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Happy New Year, One and All!

We hope this newsletter finds you well. As we start off 2022, we want to let you know about some exciting things happening within Older Adults Services. We are just days away from opening a brand new Older Adult Center (OAC) at Commonpoint Queens' Bay Terrace Center in Bayside. In addition to welcoming the local community to our programs beginning on January 24th, Bay Terrace will become the new home for our North Flushing Seniors. Many of you will recognize the new Program Director Elise Lev, the former Social Worker for the Sam Field OAC. Elise will be joined by Program Assistant, Stephanie Lelia and a new Social Worker to be hired. We recently welcomed a brand new staff to our Clearview (CAP) NORC: Jamieson Champion, Senior Program Director, and Social Workers Stephanie Lamendola and Charmaine-Ruth Parker. In early February, we hope to be able to start serving lunch onsite at both the Sam Field Center and Bay Terrace. That will be contingent on the status of the infection rate, and will require pre-ordering meals by Wednesday at 12 noon the week *prior* to your intended visit. Due to capacity issues, we expect to have two lunch seatings. Grab and Go meals will also remain available at both Centers and in North Flushing, by reservation only. Due to ongoing concerns regarding the spread of the COVID-19 virus and its variants, the Department for the Aging guidelines limit the number of people who can be at any of our sites at one time. Therefore, visitors to ALL of our sites must have pre-scheduled appointments, be masked at all times, and must adhere to social distancing requirements. Please understand that some onsite or hybrid classes at times may only be available via Zoom technology if there are health concerns that warrant a temporary change. If you have not already done so, we urge you get vaccinated against COVID-19 and the flu, and to get your booster shot. If you need assistance scheduling an appointment, please call one of our Centers and we will be happy to help. By working together, we can stay healthy and safe!

Warm regards from the staff of Older Adult Services.

We are planning to offer a **Hebrew Language** class for beginners through advanced students. Please contact Ellen, 718-268-5011, x160, Fern, 718-225-6750, x233 or Elise, 718-423-6111, x223 to express your interest in participating in this upcoming class.

AMAZING ARCHAEOLOGICAL SITES (organized by CQ) Tuesdays, 1:00-2:00 pm

Explore the ancient sites from the comfort of your own home, and share your own personal experiences
January 18 - The ancient City of Masada February 15 - The ancient City of Pompeii
Zoom Link: <https://us02web.zoom.us/j/86722091890> Meeting ID: 86702209 1890 Dial In: 6465588656

Bingo with MS 158 Monday, January 10 and February 7

For more information, call Fern, 718-225-6750 x233

Medicare/Medicaid Explained (organized by CQ) Wednesday, January 19, 2:00 pm

presented by Kseniya Shetrit of the New York Legal Assistance Group
Zoom: <https://us02web.zoom.us/j/81709732565> Meeting ID: 817 0973 2565 Dial In: 646 558 8656

Protecting Yourself From Scams and Fraud (organized by CQ) Wednesday, January 26, 2:00 pm

presented by Elvis Candelario of the New York Legal Assistance Group
Zoom: <https://us02web.zoom.us/j/89746545676> Meeting ID: 897 4654 5676 Dial In: 646 558 8656

Pre-Burial Discussion with Anthony Caratozzolo from Sinai Chapels

Wednesday, January 26 - 6:30-7:30 pm

Power of Attorney 101 with Keren Birnbaum, Esq. Wednesday, February 9, 6:30-7:30 pm

In person at Sam Field. Space is limited. Pre-registration required, 718-225-6750, x 233 x222

Heart's Day Celebration Live Musical entertainment with Lee Perry Gross and a meal to go.

Friday, February 11, 11:00-12:30 pm at Sam Field

Space is limited. Pre-registration is required 718-225-6750, x233, x222



See Page 12 for In Person and Virtual Exercise Class Schedule.

