**Programs in this newsletter are open to all seniors**

Commonpoint Queens will be closed March 29 for the second day of Passover

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

### Older Adult Services

**Commonpoint Queens**

A Division of Commonpoint Queens

Serving Adults aged 60 +

58-20 Little Neck Parkway, Little Neck NY 11362

(718) 225 - 6750

**March**

**April 2021**

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### Virtual Chorus Concert with Roslyn High School Students

Fridays, March 5 and April 9 at 3:30 pm

Zoom Link: [https://us02web.zoom.us/j/87119007383](https://us02web.zoom.us/j/87119007383) By phone: (646) 558-8656 & Meeting ID: 871 1900 7383#

### Rocking Through The Ages - Music Over the Decades from the 1960’s to the 1990’s

Facilitated by Shelly Channan & Victoria Margolies

Fridays at 1:00 pm - March 5 - March 12 - March 19 - March 26

Zoom Link: [https://us02web.zoom.us/j/87119007383](https://us02web.zoom.us/j/87119007383) By phone: 646-558-8656 Meeting ID: 871 1900 7383#

### Fire Safety Education - Presented by the FDNY, Monday, March 8 at 2:00 pm

Zoom Link: [https://us02web.zoom.us/j/83041022952?pwd=b1VTWGtINVRQcWVJQ1haTXh1eXFFdz09](https://us02web.zoom.us/j/83041022952?pwd=b1VTWGtINVRQcWVJQ1haTXh1eXFFdz09)

Passcode: 807847 Dial in: 646 558 8656 Meeting ID:83041022952#

### Elder Abuse - Presented by Joshua Rotkin from JASA, Monday, March 15 at 11:00 am

Join Zoom meeting [https://us02web.zoom.us/j/9723168165](https://us02web.zoom.us/j/9723168165) By phone 1 646 558 8656 Meeting ID: 9723168165#

### Pre-Passover Seder with Entertainment

Wednesday, March 24  2:00 -3:30 pm

“Rabbi” Steve will lead the Seder with Passover Music by Karen Bella

Zoom Link: [https://us02web.zoom.us/j/85165574496](https://us02web.zoom.us/j/85165574496) Meeting ID:851 6557 4496 By phone 646-558-8656

Supported by the Sidney Solomon Cultural Arts Fund and UJA Federation

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**Commonpoint Queens is partnering with the Beacon Program at M.S. 158 for a Virtual Senior Bingo Night**

Wednesday, March 24, 6:30 pm MUST RSVP via website link: [https://forms.gle/loUKl37nFDZQzBV8](https://forms.gle/loUKl37nFDZQzBV8)

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### Jewish Museum Virtual Tour

Thursday April 1 at 2:00 pm

Explore the Jewish Museum’s rotating collection exhibition which feature nearly 600 works from antiquities to contemporary art and addresses themes such as cultural identity, memory, immigration, and language.

Contact Fern Prusak to register, 718-225-6750 Ext 233. Zoom Link will follow after registration

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### A Survivor’s Testimony

Monday April 5 at 1:00 pm, Fran Malkin representing the Museum of Jewish Heritage-A Living Memorial to the Holocaust, tells her story of being hidden in a hayloft for three years

Zoom Link: [https://us02web.zoom.us/j/87520001741](https://us02web.zoom.us/j/87520001741) Meeting ID: 875 2000 1741 By phone: +1646-558-8656

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### Older Adults Town Hall featuring Congresswoman Grace Meng

Monday, April 12, 1:00 - 2:30 pm

Zoom Link: [https://us02web.zoom.us/j/81448419910](https://us02web.zoom.us/j/81448419910) By phone: +1 646 558 8656 Meeting ID: 814 4841 9910#

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### Virtual Introduction to the Dole Institute of Politics: Bipartisanship and Education

Wednesday, April 14, 12:00 pm

A brief history of U.S. Senator Bob Dole, a former Kansas statesman who served for over 35 years in Congress & in WWII; an overview of how congressional materials are organized & available for educational research; describes the bipartisan, civil discourse, & public service mission of the Dole Institute of Politics.

