



**COMMONPOINT  
QUEENS**  
Community happens here

## OLDER ADULT SERVICES

A Division of Commonpoint Queens  
Serving Adults aged 60+  
58-20 Little Neck Parkway, Little Neck NY 11362  
(718) 225-6750

**March  
April  
2024**

**Danielle Ellman**  
Chief Executive Officer

**Juanito Vargas**  
VP of Adult Programs

**Barbara Becker Bruno**  
Assistant Vice President,  
Older Adult Services  
718-225-6750 Ext. 256

**Wendy Lepper**  
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

**Jaimeson Champion**  
Senior Program Director  
Clearview NORC (CAP)  
718-352-4157

**Ebony Johnson**  
Program Director  
NORC WOW  
718-225-6750 Ext 543

**Victoria Margolies**  
Program Director  
Deepdale NORC  
718-225-3929

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

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

### Spotlight on Impressionists March 1, 1:00-2:00 pm (organized by CQ)

The focus of this special virtual presentation will be on two artists: Mary Cassat and Berthe Morisot  
For more information, call Ellen 718-268-5011 x160  
Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

### Salsa Lesson sponsored by VNS Health (organized by BTC)

Come dance into Spring by attending this one time class.  
Tuesday, March 12, 1:30-2:30 pm Pre-registration required, 718-423-6111 x228, x242, X223

### Juilliard is back! (organized by CQ)

The Juilliard students are back on zoom, to grace us with their talent and beauty!  
**Violin and Piano** - Monday, March 18, April 15, 1:00-2:00 pm  
Zoom Link: <https://us02web.zoom.us/j/9416378919> Meeting ID: 941 637 8919 Dial In: (646)-558-8656

### Goin' Green at Sam Field



Tuesday, March 19 11:45 am-1:45 pm  
Lunch and Live musical entertainment with The Squeaky Clean Band  
Lunch: 11:30-12:30, Music: 12:30-1:30  
**Pre-registration required by March 11**, 718-225-6750 x 236, x222 Suggested donation \$3.00

### Elder Abuse Presentation with Charmel Hughes, Elder Justice Worker of

Sunnyside Community Services, Inc. (organized by DDC)  
Wednesday, March 20, 1:00 pm  
Learn how to detect the signs of abuse and how to protect yourself and your loved ones.  
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

### One Time Only.....Latin Inspired Dance Workout sponsored by VNS Health (organized by SF)

Wednesday, March 27, 1:15-2:15 pm Pre-registration required, 718-225-6750 x236, x222

### Sagamore Hill Trip - Thursday, April 11 (organized by BTC)

Space is limited. Bus leaves Bay Terrace at 9:00 am. Pre-registration must be done in person **beginning March 18**  
\$15 cash payment due at registration. Includes admission, guided tour, bag lunch & transportation.  
..Large bags and backpacks are prohibited. Dress comfortably as there is walking outdoors.

### Free Health Screenings with a registered nurse.

Thursday, April 11 from 10:00 am to 2:00 pm (organized by DDC)  
**The St. Francis Hospital Outreach Van** will be outside Deepdale Cares NORC office,  
57-17 Marathon Pkwy, Little Neck. Screenings include brief cardiac history, blood pressure  
testing, and a simple blood test for cholesterol and diabetes. Open to all community members.

### Model Passover Seder at Central Queens- Tuesday, April 16 12:00-2:00 pm

Come to our model Passover Seder, and learn about the background of the holiday,  
its traditions and rituals. It will be moving, educational and fun!  
In person at Central Queens. Space is limited. **Pre-registration required.** Call Ellen 718-268-5011 x160



### Elder Maltreatment & Mistreatment presented by Elise Lev, LCSW (organized by BTC)

Wednesday, April 17, 2:00-3:00 pm  
In person at Bay Terrace. Pre-registration is required. Call 718-423-6111 x223, x228, x242

### Model Passover Seder presented by Ellen Shajnfeld (organized by SF)



Wednesday, April 17, 11:45-1:15 pm  
Join us for an interactive and fun Passover Seder.  
Learn about the holiday, its traditions and rituals.  
**Pre-registration required by April 8**, 718-225-6750 x 236, x222 Suggested donation \$3.00