Programs in this newsletter are open to all older adults aged 60+

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

MONDAYS 星期一	
10:00-10:45	Classic Aerobics (Silver Sneakers) with Karen* In person & virtual starting January 24 See page 12
1:00-1:45	Senior Circuit (Silver Sneakers) with Karen* In person & virtual starting January 24 See page 12
2:00-2:45	Yoga on the Mat with Robin Stuelpner* (Bring your own mat) In Person & virtual starting January 24 See page 12
TUESDAYS 星期二	
10:00-11:00	Learn English with Cindy 和小程一起學英文 Zoom:會議鏈接: https://us02web.zoom.us/j/83266375815 On hiatus as of January 21 Meeting ID:會議號: 832 6637 5815 Dial In電話參與請撥打: 646-558-8656, Meeting ID & # 再輸入會議號和#
11:00-12:00	Line Dancing with Gail In person at Bay Terrace starting January 25. Pre-registration required, 718-423-6111, ext 223 See page 12
12:45-1:45 New	Zentangle with Rachel A 21st century approach to doodling. Therapeutic benefits to help sustain & enhance brain function. In person only at Bay Terrace starting January 25. Pre-registration required 718-423-6111 x223
1:45-2:45 New	Decoupage with Rachel The intersection between art and craft. Learn how to create beautiful & useful pieces. In person only at Bay Terrace starting January 25. Pre-registration required 718-423-6111 x 223
1:00 –1:25	Connecting With Friends 交朋友 Zoom: 會議鏈接: https://us02web.zoom.us/j/2848324865 New Zoom Link starting January 25 Meeting ID會議號: 284 8324 865# Dial In電話參與請撥打: 646-558-8656
1:30 –2:00	"Let's Talk" Discussion Group "我們聊天吧"討論組 with Carol New Zoom Link starting January 25 Pre-registration required 718-358-9193 Zoom 會議鏈接: https://us02web.zoom.us/j/2848324865 Meeting ID會議號: 284 8324 865 Dial In電話參與請撥打: 646-558-8656, Meeting ID & # 再輸入會議號和#
WEDNESDAYS 星期三	
9:00-10:00	Tai Chi with Elaine Fleischman. In person starting January 26. Pre-registration required 718-423-6111 x223
1:15-2:15	Bingo In person at Bay Terrace. Pre-registration required. 718-423-6111 x 223 January 26 February 23
2:15-3:45	Moving Forward With Grief: A Spousal Support Group Start date February 9 (Closed group) Contact Elise Lev, LCSW, 718-423-6111, x 223
THURSDAYS 星期四	
9:15–10:00	Aerobic Dance with Gail. In person starting January 27and virtual. Pre-registration required for in person. 718-423-6111 x 223. Zoom: https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment with Elise Lev, LCSW In person starting January 27 and virtual. Pre-registration required for in person-site 718-423-6111 x 223 Zoom: https://us02web.zoom.us/j/85084456120 Meeting ID: 850 8445 6120# Dial In: 1 646 558 8656
1:15 -2:00	English Karaoke 英文卡拉OK Zoom Link: https://us02web.zoom.us/j/81809316061 New Zoom Link Meeting ID會議號碼: 818 0931 6061 Dial In電話參與請撥打:646-558-8656
2:00-3:30	Remember the Times of Your Life with Elise Lev, LCSW In person starting January 27 and virtual. Pre-registration re-quired for on site. Zoom Link: https://us02web.zoom.us/j/83187859808 Meeting ID: 831 8785 9808# Dial In 1 646 558 8656
2:00-3:15	Chinese Karaoke卡拉OK大家唱(中文) Zoom Meeting: https://us02web.zoom.us/j/6950132146 Meeting ID: 695 013 2146 Dial In電話參與請撥打:646-558-8656, Meeting ID & # 再輸入會議號和#
FRIDAYS 星期五	
10:00-11:30	Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-8656
1:00-3:30	Mah Jong On site. Pre-registration required 718-423-6111 x 223 Start date to be determined
1:00-2:00	Ping Pong On site. Pre-registration required 718-423-6111 x223 Start date to be determined

