



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
2024

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Chief Executive Officer

Juanito Vargas
VP of Adult Programs

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Assistant Vice President,
Older Adult Services
718-225-6750 Ext. 256

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Program Director
Sam Field Older Adult Center
718-225-6750 Ext. 236

Shelly Channan
Program Director
Central Queens Older Adult
Center
718-268-5011 Ext 421

Elise Lev
Program Director
Older Adult Center at
Bay Terrace
718-423-6111 Ext 223

North Flushing Older Adult
Center
718-358-9193

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718-352-4157

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718-225-6750 Ext 543

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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

Spotlight on Sculpting in Ice and Glass Wednesday, September 4, 1:00-2:00 pm (organized by CQ)

For more information, contact Ellen 718-268-5011 x160

Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

Orpheus Reflections at Sam Field Tuesday, September 10, 12:30-1:30 pm

Suggested donation \$3 includes lunch served from 11:30 am-12:15 pm

Join us for an afternoon of music including a string trio of Orpheus Chamber Orchestra musicians performing works by Dvorak, Beethoven, and Bizet. Participants will be invited to sing along to well known songs like *Over the Rainbow* and *Blue Skies*. Pre-registration required 718-225-6750 x236, x222

Introduction to Balance with Dr. Stanline Anto, Doctor of Physical Therapy (organized by CQ)

Monday, September 16, 11:00 am In person at Central Queens

An overview of Balance and Falls Prevention followed by an in-person Balance Assessment.

Pre-registration required, call Ellen 718-268-5011 x160

Northwell Buzz! In person at Central Queens, Tuesday, September 17, 11:00-11:45 *See page 9 for more info

Long-Term Planning on YOUR Terms presented by Abraham Mazlouni & Associates (organized by SF)

Wednesday, September 18, 10:00-11:00 am

In person at Sam Field. Pre-registration required, 718-225-6750 x236, x222

Moon Festival Friday, September 20, 1:00-2:30 pm (organized by SF)

Join us to celebrate the Mid-Autumn Festival. Enjoy a Chinese Cultural Dance performance and sing Karaoke.

Pre-registration required 718-225-6750 x236, x222

Lets Talk and Eat Vegetables presented by Susie Spodek of GROW NYC **Tuesday, September 24**

Healthier Eating for a Healthier Heart with an introduction to locally grown, seasonal fruits / vegetables and their nutritional information.

10:30-11:30 am at Sam Field Center and 12:15-1:00 pm at Bay Terrace Center

Pre-registration required: Bay Terrace 718-423-6111 x 228, x242, x225, x223 Sam Field 718-225-6750 x236, x222

Take Care of Your Feet presented by Podiatrist Dr. Philip Schatz, DPM

Overall self foot care, diabetic feet, proper shoe and sizing

Tuesday, September 24, 12:30 - 1:30 pm at Central Queens

Tuesday, October 15, 2:00-3:00 pm at Bay Terrace.

Pre-registration required: Central Queens 718-268-5011 x 160 Bay Terrace 718-423-6111 x228, x242, x223

How to Avoid Financial Scams Tuesday, October 1, 11:00-11:45 am (organized by CQ)

A representative from Ridgewood bank will discuss the latest scams & how to avoid them and how to make the best use of Equifax, Experian and TransUnion credit bureaus.

In person at Central Queens. Call Ellen for more info and to pre-register 718-268-5011 x160

Learn about **Benefits & Entitlements** for Older Adults (organized by CQ)

Presented by Kim Lerner, LMSW, Director - Benefits Outreach Program, LiveOn NY

In person at Central Queens, **Tuesday, October 15, 12:00 pm**

Pre-registration required, call Ellen 718-268-5011 x160

New Year's Celebration at Sam Field....Lunch & Live Music by Lee Perry Gross

Tuesday, October 15, Lunch - 11:45 am-12:30 pm Music - 12:45-1:45 pm

Pre-registration required by October 7, 718-225-6750 x236 x222 Suggested donation of \$3.00

Women's Urological Health and Urogynecology (organized by CQ)

Presented by Dr. Erica Lai of Northwell Health **Monday, October 21, 11:00 am-12:00 pm**

In person at Central Queens. Call Ellen for more info and to pre-register 718-268-5011 x160

Ageing Gracefully: Enhancing Your Health Through Mindful Eating (organized by SF)

Nutrition Presentation sponsored by The Bristol Assisted Living **Wednesday, October 23, 1:00 pm**

