 December 23 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 November 18 December 16 Pre-registration required, 718-225-6750 x231 |
| | **THURSDAYS** No classes November 26 |
| 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** NO CLASSES NOVEMBER 27, DECEMBER 25 |
| 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! |
| 1:00-2:30 | Painting with Laura Stevens In person only. Pre-registration required, 718-225-6750 x233, x222 |

Sam Field Center is closed Thursday & Friday November 26 & 27 for Thanksgiving

Sam Field Center is open December 25 for a special event only

# 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 Join us as we keep our minds sharp and active. In person at Central Queens.<br>November 2, 16, 23, 30 December 7, 14, 28<br>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.<br>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 November 24 December 29<br>Share in the sights, scents, sounds and tastes of Israel with our own emissary, Eden Ezra<br>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 November 10, 24 December 8, 15, 29 In person at Central Queens<br>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<br>November 3 Secretariat December 1 We Bought a Zoo |
| | **WEDNESDAYS** |
| 10:00-11:00 | Bookends Express your thoughts and feelings about our current selection:<br>December 30 "The Calamity Club" by Katheryn Stockette Pre-registration required, call Ellen 718-268-5011 x160<br>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 x421 |
| 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<br>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.<br>Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421 |
| | **THURSDAYS** No classes November 26 |
| 12:00-12:45 | Lunch on Thursdays In person. Please note: lunch is first come first served.<br>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.<br>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.<br>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.<br>November 13 December 11 Pre-registration required, 718-268-5011 Ellen x160 or Shelly x421<br>Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656 |

MTA Info Session, Tuesday, November 10 at 11:30 - A representative of the MTA will present useful tips and answer questions. For more information call Ellen 718-268-5011 x160 or Tkeisha x359

Spot the Scam, Tuesday, December 15, 11:00am-12:00pm An insurance specialist will share information regarding scams- how to spot them and how to avoid them. In person at Central Queens.
For more information and to register call Ellen 718-268-5011 x160 or Tkeisha x359.

Central Queens is closed Thursday November 26 for Thanksgiving

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.

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| | MONDAYS |
| 10:00-11:00 | Meditation & Stretching Virtual & In person for Deepdale Cares members only<br>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<br>Share cherished memories, stories, and life experiences.<br>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<br>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<br>November 3 11:00am Presentation: Protein Power<br>November 17 11:00am-1:00pm Presentation & Cooking Demo: Thanksgiving Without the Stuffing & Vegetable Salad<br>December 1 11:00am Presentation: Winter Wellness<br>December 15 11:00am -1:00pm Presentation & Cooking Demo: Wrap of the Year & Quick and Easy Wraps<br>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<br>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<br>Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 |
| 2:00 | Book Club November 25 "Defending Jacob" by William Land<br>December 30 "Leaving" by Roxana Robinson<br>Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 In person for Deepdale Cares members only |
| | THURSDAYS No classes November 26, December 24 |
| 10:00-10:45 | Chair Yoga with Robin Stuelpner Virtual & In person for Deepdale Cares members only<br>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<br>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 DECEMBER 25 |
| 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<br>Virtual & In person for Deepdale Cares members only. Zoom: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383 |
| 10:00 | Dominoes In person for Deepdale Cares members only |

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

Deepdale Cares is closed Thursday November 26 for Thanksgiving &
Thursday & Friday December 24 & 25 for Christmas