MONDAYS	
10:30-11:30	Monthly Book Club IN PERSON ONLY PRE-REGISTRATION IS REQUIRED 718-225-6750, x233 JANUARY 23, THE SILENT PATIENT, BY ALEX MICHAELIDES February 14 - The Sweetness of Forgetting, by Kristin Harmel March 21 –The Paris Library, by Janet Skeslien Charles
11:00-12:00	Dance with Mari Meade Zoom Link: https://us02web.zoom.us/j/85165574496 Meeting ID: 851 6557 4496
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field Pre-registration is required. 718-225-6750 x 233
TUESDAYS	
10:00-12:00	KNITTING & CROCHETING IN PERSON AT SAM FIELD STARTING JANUARY 25 PRE-REGISTRATION REQUIRED 718-225-6750 x233, x222
1:00-2:00	Mind Aerobics with Fern Zoom: https://us02web.zoom.us/j/85165574496 Meeting ID: 851 6557 4496# Dial In: 646-558-8656
2:00-3:00	Golden Girls Friendship Circle On Zoom & In Person at Sam Field Pre-registration is required for in person, 718-225-6750, Fern x233 Zoom Link: https://us02web.zoom.us/j/85165574496 Meeting ID: 851 6557 4496# Dial In: 646-558-8656 New Zoom Link
WEDNESDAYS	
10:30-12:00	Single Seniors On Zoom & IN PERSON AT SAM FIELD. PRE-REGISTRATION IS REQUIRED. 718-225-6750, x233 Zoom: https://us02web.zoom.us/j/83912159521 Meeting ID: 839 1215 9521# Dial In:646-558-8656
1:30-2:30	Bingo In person at Sam Field. January 26, February 23 Pre-registration required. 718-225-6750, x233, x222
THURSDAYS	
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment with Elise Lev, LCSW Virtual & In person at Bay Terrace starting January 27 - pre-registration required for in person, 718-423-6111 x 223 Zoom: https://us02web.zoom.us/j/85084456120 Meeting ID: 850 8445 6120# Dial In: 1 646 558 8656
10:30-11:30	Learn Computers with Lynn In person at Sam Field, starting January 27. Pre-registration required, Fern 718-225-6750, x 233
2:00-3:30	Remember the Times of Your Life with Elise Lev, LCSW Virtual & In person at Bay Terrace starting January 27 - Pre-registration required for in person, 718-423-6111 x223 Zoom: https://us02web.zoom.us/j/83187859808 Meeting ID: 831 8785 9808# Dial In 1 646 558 8656
FRIDAYS	
9:00-10:00	Dancercise with Russell Virtual & In Person at Sam Field starting February 4 Pre-registration required for in person, 718-225-6750 x233 Zoom: https://us02web.zoom.us/j/85165574496 Meeting ID: 851 6557 4496# Dial In: 646-558-8656 New
10:00 -11:30	Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW Virtual & In person at Bay Terrace starting January 28 - Pre-registration required for in person, 718-423-6111 x223 Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-8656
1:00-2:30	PAINTING WITH LAURA STEVENS IN PERSON AT SAM FIELD STARTING JANUARY 28. PRE-REGISTRATION REQUIRED, 718-225-6750, x 233 New

Sam Field Center will be closed February 21 for President's Day

See page 12 for virtual and in person exercise classes

Central Queens Senior Center Programs

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 adults aged 60+.