Zoom Link: [https://kansas.zoom.us/j/95663953220](https://kansas.zoom.us/j/95663953220) By phone: (646) 876-9923 Meeting ID: 956 6395 3220 Passcode: 807847

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### Legal Issues For Seniors

The New York Legal Assistance Group (NYLAG) is conducting important workshops on legal issues facing seniors. Wednesday at 1:00 pm April 14 - Elder Abuse and April 28 - The Essentials of Elder Planning

Zoom Link: [https://us02web.zoom.us/j/82849268449](https://us02web.zoom.us/j/82849268449) Meeting ID: 828 4926 8449 By phone: +1 646-558-8656

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Commonpoint Queens will be closed March 29 for the second day of Passover

Programs made possible by funding from NYC Dept. for the Aging, NYS Office for the Aging, City and State discretionary funds and private foundations
<table>
<thead>
<tr>
<th></th>
<th>MONDAYS 星期一</th>
<th>TUESDAYS 星期二</th>
<th>WEDNESDAYS 星期三</th>
<th>THURSDAYS 星期四</th>
<th>FRIDAYS 星期五</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-10:45</td>
<td><strong>Silver Sneakers Classic</strong> with Karen *</td>
<td></td>
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</tr>
<tr>
<td>1:00-1:45</td>
<td><strong>Silver Sneakers Senior Circuit</strong> with Karen *</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 9:00-9:45        | Tai Chi with Elaine Fleischman*  
**Returning** Starts March 16th |                |                  |                  |               |
| 10:00-11:15      | Learn English with Libby/ 跟 Libby老师学英文  
(授课老师：Libby Yu)  
视频链接 [https://us02web.zoom.us/j/84821140702](https://us02web.zoom.us/j/84821140702)  
输入验证码：848 2114 0702 电话上课  
先拨电话号码 +1 646 558 8656, 再输入验证码 848 2114 0702，然后按#键 | |                  |                  |               |
| 1:00-1:45        | Classic Aerobics with Sheila * |                |                  |                  |               |
| 1:00 –1:35       | **Connecting With Friends** with Susan  
Join Zoom meeting [https://us02web.zoom.us/j/83202121765](https://us02web.zoom.us/j/83202121765)  
Join by phone: Call +1646-558-8656 & input Meeting ID: 832 0212 1765# | |                  |                  |               |
| 1:35 –2:10       | **“Let’s Talk” Discussion Group** with Roberta  
Join Zoom meeting [https://us02web.zoom.us/j/83202121765](https://us02web.zoom.us/j/83202121765)  
Meeting ID: 832 0212 1765#  
Join by phone: Call +1646-558-8656 & input Meeting ID: 832 0212 1765# | |                  |                  |               |
| 10:00-10:45      | Silver Sneakers Yoga Stretch with Karen * | |                  |                  |               |
| 11:00-11:45      | Line Dancing with Gail * | |                  |                  |               |
| 1:00-2:00        | **Art History with Rachel**  
Join Zoom Meeting [https://us02web.zoom.us/j/82787422397](https://us02web.zoom.us/j/82787422397)  
Meeting ID: 827 8742 2397  
Join by phone +1 646-558-8656  
Meeting ID: 82787422397# | |                  |                  |               |
| 9:15-10:00       | Silver Sneakers Senior Aerobics with Sheila * | |                  |                  |               |
| 1:00-1:45        | Senior Stretch with Gail * | |                  |                  |               |
| 1:15 -2:00       | **English Karaoke** with Susan  
Join Zoom meeting [https://us02web.zoom.us/j/86474582906](https://us02web.zoom.us/j/86474582906)  
Meeting ID: 864 7458 2906  
Join by phone +1 646 558 8656 & input Meeting ID 864 7458 2906# | |                  |                  |               |
| 2:00-3:15        | Chinese Karaoke with Linda/卡拉OK大家唱  
(组织协调志工：Linda Chou)  
视频链接 [https://us02web.zoom.us/j/86474582906](https://us02web.zoom.us/j/86474582906)  
输入验证码：864 7458 2906 电话参与  
先拨电话号码 +1 646 558 8656, 再输入验证码：864 7458 2906，然后按#键 | |                  |                  |               |
| 3:15-4:15        | Wai Dan Kung Exercise with Jimmy/外丹功  
(授课老师：Jimmy Chuang)  
视频链接 [https://us02web.zoom.us/j/86474582906](https://us02web.zoom.us/j/86474582906)  
输入验证码：864 7458 2906 电话参与  
先拨电话号码：+1 646 558 8656, 再输入验证码：864 7458 2906，然后按#键 | |                  |                  |               |
| 1:00-1:45        | **Silver Sneakers Zumba Gold** with Sheila * | |                  |                  |               |