In person at Sam Field. Pre-registration required, 718-225-6750 x236 x222



Commonpoint is closed Monday, September 2 for Labor Day and Thursday & Friday October 3 & 4 for Rosh Hashanah

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

Older Adult Center at Bay Terrace
Home of North Flushing & Bay Terrace Older Adults
 Bay Terrace - 718-423-6111 x223 N Flushing - 718-358-9193



MONDAYS 星期一		NO CLASSES SEPTEMBER 2
10:00-10:45	Classic Exercise with Karen In person & virtual. Pre-registration required. 718-423-6111 x228, 242, 223	
10:00-11:30	Conversational Yiddish for Beginners with Chana Ramon In person only Pre-registration required. 718-423-6111, 228, 242, 225, 223	
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223	
2:30-3:15	Yoga on the Mat with Robin Stuelpner In person & virtual (Bring your own mat) Pre-registration required. 718-423-6111 x228, 242, 225, 223	
TUESDAYS 星期二		
9:45-10:45 New	Calming Support Group with Winni Yang, LMSW Forming now. Share your experiences of anxiety in a supportive environment and engage in calming mindfulness. In person only Pre-registration required 718-423-6111 x225	
10:00-1:00 New Time	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 225, 223 Must bring your own cards and holders. New time starting September 10	
11:00-11:45	Everyday Dance with Gail In person & virtual Pre-registration required. 718-423-6111 x228, 242, 225, 223	
1:30-2:30	Leisure Bingo In person. September 17, October 22 Pre-registration required. 718-423-6111 x 228, 242, 225, 223	
1:30-2:30	The Pursuit of Trivia Come in and see what trivialities you may know. September 3, 10, 24 October 1, 8, 15, 29 Pre-registration required, 718-423-6111 x228, 242, 225, 223	
WEDNESDAYS 星期三		
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual Pre-registration required 718-423-6111 x228, 242, 225, 223 No class September 18, 25	
10:00-10:45	Yoga Stretch with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 225, 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, 225, 223 No group September 18, October 2, October 30	
THURSDAYS 星期四		NO CLASSES OCTOBER 3
9:15-10:00	Aerobics and More with Gail In person & virtual Program combines Warm-up/Aerobics/Arms/Stomach/Cool Down. Must bring your own mat. Pre-registration required 718-423-6111 x 228, 242, 225, 223	
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment with Elise Lev, LCSW In person & virtual Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656 No group October 17, October 31	
10:00-11:00 New	Walk with Ease with Joan Walk for better health, improved fitness & less pain. Starting September 19 Meet at the Bay Terrace Older Adult Center For more info & to pre-register 718-423-6111 x 228	
1:30-2:30	Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 225, 223 No class Sept 12	
2:45-3:45	Remember the Times of Your Life with Elise Lev, LCSW In person & virtual No group October 17 & October 31 Zoom: https://us02web.zoom.us/j/83187859808 Meeting ID: 831 8785 9808# Dial In 1 646 558 8656	
FRIDAYS 星期五		NO CLASSES OCTOBER 4
9:45-11:15	Drawing, Sketching and Watercolor Painting with Laura In person at Bay Terrace Bring paper or sketchbook, a #2 pencil, water color pencils or watercolor paint. Pre-registration required. Call 718-423-6111, x 228, 242, 225, 223	
10:00-11:30	Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW In person & virtual Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-8656 No group Oct 18, Nov 1	
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, 225, 223	
2:45-3:45 New	Arts & Crafts with Winni Get your creative juices flowing by joining us in a variety of projects. Beginner & experienced crafters are welcome. Pre-registration required. 718-423-6111 x225, x228 x242 Starting September 27	

Bay Terrace Center is closed Monday, September 2 for Labor Day and Thursday & Friday October 3 & 4 for Rosh Hashanah