# 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.

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| | **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. November 29 December 27 |
| | **TUESDAYS** |
| 11:00-12:00 | Nutrition Presentations & Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157<br>November 19 Presentation: Protein Power<br>November 24 Demonstration: Veggie Salad<br>December 8 Presentation: Winter Wellness<br>December 22 Demonstration: Wraps to End the year Fresh and Fabulous |
| 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<br>November 17 December 15 Book titles will be announced at the previous month's Book Club meeting or can be found on November & December 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<br>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?<br>Bring your tablet or smartphone, and we'll cover basic topics to help you get comfortable with being online.<br>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 November 18 December 16 |
| | **THURSDAYS** No classes November 26, December 24 |
| 1:00 | Movie Matinee See CAP's November & December calendars for more information. 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 NOVEMBER 26, DECEMBER 25 |
| 10:00-11:00 | Veterans' Group with Jaimeson Champion, LCSW November 2 December 7 |
| 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 November 20 December 18 |
| 2:00-3:00 | Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 November 20 December 18 |
| 2:30-3:30 | Monthly Health Chat with RN Zhanna In person at CAP Library.<br>November 6 December 4 Pre-registration required 718-352-4157 |

Medicare Rights Center Presentation: Learn All About Medicare Fall Open Enrollment
Thursday, November 5, 11:00am . In person at CAP

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 November 26 & 27 for Thanksgiving & December 24 & 25 for Christmas

# NORC WOW Scheduled Programs

*Naturally Occurring Retirement Community With Out Walls*

58-20 Little Neck Parkway, Little Neck, 11362 718-225-6750 x 540

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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. November 9 December 7<br>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! November 30 December 21, 28<br>Virtual and in person at Sam Field for NORC WOW members only. Pre-registration required 718-225-6750 ext 540<br>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.<br>November 2, 23, December 14 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<br>November 3, 17, December 1, 15, 29 |
| 11:00-11:30 | Healthy Tips with Maureen Schneider, RN The program nurse will discuss healthy snacks, health tips and more.<br>November 10, 24, December 8, 22<br>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 No classes November 26, December 24 |
| 11:00-1:00 | Nutrition with Neda: In person at Sam Field for NORC WOW members only<br>November 5 Presentation: Protein Power Demonstration: Protein Power Reciptes<br>November 19 Presentation: Thanksgiving Without the Stuffing Demonstration: Roated Veggie Salad<br>December 3 Presentation: Winter Wellness Demonstration: Ground Turkey Surprise<br>December 17 Presentation: Wrap Up the Year Demonstration: Wraps to End the Year: Fresh and Fabulous |
| 11:00-12:00<br>New Day | Health Chats with RN In person at Sam Field for NORC WOW members only and on zoom.<br>Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656<br>November 19 December 10 |
| | FRIDAYS NO CLASSES NOVEMBER 27, DECEMBER 25 |
| 11:00-12:00 | Healthy Mind, Healthy Living with RN November 3, 20 December 11, 18<br>In person at Sam Field for NORC WOW members only and Virtual<br>Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656 |
| 12:30-1:30 | Health Chats at the Glen Oaks Library with program RN<br>256-04 Union Turnpike, Glen Oaks 11004 Community Members Welcome!<br>November 6 - Coping with The Holidays December 18 - Dizziness & Vertigo |

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 Thursday November 26 & 27 for Thanksgiving and December 24 & 25 for Christmas

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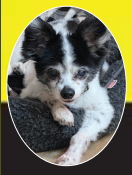

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Health Chat: with Jane Emmerth, RN Wednesdays 11:00am (organized by DDC)
November 4 Diabetes Awareness Month December 9: Seasonal Affective Disorder
Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383

Health Chats at the Glen Oaks Library with RN Fridays 12:30-1:30pm (organized by NORC WOW)
256-04 Union Turnpike, Glen Oaks 11004 Community Members Welcome!
November 6 Coping with The Holidays December 4 Dizziness and Vertical

Health Tips with Maureen Schneider, RN (organized by NORC WOW)
Maureen will discuss healthy snacks, health tips and more Tuesdays, 11:00 am November 10, 24 December 8, 22
Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656

New Day

Health Chats with RN (organized by NORC WOW) Thursdays, November 19, December 10, 11:00am-12:00pm
Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656

Healthy Mind, Healthy Living with RN In person at Sam Field for NORC WOW members only and Virtual
November 13, 20 December 11, 18 11:00am-12:pm
Zoom: https://us02web.zoom.us/j/8743433698 Meeting ID: 874 343 3698 Phone: 1-646-558-8656