**Please check your emails daily for class cancellations and program changes**

**Commonpoint Queens is closed Tuesday, April 23 and Wednesday, April 24 for 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 Center at Bay Terrace**  
**Home of North Flushing & Bay Terrace Older Adults**  
 Bay Terrace - 718-423-6111 x223    N Flushing - 718-358-9193



	<b>MONDAYS</b> 星期一
10:00-10:45	<b>Classic Exercise</b> with Karen   In person & virtual. Pre-registration required. 718-423-6111 x223, x242
10:00-11:30	<b>Conversational Yiddish</b> for Beginners with Chana Ramon   In person. Pre-registration required. 718-423-6111, x228 or x242
1:30-2:15	<b>Senior Circuit</b> with Karen   In person & virtual    Pre-registration required. 718-423-6111 x223, x242
2:30-3:15	<b>Yoga on the Mat</b> with Robin Stuelpner   In person & virtual (Bring your own mat) Pre-registration required. 718-423-6111 x223, x242
	<b>TUESDAYS</b> 星期二
<b>9:00-12:30</b> <b>New</b>	<b>Canasta</b> In person at Bay Terrace. Starting March 12 Pre-registration required, 718-423-6111 x228, x223, 242
11:00-11:45 <b>New Time</b>	<b>Everyday Dance</b> with Gail   In person & virtual    Pre-registration required. 718-423-6111 x223, x242
1:30-2:30	<b>Bingo</b> In person. <b>March 19, April 30</b> Pre-registration required. 718-423-6111 x 228, 242
1:30-2:30	<b>The Pursuit of Trivia</b> Come in and see what <b>trivialities</b> you may know. <b>March 5, 12, 26 April 2, 9, 16</b> In person. Pre-registration required, 718-423-6111 x242, x228
	<b>WEDNESDAYS</b> 星期三
8:50-9:50	<b>Tai Chi for Arthritis</b> with Elaine Fleischman   In person & virtual Pre-registration required. 718-423-6111 x223, x242
10:00-10:45	<b>Yoga Stretch</b> with Karen   In person & virtual    Pre-registration required. 718-423-6111 x223, x242
2:00-3:30	<b>All Together Now!</b> Let's get together and have fun "chit-chatting"   A lively discussion group. In person only. Pre-registration required. 718-423-6111 x223, x242 <b>No group March 6</b>
	<b>THURSDAYS</b> 星期四
9:15-10:00	<b>Aerobics and More</b> with Gail   In person & virtual Program combines Warm-up/Aerobics/Arms/Stomach (in a chair or on mat)/Cool Down. Must bring your own mat. Pre-registration required 718-423-6111 x 223, x242
10:00-11:30 <b>New Zoom Link</b>	<b>Exploring Jewish Culture</b> Experience a Jewish moment with Elise Lev, LCSW   In person & virtual Zoom: <a href="https://us02web.zoom.us/j/82255332463">https://us02web.zoom.us/j/82255332463</a> Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656 <b>No group March 7, April 11 April 25</b>
1:30-2:30	<b>Meditation and Reiki</b> with Lori   In person only. Pre-registration required. 718-423-6111 x223, x242
2:45-3:45	<b>Remember the Times of Your Life</b> with Elise Lev, LCSW   In person & virtual Zoom: <a href="https://us02web.zoom.us/j/83187859808">https://us02web.zoom.us/j/83187859808</a> Meeting ID: 831 8785 9808# Dial In 1 646 558 8656
	<b>FRIDAYS</b> 星期五
9:45-11:15	<b>Drawing, Sketching and Water Color Painting</b> with Laura   In person. Pre-registration required. Call 718-423-6111, x 223, x242 or elev@commonpointqueens.org Bring paper or sketchbook, a #2 pencil, water color pencils or watercolor paint.
10:00-11:30	<b>Changes and Challenges of Aging Discussion Group</b> with Elise Lev, LCSW   In person & virtual Zoom: <a href="https://us02web.zoom.us/j/87458237562">https://us02web.zoom.us/j/87458237562</a> Meeting ID: 874 5823 7562# Dial In: 646-558-8656
1:30-2:30	<b>Reality Check</b> Take some time to discuss your thoughts and hear from others about the hottest topics in the news today. In person. Pre-registration required 718-423-6111 Sarah x242 or Joan x228