MONDAYS		NO CLASSES SEPTEMBER 2	
10:00-11:00	Musical Group with Candaceia Charles Learn to sing and explore the possibilities. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
10:30-11:30	Headlines & Hot Topics <i>For more information and to pre-register call 718-225-6750 x236</i>		
11:00-11:45	Latin Fusion with Gail In person only. A unique class to Latin tunes that incorporates whole body exercise. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. <i>Pre-registration required, 718-225-6750 x 236, x222</i>		
TUESDAYS			
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. <i>Pre-registration required, 718-225-6750 x236, x222</i> No class September 17, 24		
10:00-10:45	Balance with Robin In person & virtual. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
11:00-11:45	Classic Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
1:00-2:00	Dance Fitness with Lori In person only. <i>Pre-registration required, 718-225-6750 x236, x222</i> No class September 10		
WEDNESDAYS			
10:30-11:45	Single Seniors with Wendy Lepper In person at Sam Field. <i>Pre-registration is required, 718-225-6750 x236</i>		
11:00-11:45	Everyday Dance with Gail In person & virtual. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
12:30-1:15	Senior Stretch with Gail In person & virtual. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
1:00-2:30	Art Appreciation with Marie Zanzel September 11, October 9 <i>Pre-registration required, 718-225-6750 x236, x222</i>		
1:30-2:30	Bingo In person at Sam Field September 25 October 16 <i>Pre-registration required, 718-225-6750 x231, x236, x222</i>		
THURSDAYS			NO CLASSES OCTOBER 3
10:00-11:30	Hebrew Ulpan with Chana Ramon for beginners through advanced students. In person at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
1:00-1:45	Senior Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
2:00-2:45	Balance with Robin In person only. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
FRIDAYS			NO CLASSES OCTOBER 4
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
10:30-11:30	Men's Forum with Wendy Lepper, LMSW Get together with your peers to discuss common interests, experiences, and memories. In person only. <i>Pre-registration required, 718-225-6750 x236</i>		
11:30-12:15	Chair Yoga with Karen In person only. <i>Pre-registration required, 718-225-6750 x236, x222</i>		
1:00-2:00 Returning	Basic Ballroom Dancing with Dottie & Charlie Resuming September 27 Space is Limited. <i>Pre-registration required, 718-225-6750, x236, x222</i>		
1:00-2:30	Painting with Laura Stevens In person only. <i>Pre-registration required, 718-225-6750 x 236. x222</i>		

**Sam Field Center is closed Monday, September 2 for Labor Day and
Thursday & Friday October 3 & 4 for Rosh Hashanah**

Central Queens Older Adult Center

718-268-5011 x421, x160

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

MONDAYS		NO CLASSES SEPTEMBER 2
11:00-12:00	Let's Get Real! September 16, 30 October 14, 28 Anything goes in this lively discussion group: Chat about whatever is on your mind. In person, call Ellen 718-268-5011 x160 for more information and to pre-register.	
11:00-12:00	Brainworks September 9, 23 October 7 Join us as we keep our minds sharp and active. In person, pre-registration is required. 718-268-5011 x160	
12:00-12:45	Lunch on Mondays In person. Please note: lunch is first come first served. Pre-registration required. Call Ellen, 718-268-5011 x160	
1:00-2:30	Painting with Sandra Izhakoff Express yourself artistically; no experience required! In person at Central Queens. Pre-registration required. Call Ellen 718-268-5011 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, call Ellen 718-268-5011 x160	
12:30-1:30	Bingo September 3, 17 October 1, 29 In person at Central Queens Pre-registration required, call Ellen 718-268-5011, x 160	
12:15-2:15	Movie Matinee In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011, x160 September 10 "Still Mine" October 8 "Our Almost Completely True Love Story" October 22 "The First Wives' Club"	
WEDNESDAYS		
11:00-12:00	A Taste of Israel with Amit September 11, 25 October 9, 23 Amit, our friend from Israel, introduces us to news and information from Israel. In person at Central Queens. Pre-registration required. Call Ellen 718-268-5011 x160 We will have a special Rosh Hashanah Celebration on October 9	
11:30-12:30	PD Support Group For caregivers and those with Parkinson's Disease. Share information, knowledge & insights. 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 is required. Call Ellen 718-268-5011 x160	
1:00-2:00	Book Ends September 25 "The Berry Pickers" by Amanda Peters Register with Ellen 718-268-5011 x160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919 Dial in: +1-1646-558-8656	
THURSDAYS		NO CLASSES OCTOBER 3
11:00-12:00 New	Spousal Bereavement Support Group with Shelly Channan, LCSW a bereavement support group for the loss of a spouse. In person at CQ. Forming now. Must pre-register with Shelly 718-268-5011 x421	
1:00-2:30	Hebrew Ulpan for beginners through advanced students. In person at Central Queens. Contact Ellen, 718-268-5011, x160 if you are interested in joining the class.	
FRIDAYS		NO CLASSES OCTOBER 4
10:15-11:30	Hot Topics with Stan In person at Central Queens. Pre-registration with Ellen 718-268-5011 x160	
11:30-12:30	Chat With Your Friends on Friday Call in and share your thoughts and feelings with friends. Zoom: https://us02web.zoom.us/j/89493854425 Meeting ID: 894 9385 4425# By phone: +1 646 558 8656	
1:00-1:30	Welcome Shabbat A virtual gathering to restore your spiritual energy and enter a time of healing. September 27 RSVP to Ellen at 718-268-5011 ext. 160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656	