MONDAYS	
11:30-12:30	Brainworks alternate Mondays, January 10, 24 February 7, 28 Join us as we keep our minds sharp and active. In person, pre-registration is required. Call Ellen 718-268-5011 x160
1:00-2:00	Book Ends Exchange your thoughts, impressions and feelings. For details, call 718-268-5011, x160 January 24 –The Bookshop of Yesterdays, by Amy Meyerson Zoom: https://us02web.zoom.us/j/89456681675 Meeting ID: 894 5668 1675 Dial in: 1 646 558 8656
1:00-2:30	Painting with Sandra Izhakoff Express yourself artistically; no experience required! In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
3:00-4:00 NEW	English Class for Russian Speakers with Karina Урок английского для русскоговорящих In person at Central Queens. Pre-registration required. Call Ellen 718-268-5011, x160
TUESDAYS	
1:00-3:00	Movie Matinee In person at Central Queens. Pre-registration is required, call Ellen 718-268-5011, x160 January 25 - "The Best Exotic Marigold Hotel"
3:30-4:30	Technology Tutoring Bring your own device (smartphones, iPad/tablets & laptops) In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
WEDNESDAYS	
11:30-12:30	PD Support Group For caregivers and those with Parkinson's Disease. Share information, knowledge and insights. Zoom Link: https://us02web.zoom.us/j/81625373986 Meeting ID: 816 2537 3986 By phone 646-558-8656
1:00-2:00	Israeli Dance with Honey Goldfein In person at Central Queens Pre-registration is required. Call Ellen 718-268-5011 x160
THURSDAYS	
1:00-2:00	Bereavement Group (closed group) Contact Shelly Channan, LMSW, 718-268-5011 ext. 421
1:00-3:00	Movie Matinee - In person at Central Queens. Pre-registration is required, call Ellen 718-268-5011, x160 January 13 - POMS February 8 - Dirty Dancing
2:00-3:00	Tai Chi for Arthritis with Jessica Dennehy, Injury Prevention Coordinator, For 8 weeks In person, at Central Queens. Pre-registration is required. Call Ellen 718-268-5011, x160
2:30-3:30	A Time For Healing January 20, February 17 Basic, simple mindfulness and coping techniques, to help you create a quiet and safe space in this challenging time. Maximum of 10 participants. Call Ellen to register 718-268-5011 x160
FRIDAYS	
10:00-11:00	Hot Topics with Stan Every other Friday-Join Stan to chat about anything that catches your interest. In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
11:30-12:30	Chat With 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# Dial in: +1 646 558 8656
1:00-2:00	Ping Pong - In person at Central Queens. Pre-registration required. Call Ellen 718-268-5011, x160
2:00-2:30	Welcome Shabbat Attend our virtual gathering to restore your spiritual energy and enter a time of healing. January 14 Zoom Link: https://us02web.zoom.us/j/81338779901 Meeting ID: 813 3877 9901 February 25 Zoom Link: https://us02web.zoom.us/j/84700183168 Meeting ID: 847 0018 3168 Dial in for both dates: +1-646-558-8656 RSVP to Ellen at 718-268-5011 ext. 160

[See page 12 for virtual and in person exercise classes](#)

Deepdale CARES NORC is a Naturally Occurring Retirement Community Supportive Service Program. A partnership between Deepdale Gardens Cooperative Community, 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	
10:00-11:00	Meditation & Stretching with Victoria Margolies Zoom: https://us02web.zoom.us/j/87467168424 Meeting ID: 874 671 68424# Phone: (646) 558-8656
11:00-12:00	Current Events Zoom: https://us02web.zoom.us/j/81258986764 Phone: 646-558-8656 Meeting ID: 8125 898 6764# No group February 21
12:00-1:00	History Talks with Ted Baron No group February 21 Zoom: https://us02web.zoom.us/j/81258986764 Phone: (646) 558-8656 Meeting ID: 8125 898 6764#
2:00-2:30	Marching Movements - facilitated by Catherine Dunckley from Northwell Health Zoom: https://us02web.zoom.us/j/87467168424 Meeting ID: 874 671 68424# Phone: (646) 558-8656
2:30-3:30	SAIL Exercise - facilitated by Catherine Dunckley from Northwell Health Zoom: https://us02web.zoom.us/j/87467168424 Meeting ID: 874 671 68424# Phone: (646) 558-8656
TUESDAYS	
9:30-10:00	Marching Movements - Same zoom link as Marching Movements at 2:00 pm on Monday
10:00-11:00	SAIL Exercise - Same zoom link as SAIL Exercise at 2:30 pm on Monday
11:00-12:00	Nutritional Discussions with Neda Pourat <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>January 4 "Foods to Boost Immunity"</p> <p>January 11 "Fighting Osteoporosis & Arthritis"</p> <p>January 18 "Healing Gut Health"</p> <p>January 25 "Memory & Brain Health"</p> </div> <div style="width: 45%;"> <p>February 1 "Simple vs. Complex Carbohydrates"</p> <p>February 8 "Dirty Dozen & World's Healthiest Foods"</p> <p>February 15 "Foods for Healthy Hearts"</p> <p>February 22 "Weight Loss & Abdominal Fat"</p> </div> </div> <p>Zoom: https://us02web.zoom.us/j/86312216863 Meeting ID: 863 1221 6863# Phone: 646-558-8656</p>
1:00-2:00	Dear Abby Discussion Group Zoom: https://us02web.zoom.us/j/87220188501 Phone: 646-558-8656 Meeting ID: 872 2018 8501#
WEDNESDAYS	
11:00-12:00	Creative Writing with Mindy Baron Zoom link: https://us02web.zoom.us/j/3418701128 By phone call: (646) 558-8656 & Meeting ID: 341 870 1128
1:00-2:00	Sip and Share with Tara Zoom link: https://us02web.zoom.us/j/3418701128 By phone call: (646) 558-8656 & Meeting ID: 341 870 1128
2:00-2:30	Marching Movements - Same zoom link as Marching Movements at 2:00 pm on Monday
2:30 -3:30	SAIL Exercise - Same zoom link as SAIL Exercise on Monday at 2:30
2:30-3:30	Artsy Afternoons with NORC Staff Must pre-register to obtain project supplies prior to class Zoom Link: https://us02web.zoom.us/j/3418701128 Meeting ID: 341 870 1128
THURSDAYS	
9:30-10:00	Marching Movements - Same zoom link as Marching Movements at 2:00 pm on Monday
10:00-11:00	SAIL Exercise - Same zoom link as SAIL Exercise on Monday at 2:30 pm
11:00-12:00	Spanish 101 with Kiaralis Abreu , Zoom: https://us02web.zoom.us/j/82948485546 Meeting ID: 829 4848 5546
FRIDAYS	
10:00-11:00	Chair Yoga - facilitated by Catherine Dunckley from Northwell Health Zoom link: https://us02web.zoom.us/j/87467168424 Meeting ID: 874 671 68424# Phone: (646) 558-8656
11:00-12:00	Brain Games Zoom: https://us02web.zoom.us/j/84502733061 Phone: (646) 558-8656 Meeting ID: 845 0273 3061#
2:00-3:00	Book Group with Mindy Baron - January 7 - "The Silent Patient" by Alex Michaelides; February 4 - TBD Zoom: https://us02web.zoom.us/j/81679215751 Phone: (646) 558-8656 & Meeting ID: 816 7921 5751#