Bay Terrace Center is closed Tuesday, April 23 and Wednesday, April 24 for Passover

MONDAYS	
10:00-11:00	<b>Musical Group</b> with Candaceia Charles Learn to sing and explore the possibilities. Pre-registration required, 718-225-6750, x236, x222
10:30-11:30	<b>Headlines &amp; Hot Topics</b> with Wendy Lepper, LMSW For more information and to pre-register call 718-225-6750 x236
11:00-11:45	<b>Latin Fusion</b> with Gail In person only. Pre-registration required 718-225-6750 x236, x222 A unique class to Latin tunes that incorporates whole body exercise.
1:00-2:30	<b>Israeli Dance</b> with Honey Goldfein In person at Sam Field. Pre-registration required. 718-225-6750 x 236, x222
TUESDAYS	
8:50-9:50	<b>Tai Chi</b> with Elaine Fleischman In person & virtual. Pre-registration required 718-225-6750 x236, x222
10:00-10:45	<b>Balance</b> with Robin In person & virtual. Pre-registration required, 718-225-6750, x236, x222
10:30-11:30	<b>A Taste of Israel with Amit</b> Join Amit to discuss Israeli current events, ongoing updates on the war, his personal experiences and Jewish life and culture. Pre-registration required. 718-225-6750 x236 <b>February 27, March 5, 12, 19, 26</b>
11:00-11:45	<b>Classic Aerobics</b> with Robin In person & virtual. Pre-registration required, 718-225-6750, x236, x222
1:00-2:00	<b>Dance Fitness</b> with Lori In person only. Pre-registration required, 718-225-6750, x236, x222
WEDNESDAYS	
10:30-12:00	<b>Single Seniors</b> In person at Sam Field. Pre-registration is required, 718-225-6750, x236
11:00-11:45	<b>Everyday Dance</b> with Gail In person & virtual. Pre-registration required, 718-225-6750, x236, x222
12:30-1:15	<b>Senior Stretch</b> with Gail In person & virtual. Pre-registration required, 718-225-6750, x236, x222
1:00-2:30	<b>Art Appreciation</b> with Marie Zanzel <b>March 13, April 10</b> Pre-registration required, 718-225-6750 x236, x222
1:30-2:30	<b>Bingo</b> In person at Sam Field <b>March 20, April 3</b> Pre-registration required, 718-225-6750, x236, x231
THURSDAYS	
10:00-11:30	<b>Hebrew Ulpan</b> with Chana Ramon for beginners through advanced students. In person at Sam Field. Pre-registration required, 718-225-6750 x236, x222
1:00-1:45	<b>Senior Aerobics</b> with Robin In person & virtual. Pre-registration required, 718-225-6750, x236, x222
2:00-2:45	<b>Balance</b> with Robin In person only. Pre-registration required, 718-225-6750, x236, x222
2:15-3:15	<b>Women's Discussion Group</b> with Carol Pre-registration required. Call Wendy 718-225-6750 x236
FRIDAYS	
9:00-10:00	<b>Dancercise</b> with Russell In person & virtual at Sam Field. Pre-registration required, 718-225-6750 x236, x222 Zoom: <a href="https://us02web.zoom.us/j/7645551455">https://us02web.zoom.us/j/7645551455</a> Meeting ID: 764 555 1455 # By phone: 646-558-8656
10:30-11:30	<b>Men's Forum</b> with Wendy Lepper, LMSW Get together with your peers to discuss common interests, experiences, and memories. In person only. Pre-registration required. 718-225-6750, x236
11:30-12:15	<b>Chair Yoga</b> with Karen In person only. Pre-registration required 718-225-6750 x236, x222
1:00-2:30	<b>Painting</b> with Laura Stevens In person only. Pre-registration required, 718-225-6750, x 236. x222