**Central Queens is closed Monday, September 2 for Labor Day and
Thursday & Friday October 3 & 4 for Rosh Hashanah**

All 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 2
10:00-11:00	Meditation Mondays with Kiarlis, LMSW 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	Current Events Virtual & In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/81258986764 & Meeting ID: 812 5898 6764	
12:00-12:45	Strength Training & Balance with Robin Stuelpner In person for Deepdale Cares members only	
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 Link: 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 10 Presentation: "Cancer Fighting Foods" September 24 11:00 am -1:00 pm Presentation: "Let's Talk About Fats & Cholesterol" Demonstration: "Quinoa Salmon Burger" October 8 Presentation: "Superfoods for Longevity" October 22 11:00 am -1:00 pm Presentation: "Foods to Lower Blood Pressure" Demonstration: "Cold Soup" 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 Jongg In person for Deepdale Cares for members only	
11:00	Fruit & Vegetable Gardening In person for Deepdale Cares members only	
2:00-3:00	Book Club with Kiaralis Tekin September 25 "The Sweet Goodbye" by Ron Corvette October 30 "Three Wishes" by Liane Moriarty Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	
THURSDAYS		NO CLASSES OCTOBER 3
10:00-10:45	Chair Yoga with Robin Stuelpner In person for Deepdale Cares members only	
11:00	Canasta In person for Deepdale Cares members only	
2:00	Knitting & Crocheting In person for Deepdale Cares members only	
FRIDAYS		NO CLASSES OCTOBER 4
9:00	Mah Jongg In person for Deepdale Cares members only	
10:00	Dominoes In person for Deepdale Cares 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 Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383	
1:30	Passiones Card Game In person for Deepdale Cares members only	

In person programs are only for Deepdale Gardens residents

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 2 for Labor Day and Thursday & Friday October 3 & 4 for Rosh Hashanah



Clearview Assistance Scheduled Programs

718-352-4157



CAP NORC Supportive Service Program offers social work, nursing, educational and recreational services free of charge to all individuals 60 years of age and older living in the Clearview Gardens Cooperative. Our program's goal is to help older adults remain safely in their own homes as long as possible.

MONDAYS		NO CLASSES SEPTEMBER 2
10:30-11:30	Knitting and Crocheting 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	
1:00-2:00	Health Chat with Gerlinde Saint Eloi, RN In person at CAP office. Pre-registration is required 718-352-4157 September 9, October 14	
2:00-3:30	Brain Games with Gretchen Brown In person. Pre-registration is required 718-352-4157	
3:30-4:30	MET Art Box Activity & Discussion Group with Arianna Mann, MSW. In person at CAP Library. September 30, October 28	
TUESDAYS		
11:00-12:00	Nutrition Presentations and Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 September 3 Presentation: "Cancer Fighting Foods" September 17 Demonstration: "Quinoa Salmon Burgers" October 13 Presentation: "Superfoods for Longevity" October 27 Demonstration: "Cold Soup"	
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 Gretchen Brown. In person at CAP office. Pre-registration is required 718-352-4157 September 24, October 22 Book titles will be announced at the previous month's meeting or on the September & October CAP calendars	
2:30-4:30	Mah Jongg with CAP staff In person at CAP. Pre-registration required 718-352-4157	
WEDNESDAYS		
11:00-12:00	Talk It Out Discussion Group with Arianna Mann, MSW In Person at CAP office. Pre-registration required 718-352-4157	
12:00-1:00	Let's Get Connected Technology 101 with Gretchen Brown 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, LMSW In person at the CAP office. Pre-registration required 718-352-4157	
2:00-2:45	Classic Aerobics with Robin Stuelpner In person at CAP. Pre-registration is required 718-352-4157	
3:00-4:00 New	Arts & Crafts with Gloria Newman In person in CAP library September 18, October 16	
THURSDAYS		NO CLASSES OCTOBER 3
9:30-10:30	Walking Group with Gretchen Brown. 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	
FRIDAYS		NO CLASSES OCTOBER 4
10:00-10:45	Guided Meditation with Gretchen Brown September 20, October 11 Relax, tune into your breath & focus your mind. In person at CAP. Pre-registration required 718-352-4157	
11:00-12:00	Women's Group with Arianna Mann, MSW. 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 September 27, October 25	