Please Note: Exercise classes held on January 17, February 21, 22, 23, 24, and 25 will be recorded version (not live)

Deepdale CARES NORC is a collaboration of Commonpoint Queens, the NYC Dept. for the Aging, NYS 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 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.

[See page 12 for virtual and in person exercise classes](#)

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.

The CAP office is now open Monday through Friday 8:30-4:30 by appointment only.
Call 718-352-4157 to schedule an appointment

MONDAYS	
10:30-11:30	Knitting and Crocheting for Charity IN PERSON AT CAP OFFICE. PRE-REGISTRATION IS REQUIRED TO ATTEND, 718-352-4157
11:30-12:15 New	Chair Yoga with Karen In person at CAP office starting January 17 Pre-registration required. 718-352-4157
1:00-2:00 New	Monthly Book Club February 28 - The Plot, by Jean Hanff Korelitz PRE-REGISTRATION REQUIRED TO ATTEND IN PERSON 718-225-6750, x233
TUESDAYS	
11:00-12:00	Nutritional Discussions with Neda Pourat January 4 "Foods to Boost Immunity" January 11 "Fighting Osteoporosis & Arthritis" January 18 "Healing Gut health" January 25 "Memory & Brain Health" February 8 "Dirty Dozen & World's Healthiest Foods" February 15 "Foods for Healthy Hearts" February 22 "Weight Loss & Abdominal Fat" Zoom: https://us02web.zoom.us/j/86312216863 Meeting ID: 863 1221 6863# Phone: 646-558-8656
12:30-1:15 Returning	Line Dancing with Gail In person only at CAP starting January 18 Pre-registration required. 718-352-4157
WEDNESDAYS	
11:00-12:00	Talk It Out Discussion Group IN PERSON AT CAP OFFICE. PRE-REGISTRATION REQUIRED TO ATTEND, 718-352-4157
1:00-2:00	MEN'S GROUP IN PERSON AT THE CAP OFFICE, PRE-REGISTRATION REQUIRED TO ATTEND 718-352-4157
THURSDAYS	
11:00-12:00	Health Chat with RN Stacy To participate <u>call</u> 1 913-766-2471 <u>PIN</u> : 384 002 671#
1:00	MOVIE MATINEE IN PERSON AT THE CAP OFFICE. PRE-REGISTRATION REQUIRED TO ATTEND 718-352-4157 JANUARY 6 - NOCTURNAL ANIMALS JANUARY 20 - OTHER HOOD JANUARY 13 - WIND RIVER JANUARY 27 - THE LAST FOREST
FRIDAYS	
10:30-11:30	Women's Group IN PERSON AT CAP OFFICE. PRE-REGISTRATION IREQUIRED TO ATTEND, 718-352-4157
11:30-12:45	Crochet & Chat for Charity In person at the CAP office. PRE-REGISTRATION REQUIRED TO ATTEND 718-352-4157
12:00-12:45 New	Strength and Balance with Robin starting January 21. (bring your own weights) IN PERSON AT CAP OFFICE. PRE-REGISTRATION REQUIRED TO ATTEND, 718-352-4157