# 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	
11:00-12:00	<b>Let's Get Real! March 4, 18 April 1</b> 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	<b>Brainworks March 11, 25 April 8</b> Join us as we keep our minds sharp and active. In person, pre-registration is required. Call Ellen 718-268-5011 x160
12:00-12:45	<b>Lunch on Mondays</b> In person. Pre-registration required. Call Ellen, 718-268-5011 x160
1:00-2:30	<b>Painting with Sandra Izhakoff</b> Express yourself artistically; no experience required! In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
TUESDAYS	
10:00-11:30	<b>Tech Tutoring for Seniors</b> In person at Central Queens. Bring your device and get one-on-one technical advice! Space is limited. Pre-registration is required. Call Ellen, 718-268-5011 x160
11:30-12:30	<b>Cozy Corner</b> Chat with friends while working on your favorite pastime: knitting, needlepoint, crocheting, crossword puzzling, coloring etc. Then grab a yummy and healthy lunch! Pre-registration required with Ellen 718-268-5011 x160
12:30-1:30	<b>Bingo March 5, 19 April 2</b> In person at CQ Pre-registration required, Ellen 718-268-5011, x 160
12:30-2:30	<b>Movie Matinee</b> In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011, x160 <b>March 12 "The Age of Adaline" March 26 "Illusionist" April 9 "NYAD"</b>
WEDNESDAYS	
11:00-12:00	<b>A Taste of Jewish Culture with Amit March 6, 20 April 3, 17</b> Amit, our friend from Israel, introduces us to traditions, customs and various aspects of culture. In person at Central Queens. Pre-registration required. Call Ellen 718-268-5011 x160
11:30-12:30	<b>PD Support Group</b> For caregivers and those with Parkinson's Disease. Share information, knowledge & insights. Zoom: <a href="https://us02web.zoom.us/j/81625373986">https://us02web.zoom.us/j/81625373986</a> Meeting ID: 816 2537 3986# By phone: 646-558-8656
12:45-2:15	<b>Israeli Dance with Honey Goldfein</b> In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
1:00-2:00	<b>Book Ends April 10 "The Bandit Queens by Parini Shroff"</b> For more info call Ellen 718-268-5011 x160 Zoom: <a href="https://us02web.zoom.us/j/9416378919">https://us02web.zoom.us/j/9416378919</a> Meeting ID: 941 637 8919 Dial in: +1-1646-558-8656
THURSDAYS	
1:00-2:30	<b>Hebrew Ulpan</b> 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	
10:15-11:30	<b>Hot Topics with Stan</b> In person at Central Queens. Pre-registration with Ellen 718-268-5011 x160
11:30-12:30	<b>Chat With Your Friends on Friday</b> Call in and share your thoughts and feelings with friends. Zoom: <a href="https://us02web.zoom.us/j/89493854425">https://us02web.zoom.us/j/89493854425</a> Meeting ID: 894 9385 4425# By phone: +1 646 558 8656
1:00-1:30	<b>Welcome Shabbat</b> A virtual gathering to restore your spiritual energy and enter a time of healing. <b>March 22</b> RSVP to Ellen at 718-268-5011 ext. 160 Zoom: <a href="https://us02web.zoom.us/j/9416378919">https://us02web.zoom.us/j/9416378919</a> Meeting ID: 941 637 8919# By phone: +1-1646-558-8656