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

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 2
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. September 9 (2nd Monday for Sept), October 7 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 16, 23, 30 October 21, 28 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. September 9, 30 October 7, 21 Pre-registration required 718-225-6750 ext 540	
TUESDAYS		
11:00-12:00 New	Social Hour: Let's Socialize! An opportunity for NORC WOW clients to get to know one another and chat about an array of topics. This group meets in person at Sam Field Pre-registration required 718-225-6750 ext 540	
WEDNESDAYS		
10:30-11:30	Technology Assistance with program staff for NORC WOW members only. Bring your smartphone or tablet with you. Pre-registration is required to attend. 718-225-6750 x540	
THURSDAYS		NO CLASSES OCTOBER 3
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only September 26 Presentation: "Cancer Fighting Foods" Demonstration: "Salmon and Quinoa Burgers" October 31 Presentation: "Super Foods for Longevity" Demonstration: "Cold Soup"	
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. September 5, 12, 19 October 10, 17, 24 In person at Sam Field for NORC WOW members only.	
FRIDAYS		NO CLASSES OCTOBER 4
11:00-12:00	Health Chat with Jawwad Butt, RN In person at Sam Field for NORC WOW members only and on zoom. Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889 September 6 "Prediabetes" September 20 "Suicide Awareness & Prevention" September 27 "Sepsis Prevention & Treatment" October 17 "Thyroid Health" October 24 "Rheumatoid Arthritis Awareness & Treatment"	
12:30-1:30	Special Health Presentations facilitated by Jawwad Butt, RN at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks 11004 September 13 "Fall Prevention" October 10 "Breast Cancer Awareness & Treatment" Complimentary blood pressure monitoring following the health chats	

In person programs are only for NORC WOW members only

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

**NORC WOW is closed Monday, September 2 for Labor Day and
Thursday & Friday October 3 & 4 for Rosh Hashanah**

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Health Chat: **Cholesterol Check-Up** (organized by DDC)

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Wednesday, September 4, 11:00 am

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Health Chat with Jawwad Butt, RN, Fridays, 11:00 am-12:00 pm (organized by NORC WOW)

September 6 **Prediabetes** September 20 **Suicide Awareness & Prevention**

September 27 **Sepsis Prevention & Treatment** October 17 **Thyroid Health**

October 24 **Rheumatoid Arthritis Awareness & Treatment**

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

Northwell Buzz! Tuesday, September 17, 11:00-11:45 am (organized by CQ)

A representative from Northwell Health will give us the latest updates in healthcare available at Long Island Jewish Forest Hills

In person at Central Queens. Call Ellen for more info and to pre-register 718-268-5011 x 160

Health Chat: with Jane Emmerth, RN (organized by DDC)

Wednesday, October 9, 1:00 pm **Breast Cancer Awareness**

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Special Health Presentations facilitated by Jawwad Butt, RN Fridays, 12:30-1:30 pm (organized by NORC WOW)

at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks.

September 13 **Fall Prevention** October 10 **Breast Cancer Awareness & Treatment**

Complimentary blood pressure monitoring following the health chat

Medicare Presentation facilitated by Dr. Gil Kunken, HIICAP Medicare Consultant (organized by DDC)

Tuesday, October 29 - 1:00 pm

Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

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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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PRE-REGISTRATION is Required for All Classes

For Sam Field - 718-225-6750, x 236, x222 - For Bay Terrace - 718-423-6111, x 228, 242, 225,223

Monday No classes September 2

- 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 No class September 17, 24

- 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
- 1:00-2:00 Dance Fitness with Lori In Person only at Sam Field No class September 10

Wednesday

8:50-9:50 Tai Chi with Elaine Fleischman Virtual & In Person at Bay Terrace No class September 18, 25

- 10:00-10:45 Yoga Stretch with Karen Virtual & In Person at Bay Terrace
- 11:00-11:45 Everyday Dance with Gail Virtual & In Person at Sam Field
- 12:30-1:15 Senior Stretch with Gail Virtual & In Person at Sam Field

Thursday No classes October 3

- 9:15-10:00 Aerobics and More with Gail Virtual & In Person at Bay Terrace
- 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 12
- 2:00-2:45 Balance with Robin In person only at Sam Field








Friday No classes October 4

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

PRE-REGISTRATION is Required for All Classes

For Sam Field - 718-225-6750, x 236, 222 - For Bay Terrace - 718-423-6111, x 228, 242, 225, 223

SNEAKERS MUST BE WORN FOR ALL EXERCISE CLASSES

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Senior Services		Day Camp and Sleepaway	
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Developmental Disabilities		Employment Assistance	