*For these FREE Virtual Exercise Classes offered through Commonpoint Queens, use link below:  
[https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/](https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/)
### MONDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-10:45</td>
<td>Silver Sneakers Classic with Karen (*)</td>
</tr>
</tbody>
</table>
| 11:00-12:00 | **Dance with Mari Meade** Starts March 15th  
Zoom Meeting: [https://us02web.zoom.us/j/85165574496?pwd=cUIQVDfwZVN6NFtQTFhSvDmZmpUdz09](https://us02web.zoom.us/j/85165574496?pwd=cUIQVDfwZVN6NFtQTFhSvDmZmpUdz09)  
By phone: 1 646 558 8656 Meeting ID: 851 6557 4496 Passcode: 5820 |
| 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:45</td>
<td><strong>Tai Chi</strong> with Elaine Fleischman (*) Starts March 16th</td>
</tr>
</tbody>
</table>
| 10:30-11:30 | **Covid Bereavement Support Group** Elise Lev, LMSW & Shelly Channan, LMSW (closed group)  
Contact: Elise Lev, LMSW  718-225-6750 ext. 236 |
| 11:00-12:00 | **Mind Aerobics** with Fern  
Zoom Meeting: [https://us02web.zoom.us/j/85165574496](https://us02web.zoom.us/j/85165574496) Meeting ID:851 6557 4496# By phone 646-558-8656 |
| 1:00-1:45 | **Classic Aerobics** with Sheila (*)                        |
| 2:00-3:00 | **American Sign Language** for more information contact Fern at 718-225-6750 ext. 233 |
| 2:00-3:00 | **Golden Girls Friendship Circle**  
Zoom Meeting: [https://us02web.zoom.us/j/83131537108](https://us02web.zoom.us/j/83131537108) Meeting ID: 831 3153 7108# By phone 646-558-8656 |

### WEDNESDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-10:45</td>
<td><strong>Silver Sneakers Yoga Stretch</strong> with Karen (*)</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td><strong>Line Dancing</strong> with Gail (*)</td>
</tr>
</tbody>
</table>
| 11:00-12:30 | **Single Seniors** with Lynn  
Zoom Meeting: [https://us02web.zoom.us/j/83912159521](https://us02web.zoom.us/j/83912159521) Meeting ID: 839 1215 9521# By phone 646-558-8656 |
| 1:00-2:00  | **Art History with Rachel**  
Zoom Meeting [https://us02web.zoom.us/j/82787422397](https://us02web.zoom.us/j/82787422397) Meeting ID: 827 8742 2397# By phone 646-558-8656 |
| 2:15-3:45  | **Bereavement Group** (Elise Lev, LMSW) (Closed group) Contact Elise Lev, LMSW, 718-225-6750, ext 236 |

### THURSDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15-10:00</td>
<td><strong>Silver Sneakers Senior Aerobics</strong> with Sheila (*)</td>
</tr>
</tbody>
</table>
| 10:00-11:30 | **Exploring Jewish Culture** Experience a Jewish moment with Elise Lev, LMSW  
Zoom Meeting: [https://us02web.zoom.us/j/85084456120](https://us02web.zoom.us/j/85084456120) Meeting ID: 850 8445 6120# By Phone 1 646 558 8656 |
| 12:00-1:00 | **Current Events** with Fern  
Zoom Link: [https://us02web.zoom.us/j/85165574496](https://us02web.zoom.us/j/85165574496) Meeting ID:851 6557 4496# By phone 646-558-8656 |
| 1:00-1:45  | **Senior Stretch** with Gail (*)                             |
| 2:00-3:00  | **Remember the Times of Your Life** with Elise Lev, LMSW  
Zoom link: [https://us02web.zoom.us/j/83187859808](https://us02web.zoom.us/j/83187859808) Meeting ID: 831 8785 9808# By phone 1 646 558 8656 |

### FRIDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Program</th>
</tr>
</thead>
</table>
| 10:00-11:30 | **Changes and Challenges of Aging Discussion Group** with Elise Lev, LMSW  
Zoom Meeting: [https://us02web.zoom.us/j/87458237562](https://us02web.zoom.us/j/87458237562) Meeting ID: 874 5823 7562# By Phone 646-5588656 |
| 1:00-1:45  | **Zumba Gold** with Sheila (*)                               |

*For these FREE Virtual Exercise Classes offered through Commonpoint Queens, use link:[https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/](https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/)
Central Queens Senior Program Schedule
718-268-5011 x421, x160

Central Queens Adult & Senior programming 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 older adults.

| MONDAYS | 1:00-2:00 | **Book Ends**  
March 10 - *The Other Einstein* by Marie Benedict. This is the story of a not-so-famous scientist who not only loved Albert Einstein, but also shaped the theories that brought him lasting renown.  
Zoom Link: [https://us02web.zoom.us/j/83856168409](https://us02web.zoom.us/j/83856168409)  
Meeting ID: 838 5616 8409  
Dial In: +646-558-8656  
April 26 - *The Vanishing Half* by Brit Bennett. This is a stunning novel about twin sisters, inseparable as children, who ultimately choose to live in two very different worlds, one black and one white.  
Zoom Link: [https://us02web.zoom.us/j/85379577455](https://us02web.zoom.us/j/85379577455)  
Meeting ID: 853 7957 7455  
Dial in: for both workshops +1 646 558 8656 |
| 1:00-2:00 | **Memory Workshop: A Walk Down Memory Lane** - Fun exercises to keep the brain sharp and engaged.  
March 15 - Join Zoom: [https://us02web.zoom.us/j/86113627606](https://us02web.zoom.us/j/86113627606)  
Contact: Elise Lev, LMSW  
Meeting ID: 861 1362 7606#  
April 19 - Join Zoom: [https://us02web.zoom.us/j/85379577455](https://us02web.zoom.us/j/85379577455)  
Meeting ID: 853 7957 7455#  
Dial in: for both workshops +1 646 558 8656 |

| TUESDAYS | 10:30-11:30 | **Covid Bereavement Support Group** - Elise Lev, LMSW & Shelly Channen, LMSW (closed Group)  
Contact: Elise Lev, LMSW  
718-225-6750 ext. 236 |
| 1:00-2:00 | **Bereavement Group** Shelly Channan, LMSW (closed group)  
Contact Shelly Channan, LMSW, 718-268-5011 ext. 421 |

| WEDNESDAYS | 9:00-10:00 | **Hebrew Ulpan** - No matter what your level, beginner, intermediate or advanced, we encourage you to participate in our Hebrew language class. Five sessions for $75.  
Call Ellen for more information (718-268-5011 x160) |
| 11:30-12:30 | **PD Support Group**, for caregivers and those with Parkinson’s Disease, to share information, knowledge and insights.  
Join Zoom Meeting: [https://us02web.zoom.us/j/83166998817](https://us02web.zoom.us/j/83166998817)  
Meeting ID: 831 6699 8817 |
| 2:30-3:30 | **A Time For Healing** - Basic, simple mindfulness and coping techniques, to help you create a quiet and safe space in this challenging time. Maximum of 10 participants.  
March 10, March 24 and April 7  
Call Ellen to register 718-268-5011 x160 |
| 2:30-3:30 | **Project Posterity** (AN INTERGENERATIONAL SERIES) Seniors and Young Adults share and connect with each other in a shared discussion of music over the decades. Must call Ellen to register, 718-268-5011 Ext 160  
April 6, April 13, and April 20 |

