



THE SAM FIELD NEIGHBORHOOD SENIOR CENTER

A Program of Commonpoint Queens
58-20 Little Neck Parkway, Little Neck NY 11362
(718) 225 - 6750

September
2020

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Ext. 277

Max Berenson
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Hello Everyone,

We hope you and your families are staying safe and doing well. It has been a long 5 months since we last saw one another in person and we miss you! Unfortunately, we still do not have a timeframe for when programming will be able to return to the Center and are patiently awaiting guidance from the Department for the Aging.

In the meantime, we will continue to make phone calls to check in on you. We are thrilled to see that many of you are taking part in our virtual groups and exercise classes via zoom technology and telephone! We have plans to expand our offerings in the coming weeks. If you have not been receiving our emails regarding our virtual exercise classes and special events, please provide us with your email address and we will add you to our e-blasts.

If there is anything we can do for you, please give us a call. Though most of us are working from home at this time, we check our phone messages throughout the day and will get back to you as quickly as possible.

We wish all who are celebrating a Happy, Healthy and Prosperous New Year!

Warm regards,

Fern, Barbara, Elise, Roberta, Lynn and Max

Virtual Forum with Senator John Liu on Tuesday September 15 at 1PM

Zoom Link: <https://us02web.zoom.us/j/88901309060>

To participate *by phone*, call: (646)558-8656 PIN: 889 0130 9060#

Commonpoint Queens Zoom Holiday Party! **September 23, at 1PM**

Enjoy live music with Lee Perry Gross and have some fun!

Zoom: [https://us02web.zoom.us/j/84652187722?
pwd=TVVpYlJPL1FoS0laVjhRZXY3ekU4Zz09](https://us02web.zoom.us/j/84652187722?pwd=TVVpYlJPL1FoS0laVjhRZXY3ekU4Zz09)

Meeting ID: 846 5218 7722 Passcode: 004813 Dial in:+1646-558-8656

Mind Aerobics with Fern

Come exercise your mind
on Zoom / Phone

More information to come via email
or call for dial in phone number

Starting Tuesday, September 15
11:00 - 12:00

Single Seniors Group

Live on Zoom / Phone with Lynn

More information to come via email
or call for dial in phone number

Starting Wednesday, September 16
11:00-12:30

For more information contact the Senior Office 718-225-6750, ext. 233, 222, 236, 277

Scheduled Virtual Programs by Zoom

MONDAYS	
10:00-10:45	Silver Sneakers Classic with Karen *
1:00-1:45	Silver Sneakers Senior Circuit with Karen *
2:30-4:00	Bereavement Group (Elise Lev, LMSW) (closed group) Contact Elise Lev, LMSW, 718-225-6750, ext 236
TUESDAYS	
11:00-12:00	Mind Aerobics with Fern
1:00-1:45	Classic Aerobics with Sheila *
2:00-3:00	Golden Girls Friendship Circle Join Zoom Meeting: https://us02web.zoom.us/j/83131537108 Meeting ID: 831 3153 7108 Join by phone+1 646 558 8656 US Meeting ID: 831 3153 7108#
WEDNESDAYS	
10:00-10:45	Silver Sneakers Yoga Stretch with Karen *
11:00-11:45	Line Dancing with Gail *
11:00-12:30	Single Seniors with Lynn
2:15-3:45	Bereavement Group (Elise Lev, LMSW) (Closed group) Contact Elise Lev, LMSW, 718-225-6750, ext 236
THURSDAYS	
9:15-10:00	Silver Sneakers Senior Aerobics with Sheila *
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment. - Elise Lev, LMSW) Join Zoom Meeting: https://us02web.zoom.us/j/85084456120 Meeting ID: 850 8445 6120 Join by phone+1 646 558 8656 US Meeting ID: 831 3153 7108#
1:00-1:45	Senior Stretch with Gail *
FRIDAYS	
10:00 -11:30	Changes and Challenges of Aging Discussion Group - Elise Lev, LMSW Join Zoom Meeting: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562 Join by Phone +1 646 558 8656 US Meeting ID: 874 5823 7562#
1:00 - 1:45	Zumba Gold with Sheila *

***For FREE Virtual Exercise Classes offered through Commonpoint Queens. Use link below**

<https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/>