**Central Queens is closed Tuesday, April 23 and Wednesday, April 24 for Passover**



**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 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	
11:00-12:00	<b>Current Events</b> Virtual & In person for Deepdale Cares members only. Zoom Link: <a href="https://us02web.zoom.us/j/81258986764">https://us02web.zoom.us/j/81258986764</a> & Meeting ID: 812 5898 6764
12:00-12:45	<b>Strength Training &amp; Balance</b> with Robin Stuelpner In person for Deepdale Cares members only
TUESDAYS	
11:00-12:00	<b>Nutrition</b> with Neda Pourat Virtual & In person for Deepdale Cares members only. <b>March 5 Presentation:</b> "Renal Diet for Beginners" <b>March 19</b> - 11:00 am-1:00 pm <b>Presentation:</b> "Allergy Friendly Foods" <b>Demonstration:</b> "Flavorful Cauliflower Rice" <b>April 2 - Presentation:</b> "Food for Hair, Skin, & Nails" <b>April 16</b> - 11:00 am-1:00 pm <b>Presentation:</b> "Sustenance Soy Foods" <b>Demonstration:</b> "Tofu Delight" Zoom Link: <a href="https://us02web.zoom.us/j/86312216863">https://us02web.zoom.us/j/86312216863</a> & Meeting ID: 863 1221 6863
1:00-2:00	<b>Dear Abby Discussion Group</b> Virtual & In person for Deepdale Cares members only. Zoom Link: <a href="https://us02web.zoom.us/j/87220188501">https://us02web.zoom.us/j/87220188501</a> & Meeting ID: 872 2018 8501
2:00-3:00	<b>Stress &amp; Stress Management</b> In person for Deepdale Cares members only
2:00-3:00	<b>Meet the Author, Steven Jay Griffel &amp; Discuss the Book, "Left On Main Street"</b> <b>March 19</b> Virtual & In person for Deepdale Cares members only. Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
WEDNESDAYS	
10:00	<b>Mah Jongg</b> In person for Deepdale Cares for members only
2:00-3:00	<b>Meet the Author, William F. McBride &amp; Discuss the Book, Happiness in the Long Run"</b> <b>April 17</b> Virtual & In person for Deepdale Cares members only. Zoom Link: <a href="https://us02web.zoom.us/j/87119007383">https://us02web.zoom.us/j/87119007383</a> & Meeting ID: 871 1900 7383
THURSDAYS	
10:00-10:45	<b>Chair Yoga</b> with Robin Stuelpner In person for Deepdale Cares members only
11:00	<b>Canasta</b> In person for Deepdale Cares members only
2:00	<b>Knitting &amp; Crocheting</b> In person for Deepdale Cares members only
FRIDAYS	
9:00	<b>Mah Jongg</b> In person for Deepdale Cares members only
10:00	<b>Dominoes</b> In person for Deepdale Cares members only
1:30	<b>Passiones Card Game</b> In person for Deepdale Cares members only

**In person programs are only for Deepdale Gardens residents**

Deepdale CARES NORC is a collaboration of Commonpoint Queens, the NYC Dept. for the 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 Tuesday, April 23 and Wednesday, April 24 for Passover**

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.