| THURSDAYS | 12:30-2:00 | **Drama Workshop** - No experience necessary. Live out those dreams of being on stage. Our director has many years of experience as a writer, actor, and director. Five sessions, $75.  
Call Ellen for more information (718-268-5011 x160) |
| 1:00-2:00 | **Bereavement Group** (closed group) Contact Shelly Channan, LMSW, 718-268-5011 ext. 421 |

| FRIDAYS | 11:30-12:30 | **Chat With Friends on Friday** - call in and share your thoughts and feelings with friends.  
Join Zoom: [https://us02web.zoom.us/j/89737465088](https://us02web.zoom.us/j/89737465088)  
Meeting ID: 897 3746 5088#  
Dial in: +1 646 558 8656  
**New Times**  
Welcome Shabbat - Attend our virtual gathering to restore your spiritual energy and enter a time of healing.  
March 19, 2:00-3:00  
Zoom Link: [https://us02web.zoom.us/j/84757800281](https://us02web.zoom.us/j/84757800281)  
Meeting ID: 847 5780 0281  
April 30, 3:00-4:00  
Zoom Link: [https://us02web.zoom.us/j/87192251273](https://us02web.zoom.us/j/87192251273)  
Meeting ID: 871 9225 1273  
Dial in for both dates: +1646-558-8656  
RSVP to Ellen at 718-268-5011 ext. 160 |

For Virtual Exercise Classes offered through Commonpoint Queens, use link: [https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/](https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/)
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Description</th>
<th>Meeting ID</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-11:00</td>
<td>Meditation &amp; Stretching with Victoria Margolies</td>
<td>Zoom link: <a href="https://us02web.zoom.us/j/87467168424">https://us02web.zoom.us/j/87467168424</a></td>
<td>874 671 68424#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>New Joining Info</td>
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<tr>
<td>12:00-1:00</td>
<td>History Talks with Ted Baron</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/86528232224">https://us02web.zoom.us/j/86528232224</a></td>
<td>865 2823 2224#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>2:00-2:30</td>
<td>Marching Movements - facilitated by Catherine Dunckley from Northwell Health</td>
<td>Zoom link: <a href="https://us02web.zoom.us/j/84502733061">https://us02web.zoom.us/j/84502733061</a></td>
<td>845 0273 3061#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>2:30-3:30</td>
<td>SAIL Exercise - facilitated by Catherine Dunckley from Northwell Health</td>
<td>Zoom link: <a href="https://us02web.zoom.us/j/87467168424">https://us02web.zoom.us/j/87467168424</a></td>
<td>874 671 68424#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>9:30-10:00</td>
<td>Marching Movements - Same zoom link as Marching Movements at 2:00 pm on Monday</td>
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<tr>
<td>10:00-11:00</td>
<td>SAIL Exercise - Same zoom link as SAIL Exercise at 2:30 pm on Monday</td>
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<tr>
<td>12:00-1:00</td>
<td>Nutritional Discussions with Neda Pourat</td>
<td>March 2 “What to Consume &amp; Avoid for Fatty Liver Disease”</td>
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<tr>
<td></td>
<td>April 6 “Foods to Consume to Fight Cancer &amp; Increase Immunity”</td>
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<tr>
<td></td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/86312216863">https://us02web.zoom.us/j/86312216863</a></td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/87467168424">https://us02web.zoom.us/j/87467168424</a></td>
<td>863 1221 6863#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Dear Abby Discussion Group</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/87220188501">https://us02web.zoom.us/j/87220188501</a></td>
<td>872 2018 8501#</td>
<td></td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Hot Topics of Conversation</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a></td>
<td>871 1900 7383#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
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<td>SAIL Exercise - Same zoom link as SAIL Exercise on Monday 2:30 pm</td>
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</tr>
<tr>
<td>11:00-12:00</td>
<td>Remember &amp; Reminisce Group</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/82948485546">https://us02web.zoom.us/j/82948485546</a></td>
<td>829 4848 5546#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Stress &amp; Stress Management</td>
<td>Zoom link: <a href="https://us02web.zoom.us/j/82948485546">https://us02web.zoom.us/j/82948485546</a></td>
<td>829 4848 5546#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Tai Chi for Arthritis-facilitated by Catherine Dunckley from Northwell Health</td>
<td>Same zoom link as Marching Movements on Tuesday 9:30 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Brain Games</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/81679215751">https://us02web.zoom.us/j/81679215751</a></td>
<td>816 7921 5751#</td>
<td>(646) 558-8656</td>
</tr>
<tr>
<td>2:15-3:45</td>
<td>Book Group with Mindy Baron</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/84502733061">https://us02web.zoom.us/j/84502733061</a></td>
<td>845 0273 3061#</td>
<td>(646) 558-8656</td>
</tr>
</tbody>
</table>

