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Program
718-225-6750 Ext 387

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

One Time Only.....sponsored by VNS Health (organized by SF)

Self Defense for Older Adults - Wednesday, May 1, 1:15-2:15 pm

Cyber Security - Scam Prevention for Older Adults- Wednesday, May 29, 1:15-2:15 pm

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

Step into spring with the Arthritis Foundation **Walk with Ease Program**

Walk to fun music in an indoor setting. 6 Fridays beginning May 3, 1:00-2:00 pm

For more information & to pre-register 718-225-6750 x236 x222

Queens Public Library & Commonpoint Queens presents: **Bookmobile at Sam Field**,
Thursday, May 30, 10:30 am-2:00 pm For more information call Norc Wow, 718-225-6750 x540
Mental Health awareness tour with their Bookmobile. Sharing information / programs that the
library has to offer. Signing people up for library cards, giveaways to hand out.

Mother's Day Celebration with D.J. Russell (organized by SF)

Thursday, May 9 Lunch: 11:30-12:30 Music: 12:30-1:30

Pre-registration required by April 29, 718-225-6750 x 236, x222 Suggested donation \$3.00

Voice Majors Concert at the Aaron Copland School of Music - Monday, May 13 (organized by BTC)
Bus leaves Bay Terrace at 11:30 am. Space is limited. Pre-registration required, 718-423-6111 x228, x242, X223

Spotlight on Itzhak Pearlman May 15, 1:00-2:00 pm (organized by CQ)

Join us for a look at the life and accomplishments of this amazing artist.

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

Scam Prevention for Older Adults presented by NYC Department of Consumer & Worker Protection

In person only at Bay terrace. Wednesday, May 15, 2:00-3:00 pm

Pre-registration required, 718-423-6111 x228, x242, X223

STAR - Senior Theater Acting Repertory, is a group of "Young at Heart" older adults who have been bringing
award-winning comedy, drama and song to audiences in Queens and beyond.

Friday, May 17 at 1:15 pm Pre-registration required. 718-225-6750 x236, x222 (organized by SF)

One Time Only **Salsa Lesson** sponsored by VNS Health (organized by BTC)

Tuesday, May 21 1:30-2:30 Pre-registration required, 718-423-6111 x228, x242, X223

Balance Assessment at Central Queens, Thursday, May 23 11:00-1:00 pm See page 4 for more details

Lets Talk and Eat Vegetables presentation by GROW NYC

Introducing locally grown, seasonal fruits / vegetables together with nutritional
information. Includes a small tasting sample of the fruit / vegetables being discussed

Tuesday, May 28, 10:00-11:00 am at Sam Field Center and 11:30-12:30 at Bay Terrace Center

Friday, June 28, 10:30-11:30 am at Sam Field Center and 12:30-1:30 pm at Bay Terrace Center

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

Father's Day Celebration at the Tanenbaum Pool (organized by SF)

Tuesday, June 18, 11:45 am-1:45 pm Boxed lunch and musical entertainment with Joe Pace

Pre-registration required by June 10, 718-225-6750 x 236, x222 Suggested donation \$3.00

Tech Time: Tools and Tricks for your cell phone, sponsored by Brandywine Living at the Savoy

Wednesday, June 5, 1:15 - 2:15 pm Pre-registration required, 718-225-6750 x236, x222 (organized by SF)

Summer Kickoff at Central Queens with live music by Lee Perry Gross

Tuesday, June 18, 12:00-1:00 pm

Music, food and friends - an excellent combination to start off the summer season.

In person at Central Queens. Space is limited. Pre-registration required. Call Ellen 718-268-5011 x160