	<b>MONDAYS</b>
10:30-11:30	<b>Knitting and Crocheting for Charity</b> In person at CAP office. Pre-registration is required 718-352-4157
11:30-12:15	<b>Chair Yoga with Karen</b> In person at CAP. Pre-registration is required 718-352-4157
1:00-2:00	<b>Health Chat</b> with Gerlinde Saint Eloi, RN In person at CAP office. Pre-registration is required 718-352-4157 <b>March 18 April 15</b>
2:00-3:00	<b>Brain Games</b> with Gretchen Brown In person. Pre-registration is required 718-352-4157
3:30-4:30	<b>MET Art Box Activity &amp; Discussion Group</b> with Jack Xu In person at CAP Library. <b>March 25, April 29</b>
	<b>TUESDAYS</b>
11:00-12:00	<b>Nutrition Discussion / Presentations with Neda Pourat</b> In person. Pre-registration is required 718-352-4157 <b>March 12 Presentation:</b> "Renal Diet for Beginners" <b>March 26 Demonstration:</b> "Flavorful Cauliflower Rice" <b>April 9 Presentation:</b> "Food for Healthy Hair, Skin, and Nails" <b>April 30 Demonstration:</b> "Tofu Delight"
12:30-1:15	<b>Everyday Dance</b> with Gail In person only at CAP Pre-registration is required 718-352-4157
1:30-2:30	<b>Monthly Book Club</b> with Veronica Lozada In person at CAP office. Pre-registration is required 718-352-4157 <b>March 19, April 23</b> Book titles will be announced at the previous month's meeting or on the March & April CAP calendars
2:30-4:30	<b>Mahjong</b> with Jack Xu In person at CAP. Pre-registration required 718-352-4157
	<b>WEDNESDAYS</b>
11:00-12:00	<b>Talk It Out Discussion Group</b> with Veronica Lozada, MSW In Person at CAP office. Pre-registration required 718-352-4157
12:00-1:00	<b>Let's Get Connected Technology 101</b> 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	<b>Men's Group</b> with Jaimeson Champion, LMSW In person at the CAP office. Pre-registration required 718-352-4157
2:00-2:45 <b>New</b>	<b>Classic Aerobics</b> with Robin Stuelpner In person at CAP. Pre-registration is required 718-352-4157
	<b>THURSDAYS</b>
9:30-10:30	<b>Walking Group</b> with Gretchen Brown. Pre-registration is required. Meet in the CAP community room.
1:00	<b>Movie Matinee</b> See CAP's March & April calendars for more information. Pre-registration required 718-352-4157
	<b>FRIDAYS</b>
10:00-10:45	<b>Guided Meditation</b> with Gretchen Brown <b>March 15, April 19</b> Relax, tune into your breath & focus your mind. In person at CAP. Pre-registration required 718-352-4157
11:00-12:00	<b>Women's Group</b> with Veronica Lozada. In Person at CAP office. Pre-registration required 718-352-4157
12:00-12:45	<b>Strength and Balance</b> with Robin (bring your own weights) In Person at CAP. Pre-registration required 718-352-4157
2:00-3:00	<b>Bingo!</b> with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 <b>March 29, April 26</b>

**In person programs are only for Clearview Gardens residents**

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

**CAP is closed Tuesday, April 23 and Wednesday, April 24 for Passover**



## NORC WOW Scheduled Programs

*Naturally Occurring Retirement Community With Out Walls*

**718-225-6750 x 540**

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*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	
11:00-12:00 New	<b>Bingo</b> Join staff the first Monday of the month in person at Sam Field. <b>March 4, April 1</b> Pre-registration required 718-225-6750 ext 540
11:00-12:00 New Time	<b>Let's Have Some Fun: Brain Teasers &amp; Games!</b> <b>March 18, 25 April 8, 15</b> Virtual and in person at Sam Field for NORC WOW clients only. Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> By phone: +1 646 558 8656 Meeting ID: 796 582 5889 (no passcode)
12:00-1:00 New	<b>Anxiety &amp; Stress Management Group</b> Join program social worker Amanda to discuss coping strategies and ways to better manage everyday stressors. In person at Sam Field for NORC WOW clients only. <b>March 4, March 18, April 1, April 15</b>
TUESDAYS	
11:00-12:00	<b>Introduction to Spanish</b> with Steve In person at Sam Field for NORC WOW clients only. <b>March 5, 12, 19, April 2, 9, 16</b>
11:00-12:00 New Time	<b>Nursing Health Chat</b> with Maureen Schneider <b>March 26 "Heart Health &amp; Awareness"</b> <b>April 30 "Partnering With Your Physician: How to Prepare for Your Visit"</b> In person at Sam Field for NORC WOW clients and on zoom. Pre-registration for in person required 718-225-6750, x540 Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
WEDNESDAYS	
10:30-11:30	<b>Technology Assistance</b> with program staff for NORC WOW clients only. <b>No group March 20</b> Bring your smartphone or tablet with you. Pre-registration is required to attend. 718-225-6750 x540
2:00-3:00	<b>Sports Highlight</b> with George Virtual and In person at Sam Field for NORC WOW clients. <b>March 13, April 3</b> Sports fans unite! Join NORC WOW program intern George to discuss the latest sports news and recaps of the week. Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> By phone: +1 646 558 8656 Meeting ID: 796 582 5889 (no passcode)
THURSDAYS	
11:00-1:00 New Day & Time	<b>Nutrition with Neda:</b> In person at Sam Field for NORC WOW clients only <b>March 7 <u>Presentation:</u> "Renal Diet for Beginner's" <u>Demonstration:</u> "Flavorful Cauliflower Rice"</b> <b>April 4 - <u>Presentation:</u> "Foods for Healthy Hair, Skin &amp; Nails" <u>Demonstration:</u> "Tofu Delight"</b>
12:00-1:00	<b>Women's Discussion Group</b> with program Social Worker Amanda. Virtual and in person at Sam Field for NORC WOW clients only. Share your thoughts and experiences! <b>No group March 7 &amp; April 4</b> Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
FRIDAYS	
11:00-12:00 New Time	<b>Health Chat</b> with Jawwad Butt, RN In person at Sam Field for NORC WOW clients only and on zoom. <b>March 1 "Women's Health" March 15 "Skin Health" March 22 "Anxiety" April 12 "Cardiology 101"</b> <b>April 19 "Diabetes Education &amp; Management" April 26 "Depression: Symptoms &amp; treatments"</b> Zoom: <a href="https://us02web.zoom.us/j/7965825889">https://us02web.zoom.us/j/7965825889</a> Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
12:30-1:30	<b>Health Chat</b> presented by Jawwad Butt, RN, at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks. <b>March 8 "Gastrointestinal Health &amp; Treatment" April 12 "Seasonal Allergies"</b> Complimentary blood pressure monitoring following the health chat