**Marching Movements, Sail & Tai Chi are Cancelled on March 29, 30, 31, April 1, 2**

**For FREE Virtual Exercise Classes offered through Commonpoint Queens, use link: [https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/](https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/)**

Deepdale CARES NORC is a collaboration of Commonpoint Queens, the NYC Dept. for the Aging, NY’s Office for the Aging, Visiting Nurse Service of New York, Parker Jewish Institute for Health Care and Rehabilitation, and UJA Federation. This project is supported 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 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. Currently all programs and services are being offered virtually and over the telephone.

### MONDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00-12:00</td>
<td><strong>Health Chat with RN Stacy</strong></td>
<td>To participate call 1 913-766-2471 PIN: 384 002 671#</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td><strong>Concerts in Motion : Youth Concert</strong></td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/747168039">https://us02web.zoom.us/j/747168039</a></td>
</tr>
<tr>
<td></td>
<td>To participate by phone call: (929) 205-6099 and Meeting ID: 747 168 039#</td>
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</table>

### TUESDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:45</td>
<td><strong>Tai Chi with Elaine Fleischman</strong></td>
<td><em>Returning</em></td>
</tr>
<tr>
<td>10:30-11:30</td>
<td><strong>Men’s Group</strong></td>
<td>To participate by phone call 1 414-436-8378 PIN: 208 338 835#</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td><strong>Nutrition with Neda</strong></td>
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<tr>
<td></td>
<td>To participate call 1 414-436-8378 PIN: 208 338 835#</td>
<td></td>
</tr>
<tr>
<td>4:00-5:00</td>
<td><strong>Concerts in Motion: Youth Concert</strong></td>
<td>same zoom link as Concerts in Motion on Monday at 4:00 PM</td>
</tr>
</tbody>
</table>

### WEDNESDAYS

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>11:00-12:00</td>
<td><strong>Talk It Out Discussion Group</strong></td>
<td>To participate call 1 317-961-0804 PIN: 310 340 250#</td>
</tr>
<tr>
<td>11:00-11:45</td>
<td><strong>Line Dancing with Gail</strong></td>
<td></td>
</tr>
<tr>
<td>12:00-1:00</td>
<td><strong>Games</strong></td>
<td>To participate call 1 317-961-0804 PIN: 310 340 250#</td>
</tr>
</tbody>
</table>

### THURSDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>1:00-1:45</td>
<td><strong>Senior Stretch with Gail</strong></td>
<td></td>
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</tbody>
</table>

### FRIDAYS

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</thead>
<tbody>
<tr>
<td>10:30-11:30</td>
<td><strong>Women’s Group</strong></td>
<td>To participate call 1 317-763-2567 PIN: 827 490 334#</td>
</tr>
</tbody>
</table>

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NOCR WOW Scheduled Programs

**Naturally Occurring Retirement Community With Out Walls**
(718) 225-6750, ext. 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. Due to the COVID-19 pandemic, we are working remotely but continue to provide services to ensure that the needs of our seniors are being met and that they are not alone. 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!