Please check your emails daily for class cancellations and program changes

Commonpoint Queens is closed Monday, May 27 for Memorial Day



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



MONDAYS 星期一	
10:00-10:45	Classic Exercise with Karen In person & virtual. Pre-registration required. 718-423-6111 x228, 242, 223
10:00-11:30	Conversational Yiddish for Beginners with Chana Ramon In person. Pre-registration required. 718-423-6111, 228, 242, 223 New Time Starting July 1: 1:30-3:00 pm
1:30-2:15	Senior Circuit with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
2:30-3:15	Yoga on the Mat with Robin Stuelpner In person & virtual (Bring your own mat) Pre-registration required. 718-423-6111 x228, 242, 223
TUESDAYS 星期二	
10:00-12:00	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 223 Must bring your own cards and holders. New Time Starting July 1: 1:00-4:00 pm
11:00-11:45	Everyday Dance with Gail In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
1:30-2:30	Leisure Bingo In person. May 28, June 25 Pre-registration required. 718-423-6111 x 228, 242, 223
1:30-2:30	The Pursuit of Trivia Come in and see what trivialities you may know. May 7, 14 June 4, 11, 18 In person. Pre-registration required, 718-423-6111 x228,242, 223
WEDNESDAYS 星期三	
8:50-9:50	Tai Chi for Arthritis with Elaine Fleischman In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
10:00-10:45	Yoga Stretch with Karen In person & virtual Pre-registration required. 718-423-6111 x228, 242, 223
2:00-3:30	All Together Now! Let's get together and have fun "chit-chatting" A lively discussion group. In person only. Pre-registration required. 718-423-6111 x228, 242, 223 No group June 12
THURSDAYS 星期四	
9:15-10:00	Aerobics and More 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 228, 242, 223
10:00-11:30	Exploring Jewish Culture Experience a Jewish moment with Elise Lev, LCSW In person & virtual Zoom: https://us02web.zoom.us/j/82255332463 Meeting ID Meeting ID: 822 5533 2463# Dial In +1-646-558-8656 No group June 13
1:30-2:30	Meditation and Reiki with Lori In person only. Pre-registration required. 718-423-6111 x228, 242, 223
2:45-3:45	Remember the Times of Your Life with Elise Lev, LCSW In person & virtual Zoom: https://us02web.zoom.us/j/83187859808 Meeting ID: 831 8785 9808# Dial In 1 646 558 8656
FRIDAYS 星期五	
9:45-11:15	Drawing, Sketching and Water Color Painting with Laura In person. Pre-registration required. Call 718-423-6111, x 228, 242, 223 or elev@commonpointqueens.org Bring paper or sketchbook, a #2 pencil, water color pencils or watercolor paint.
10:00-11:30	Changes and Challenges of Aging Discussion Group with Elise Lev, LCSW In person & virtual Zoom: https://us02web.zoom.us/j/87458237562 Meeting ID: 874 5823 7562# Dial In: 646-558-8656
1:30-2:30	Reality Check Take some time to discuss your thoughts and hear from others about the hottest topics in the news today. In person only. Pre-registration required 718-423-6111 x228, 242, 223

Bay Terrace Center is closed Monday, May 27 for Memorial Day

MONDAYS	
10:00-11:00	Musical Group with Candaceia Charles Learn to sing and explore the possibilities. <i>Pre-registration required, 718-225-6750, x236, x222</i>
10:30-11:30	Headlines & Hot Topics with Wendy Lepper <i>For more information and to pre-register call 718-225-6750 x236</i>
11:00-11:45	Latin Fusion with Gail In person only. A unique class to Latin tunes that incorporates whole body exercise. <i>Pre-registration required 718-225-6750 x236, x222</i>
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. <i>Pre-registration required. 718-225-6750 x 236, x222</i>
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. <i>Pre-registration required 718-225-6750 x236, x222</i>
10:00-10:45	Balance with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
11:00-11:45	Classic Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
1:00-2:00	Dance Fitness with Lori In person only. <i>Pre-registration required, 718-225-6750, x236, x222</i>
WEDNESDAYS	
10:30-12:00	Single Seniors with Wendy Lepper In person at Sam Field. <i>Pre-registration is required, 718-225-6750, x236</i>
11:00-11:45	Everyday Dance with Gail In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
12:30-1:15	Senior Stretch with Gail In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
1:00-2:30	Art Appreciation with Marie Zanzel May 8 June 12 <i>Pre-registration required, 718-225-6750 x236, x222</i>
1:30-2:30	Bingo In person at Sam Field May 15 June 19 <i>Pre-registration required, 718-225-6750, x236, x231</i>
THURSDAYS	
10:00-11:30	Hebrew Ulpan with Chana Ramon for beginners through advanced students. In person at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x222</i>
1:00-1:45	Senior Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x222</i>
2:00-2:45	Balance with Robin In person only. <i>Pre-registration required, 718-225-6750, x236, x222</i>
2:15-3:15 New	Conversations about our Changing Communities..... with Phyllis Barell starting May 23 for 6 weeks <i>Pre-registration required. Call Wendy 718-225-6750 x236</i>
FRIDAYS	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x222</i>
10:30-11:30	Men's Forum with Wendy Lepper, LMSW Get together with your peers to discuss common interests, experiences, and memories. In person only. <i>Pre-registration required.718-225-6750, x236</i>
11:30-12:15	Chair Yoga with Karen In person only. <i>Pre-registration required 718-225-6750 x236, x222</i>
1:00-2:00 New	Basic Ballroom Dancing with Dottie & Charlie Starting May 3 through July 5 Space is Limited. <i>Pre-registration required. 718-225-6750, x236, x222</i> No class May 17
1:00-2:00 New	Walk with Ease - Indoors to music . 6 week evidence based program beginning May 3 <i>For more information & to pre-register 718-225-6750 x236</i>
1:00-2:30	Painting with Laura Stevens In person only. <i>Pre-registration required, 718-225-6750, x 236. x222</i>