**In person programs are only for NORC WOW clients**

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

**The NORC WOW program is closed Friday, March 29 for Good Friday, Tuesday, April 23 & Wednesday, April 24 for Passover**





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Health Chats with Maureen Schneider (organized by DDC)

Page 9

Thursday, March 15 - 11:00 AM

**Kidney Care**

Thursday, April 11- 11:00 AM

**How to Prepare for a Doctor's Appointment or Hospitalization**

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

Health Chats: Presented by Jawwad Butt, RN (organized by Norc Wow)

Fridays at 12:30 pm at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks.

March 8 **Gastrointestinal Health & Treatment**

April 12 **Seasonal Allergies,**

Complimentary blood pressure monitoring following the health chat

Health Chat with Jawwad Butt, RN (organized by Norc Wow)

March 1 **Women's Health** March 15 **Skin Health** March 22 **Anxiety**

April 12 **Cardiology 101** April 19 **Diabetes Education & Management**

April 26 **Depression: Symptoms & Treatment**

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

Nursing Health Chat with Maureen Schneider (organized by Norc Wow)

Tuesdays, 11:00am - 12:00 pm

March 26 **Heart Health & Awareness**

April 30 **Partnering With Your Physician: How to Prepare for Your Visit**

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

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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@commonpointqueens.org](mailto:Apizzutiello@commonpointqueens.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@commonpointqueens.org](mailto:Jcooperman@commonpointqueens.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

**Young Onset Memory Program**

A program designed for those in their 40's, 50's and 60's experiencing Young Onset memory Loss. This weekly support group will provide an opportunity to connect & share experiences & challenges unique to this diagnosis. The program will be offered Wednesdays from 1:00-3:30 pm.

For more information: 718-225-6750, Michele Molho x243 or Alissa Pizzutiello x387 or email [mmolho@commonpointqueens.org](mailto:mmolho@commonpointqueens.org)

**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@commonpointqueens.org](mailto:mmolho@commonpointqueens.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 223

### Monday

- 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
- 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

### Wednesday

- 8:50-9:50 Tai Chi with Elaine Fleischman Virtual & In Person at Bay Terrace
- 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

- 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
- 2:00-2:45 Balance with Robin In person only at Sam Field

### Friday

- 9:00-10:00 Dancercise with Russell Virtual & In Person at Sam Field
- <https://us02web.zoom.us/j/7645551455> Meeting ID: 764 555 1455# Dial In: 646-558-8656
- 11:30-12:15 Chair Yoga with Karen In person only at Sam Field

## PRE-REGISTRATION is Required for All Classes

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**SNEAKERS MUST BE WORN FOR ALL EXERCISE CLASSES**



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