### MONDAYS

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<tbody>
<tr>
<td>2:00-3:00</td>
<td><strong>NORC WOW Nursing Health Chat</strong></td>
<td>To participate call: 1 (240) 360-1176 PIN: 153 022 061#</td>
</tr>
</tbody>
</table>

### TUESDAYS

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<tbody>
<tr>
<td>12:00-1:00</td>
<td><strong>Current Events Group</strong></td>
<td>To participate call: 1 (470) 705-4149 PIN: 140 701 436#</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td><strong>Nutrition with Neda Pourat:</strong> First 2 Tuesdays of the month</td>
<td>March 2, 9 &amp; April 6, 13 To participate call: 1 (240) 360-1176 PIN: 153 022 061#</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td><strong>NORC WOW Nursing Health Chat</strong> March 16, 23, 30 and April 20, 27</td>
<td>To participate call: 1 (240) 360-1176 PIN: 153 022 061#</td>
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### WEDNESDAYS

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<tbody>
<tr>
<td>2:00-3:00</td>
<td><strong>Monthly Health Chats courtesy of Northwell Health:</strong> Third Wednesday of the Month</td>
<td>Zoom Link: <a href="https://us02web.zoom.us/j/89729526469?pwd=RXlshRoSljpb3h5bVMzZU8wUjhrdz09">https://us02web.zoom.us/j/89729526469?pwd=RXlshRoSljpb3h5bVMzZU8wUjhrdz09</a> Meeting ID: 897 2952 6469 By phone call: 1 (646) 558-8656 PIN: 897 2952 6469#</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td><strong>NORC WOW Nursing Health Chat</strong> - Every Wednesday except the 3rd Wednesday of the month</td>
<td>To participate call: 1 (240) 360-1176 PIN: 153 022 061#</td>
</tr>
</tbody>
</table>

### THURSDAYS

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<tbody>
<tr>
<td>11:00-12:00</td>
<td><strong>Social Work Chat with Amanda</strong></td>
<td>To participate call: 1 (470) 705-4149 PIN: 140 701 436#</td>
</tr>
</tbody>
</table>

### FRIDAYS

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Commonpoint Queens offers Cultural Arts and Jewish Heritage Events and Classes
For more information go to https://www.commonpointqueens.org/program/cultural-arts-and-jewish-heritage-events/

Health Chat - George Rodriguez, Pharmacist, will give a presentation on the vaccine for the coronavirus.
Wednesday, March 17 at 3:00 pm
Zoom Link: https://us02web.zoom.us/j/86873370171 Meeting ID: 868 7337 0171 Dial in: +1646-558-8656

Health Chats with Northwell Health - Wednesdays at 2:00 pm
Hearing and Hearing Disturbances Presented by Dr. Maja Svrakic - March 17
Heart Health 2021 - What Everyone Should Know Presented by Dr. Saaron L. Laighold - April 21
Zoom Link: https://us02web.zoom.us/j/89729526469?pwd=RXIsbnRoSlIpb3h5bVMzZU8wUjhrdz09 By phone +1 646 558 8656 Meeting ID: 897 2953 6469#

Ilene Corina, from PULSE Center for Patient Advocacy and Education, will be addressing us on Monday, April 12 at 1:00 pm. The information that she will share with us, might save a life!
Register in advance for this meeting: https://us02web.zoom.us/meeting/register/tZcudemprzsoEtKArxYaYmpmdFVbehKOLgh
After registering, you will receive a confirmation email containing information about joining the meeting.