Health Chat: Prioritizing the Treatment of Aortic Valve Disease
Monday, November 23, 12:45pm. In person at Central Queens
Mahesh Madhaven MD, Assistant Professor of Medicine - Interventional Cardiology ,
will inform us about an overlooked illness. Pre-registration required, 718-268-5011 Ellen x160 or Tkeisha x359

Department of Finance / Homeowners Exemption & Rent Freeze Event (organized by DDC) For more information call 718-225-3929
Wednesday, November 18, 10:00am-2:00pm Zoom: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383

## Benefits and Entitlement Assistance

Benefits and Entitlements - Assistance is available through our Older Adult Centers and NORC programs to help you identify, understand and possibly apply for benefits and entitlements for which you may qualify. These may include, but not be limited to Senior Citizen Rent Increase Exemption (SCRIE), Senior Citizen Homeowners' Exemption (SCHE), Disabled Homeowners Exemption (DHE). Veteran's Exemption, STAR, Enhanced STAR, the Supplemental Nutrition Program (SNAP), and Medicare

Transportation - Don't let transportation issues keep you from attending programs at our Older Adult Centers or NORC Programs! Let us know as we may be able to help you get to us. The NORCs ONLY also provide limited rides to medical appointments for members of Clearview NORC, Deepdale NORC and NORC WOW.

Friendly Visiting - If you are temporarily or permanently unable to come out to one of our Centers to participate in programs due to health issues, frailty, or a disability, and have a few or no opportunities for socialization, regularly scheduled home or virtual visits by our program staff, interns or volunteers can be made available to you.

Shopping Assistance - If you or someone you know has limited ability to leave home due to frailty, disability, or other health issues, and have a few or no informal supports, assistance in securing groceries and/or medications may be available to you.

Telephone Reassurance Calls - If you or someone you know has limited ability to leave home temporarily or permanently due to frailty, disability, or other health issues, and have few or no informal supports or opportunities for socialization, you may be eligible to receive regularly scheduled telephone calls from program staff, interns or volunteers.

To request any of the above services, please contact staff at your local program:

Sam Field OAC (Little Neck) Alyssa Lombardo, Social Worker 718-225-6750

Bay Terrace OAC (Bayside): Elise Lev, Program Director 718-423-6111

Central Queens OAC (Forest Hills) : Shelly Channan, Senior Director 718-268-5011

Clearview (CAP) NORC: 718-352-4157

Deepdale CARES NORC: 718-225-3929

NORC WOW: Amanda Palumbo, Social Worker 718-225-6750

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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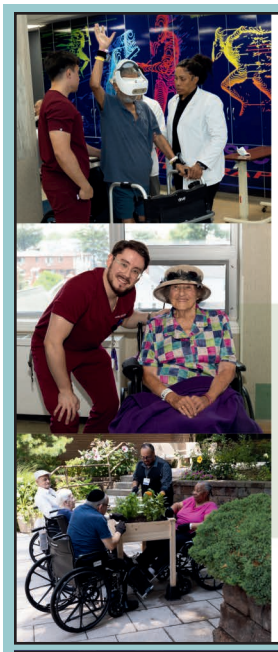

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*Margaret Tietz is a well-run rehab facility. The nurses, nurse aides, doctors, & staff are kind and attentive. The OT, PT, and ST services are excellent. Our needs are being met! Highly recommend this center! - AH*

★★★★★
*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

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 No classes November 26

9:15-10:00 Aerobics and More with Gail Virtual & In Person at Bay Terrace
10:15-11:15 S.A.I.L with Catherine Dunckley of Northwell In Person at Sam Field
1:00-1:45 Senior Aerobics with Robin Virtual & In Person at Sam Field
1:30-2:30 Meditation and Reiki with Lori In person only at Bay Terrace
2:00-2:45 Balance with Robin In person only at Sam Field

Friday No classes November 27 December 25

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