CAP NORC is a collaboration of Commonpoint Queens, the NYC Dept. for the Aging, NYS Office for the Aging, Visiting Nurse Service of New York, 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.

See page 12 for virtual and in person exercise classes



NORC 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. 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	
10:00-11:00	Reunite & Reminiscence January 10, February 14 IN PERSON AT SAM FIELD. PRE-REGISTRATION REQUIRED TO ATTEND IN PERSON 718-225-6750, x540
2:00-3:00	NORC WOW Nursing Health Chat To participate call: 1 (240) 360-1176 PIN: 153 022 061#
TUESDAYS	
12:00-1:00	Current Events Group To participate call: 1 (470) 705-4149 PIN: 140 701 436#
2:00-3:00	Nutrition with Neda Pourat: First 2 Tuesdays of the month January 4, 11, February 1, 8 To participate call: 1 (240) 360-1176 PIN: 153 022 061#
2:00-3:00	Monthly Health Chats courtesy of Northwell Health January 18, February 22 Zoom: https://us02web.zoom.us/j/89729526469?pwd=RXlSbnRoSlIpb3h5bVMzZU8wUjhrdz09 Meeting ID: 897 2952 6469 Phone: 1 (646) 558-8656 PIN: 897 2952 6469#
2:00-3:00	NORC WOW Nursing Health Chat January 25 and February 15 To participate call: 1 (240) 360-1176 PIN: 153 022 061#
WEDNESDAYS	
2:00-3:00	Monthly Health Chats courtesy of Northwell Health: Third Wednesday of the Month January 19 Zoom: https://us02web.zoom.us/j/89729526469?pwd=RXlSbnRoSlIpb3h5bVMzZU8wUjhrdz09 Meeting ID: 897 2952 6469 Phone: 1 (646) 558-8656 PIN: 897 2952 6469#
2:00-3:00	NORC WOW Nursing Health Chat - Every Wednesday except the 3rd Wednesday of the month To participate call: 1 (240) 360-1176 PIN: 153 022 061#
THURSDAYS	
11:00-12:00	Social Work Chat with Amanda To participate call: 1 (470) 705-4149 PIN: 140 701 436#
FRIDAYS	
2:00-3:00	NORC WOW Nursing Health Chat To participate call: 1 (240) 360-1176 PIN: 153 022 061#

NORC WOW is a collaboration of Commonpoint Queens, the NYC Dept. for the Aging, NYS 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 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.

[See page 12 for virtual and in person exercise classes](#)

Breathing Break -Thursday, January 6, February 3 - 3 3:00 - 3:30 pm
Give yourself a mini vacation to refresh and renew! Facilitated by Shelly Channan,
Zoom Link: <https://us02web.zoom.us/j/86287272664> Meeting ID: 862 8727 2664 Dial in: 1 646 558 8656

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Physical Therapy and Osteoporosis - Monday, January 17th at 1:00. Dr. Marvin Canita, Physical Therapist,
will show us how physical therapy can help when one is experiencing osteoporosis. He will include suggested exercises.
Zoom: <https://us02web.zoom.us/j/89766360617> Meeting ID: 897 6636 0617 Dial in: 1 646 558 8656 (organized by Central Queens)

Health Chats with Northwell Health - 2:00 pm (organized by Norc Wow)
Tuesday, January 18 - **"Skin Health for Seniors"** presented by Dr. Mary Parisi
Wednesday, January 19 **"Skin Cancer & Other Lumps & Bumps in the Head & Neck"** presented by Dr. Frank, MD, FACS
Tuesday, February 22 **"Mini Med School: Cardiology 101 Understanding Your Heart & Heart Health"** presented by Dr. Louis Miller
Zoom Link : <https://us02web.zoom.us/j/89729526469?pwd=RXlsbnRoSlpb3h5bVMzZU8wUjhrdz09>
Dial In: +1 646 558 8656 Meeting ID: 897 2952 6469#