Making Nutrition a Priority During the Pandemic, Amelia F. Jalandoni MA, RDN,CDN, presented by Humana
Thursday, March 11 at 10:00 am
All You Need To Know About Sugar, presented by Humana
Monday, April 26 at 1:00 pm
Zoom Link: https://us02web.zoom.us/j/89833829557 By phone: +1 646 558 8656 & input Meeting ID: 898 3382 9557#

Elderly Pharmaceutical Insurance Coverage (EPIC) Monday, April 12 at 10:00 am
Zoom Link- https://us02web.zoom.us/j/85039020752 By phone: +1 646 558 8656 Meeting ID: 850 3902 0752#

Nutrition Lecture - Sponsored by Blue Cross - Spring and Summer Fruits Monday, April 19 at 1:00 pm
Zoom Link https://us02web.zoom.us/j/9723168165 Meeting ID: 972 316 8165 By Phone 16465588656,,9723168165

Women’s March Monday, March 8 - at 3:30 pm - For more information and to register: https://www.commonpointqueens.org/event/women-march/
Early Stage Memory Loss Program
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. All services are currently being provided virtually due to the current health crisis.
Alissa Pizzutiello, Director
718-225-6750 x331
APizzutiello@commonpointqueens.org

Family Respite Social Adult Day Care Program
Carefully designed for people with mild to moderate 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. All services are being provided virtually during the current health crisis.
Jamie Cooperman, Director
718-225-6750 x 221
JCooperman@commonpointqueens.org

CAPE
An Adult Mental Health Clinic at the Sam Field Center for people over the age of 21.
718-224-0566
During the time of COVID-19, for the safety of our staff and clients, we are seeing our clients through video teletherapy. We have experienced licensed clinical social workers, a psychiatrist, a nurse practitioner and a registered nurse on staff.

Caring for a Loved One with Dementia or Memory Loss?
Help is available to ease the stresses and challenges of caregiving!
Join us for an introductory series of virtual “Round Table Discussions”
Thursdays - 11:00-12:00 - March 4, March 18, April 4, April 18
Zoom Meeting ID:554 937 0218  Password abc
Alissa Pizzutiello, LCSW, Director, Early Stage Dementia Care Program Jamie Cooperman, BA, Director, Family Respite Adult Day Care Program
The Umbrella of Older Adult Services Provided by Commonpoint Queens to Residents of Northeast and Central Queens and Western Nassau Includes:

- **The Sam Field Neighborhood Senior Center** provides educational, social, cultural and recreational programs for people over the age of 60. Fern Prusak, Director. 718-225-6750 ext. 233

- **Early Stage Memory Loss Program** for persons in the early stages of Alzheimer’s disease or memory related disorders. Support groups are available for family members. Alissa Pizzutiello, Director. 718-225-6750 ext. 331

- **Family Respite Social Adult Day Care Program**, is a social day care model for persons diagnosed with Alzheimer’s Disease or memory related disorders. Support groups are available for family members. Jamie Cooperman, Director. 718-225-6750 ext. 221

- **Naturally Occurring Retirement Communities-Supportive Service Programs** (NORC-SSP’s) serving Deepdale Gardens (**Deepdale CARES**). Victoria Margolies, Director. 718-225-3929, Clearview Gardens (**CAP**). Mila Streltsoff, Director. 718-352-4157, and parts of Floral Park, Bellerose and New Hyde Park (**NORC WOW**) Darlene Brennan, Director 718-225-6750 ext 543

- **North Flushing Senior Center** provides educational, social, cultural and recreational programs for people over the age of 60. Susan Xiong, Director. 718-358-9193

- **Central Queens Senior Program**, provides educational, social, cultural and recreational programs for people over the age of 60. Shelly Channan, Director. 718-268-5011 ext 421

- **CAPE**, a licensed outpatient mental health clinic serving adults. We have experienced licensed clinical social workers, a psychiatrist, nurse practitioner and registered nurse on staff. 718-224-0566