Health Chats with Maureen Schneider, RN from Parker Jewish Institute for Health Care & Rehabilitation
Thursdays, January 20 at 2:00 pm **"Seasonal Affective Disorder"** February 24 at 2:00 pm **"Happy & Healthy Hearts"**
Zoom Link: <https://us02web.zoom.us/j/87119007383> Meeting ID: 871 1900 7383 By phone: 646-558-8656
(organized by Deepdale Cares)

Nutrition in Adulthood and Aging - Tuesday, January 25 - 11:00 am
presented by Abobaker Ahmed, RN from CAPE (organized by Sam Field)
Zoom Link: <https://us02web.zoom.us/j/85165574496> Meeting ID: 851 6557 4496# Dial In: 646-558-8656

Dietary Supplements and Antioxidants presented by Claudia Codrington, M.S.R.D.CDN
Friday, January 28 - 11:00 am (organized by Sam Field)
Zoom Link: <https://us02web.zoom.us/j/85165574496> Meeting ID: 851 6557 4496

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

Ai-
zutiello@commonpointqueens.org

Family Respite Social Adult Day 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.

Jamie Cooperman, Director
718-225-6750 x221

JCooperman@commonpointqueens.org

CAPE

An Adult Mental Health Clinic at the Sam Field Center for people over the age of 21. 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.

For more information call
718-224-0566

If you or anyone you know is interested in Bereavement Groups or Caregiver Support Groups contact Shelly Channan, LCSW at Central Queens, 718-268-5011 x421 or Elise Lev, LCSW at Bay Terrace Center, 718-423-6111 x223

Monday

- 10:00-10:45 Classic Aerobics (Silver Sneakers) with Karen* Virtual & In Person at Bay Terrace starting January 24
- 1:00-1:45 Senior Circuit (Silver Sneakers) with Karen* Virtual & In Person at Bay Terrace starting January 24
- 2:00-2:45 Yoga on the Mat* with Robin Stuelpner* Virtual & In Person at Bay Terrace starting January 24

Tuesday

- 9:00-10:00 Tai Chi with Elaine Fleischman* Virtual & In Person at Sam Field
- 10:15-11:00 Balance with Robin Stuelpner* Virtual & In Person at Sam Field
- 11:00-11:45 Line Dancing with Gail* Virtual & In Person at Bay Terrace starting January 25
- 1:00-1:45 Classic Aerobics (Silver Sneakers)* with Sheila Virtual Only

Wednesday

- 9:00-10:00 Tai Chi with Elaine Fleischman* Virtual & In Person at Bay Terrace starting January 26
- 10:00-11:00 Yoga Stretch (Silver Sneakers) with Karen* Virtual & In Person at Bay Terrace starting January 26
- 11:00-11:45 Line Dancing with Gail* Virtual & In Person at Sam Field
- 12:30-1:15 Senior Stretch with Gail* Virtual & In Person at Sam Field

Thursday

- 9:15-10:00 Aerobic Dance with Gail* Virtual & In Person at Bay Terrace **New Location** starting January 27
- 1:00-1:45 Senior Aerobics (Silver Sneakers) with Sheila* Virtual & In Person at Sam Field
- 2:00-2:45 Balance with Robin In person only at Sam Field
- 6:30-7:30 Pilates with Robin Stuelpner In Person only at Sam Field starting January 27

Friday

- 1:00-1:45 Zumba Gold with Sheila* Virtual & In Person at Sam Field

For in person classes PRE-REGISTRATION is required
For Sam Field - 718-225-6750, x 233 - For Bay Terrace - 718-423-6111, x 223

*Commonpoint Queens FREE Virtual Exercise Classes, use link:
<https://www.commonpointqueens.org/commonpoint-queens-at-home-health-a/>



www.CommonpointQueens.org
 (718) 225-6750

Nursery and Afterschool		Health and Wellness	
Senior Services		Day Camp and Sleepaway	
Food Pantry		Counseling	
Developmental Disabilities		Employment Assistance	