Sam Field Center is closed Monday, May 27 for Memorial Day

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	Let's Get Real! May 13 June 10, 24 Anything goes in this lively discussion group: Chat about whatever is on your mind. In person, call Ellen 718-268-5011 x160 for more information and to pre-register.
11:00-12:00	Brainworks May 6, 20 June 3, 17 Join us as we keep our minds sharp and active. In person, pre-registration is required. 718-268-5011 x160
12:00-12:45	Lunch on Mondays In person. Pre-registration required. Call Ellen, 718-268-5011 x160
1:00-2:30	Painting with Sandra Izhakoff Express yourself artistically; no experience required! In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
TUESDAYS	
11:30-12:30	Cozy Corner Chat with friends while working on your favorite pastime: knitting, needlepoint, crocheting, crossword puzzling, coloring etc. Then grab a yummy and healthy lunch! Pre-registration required with Ellen 718-268-5011 x160
12:30-1:30	Bingo May 7, 28 June 4, 25 In person at CQ Pre-registration required, Ellen 718-268-5011, x 160
12:30-2:30	Movie Matinee In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011, x160 May 14 "Baby Boom" May 21 "Chariots of Fire" June 11 "Burnt"
WEDNESDAYS	
11:00-12:00	A Taste of Israel with Amit May 8, 22 June 5, 19 Amit, our friend from Israel, introduces us to news and information from Israel. In person at Central Queens. Pre-registration required. Call Ellen 718-268-5011 x160
11:30-12:30	PD Support Group For caregivers and those with Parkinson's Disease. Share information, knowledge & insights. Zoom: https://us02web.zoom.us/j/81625373986 Meeting ID: 816 2537 3986# By phone: 646-558-8656
12:45-2:15	Israeli Dance with Honey Goldfein In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011 x160
1:00-2:00	Book Ends June 5 "The Women" by Kristin Hannah Register with Ellen 718-268-5011 x160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919 Dial in: +1-1646-558-8656
THURSDAYS	
1:00-2:30	Hebrew Ulpan for beginners through advanced students. In person at Central Queens. Contact Ellen, 718-268-5011, x160 if you are interested in joining the class.
FRIDAYS	
10:15-11:30	Hot Topics with Stan In person at Central Queens. Pre-registration with Ellen 718-268-5011 x160
11:30-12:30	Chat With Your Friends on Friday Call in and share your thoughts and feelings with friends. Zoom: https://us02web.zoom.us/j/89493854425 Meeting ID: 894 9385 4425# By phone: +1 646 558 8656
1:00-1:30	Welcome Shabbat A virtual gathering to restore your spiritual energy and enter a time of healing. May 10 June 7 RSVP to Ellen at 718-268-5011 ext. 160 Zoom: https://us02web.zoom.us/j/9416378919 Meeting ID: 941 637 8919# By phone: +1-1646-558-8656

Balance Assessment

Thursday, May 23, 11:00 am-1:00 pm In person at Central Queens.

Dr. Stanline Anto, our favorite physical therapist will come to Central Queens with his team of therapists to do one-on-one balance assessments of our older adults.

Pre-register required. Call Ellen, 718-268-5011 x160

Central Queens is closed Monday, May 27 for Memorial Day

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	Current Events Virtual & In person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/81258986764 & Meeting ID: 812 5898 6764
12:00-12:45	Strength Training & Balance with Robin Stuelpner In person for Deepdale Cares members only
1:00-2:00 New	A Taste of Jewish Culture with Amit Yaacov. Our friend from Israel introduces us to traditions, customs and various aspects of Jewish culture. May 6, May 20 May 13 at 11:00 am Held in a hybrid fashion. In person for Deepdale Cares members only Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
TUESDAYS	
11:00-12:00	Nutrition with Neda Pourat Virtual & In person for Deepdale Cares members only. May 7 Presentation: "Anti-Inflammatory Foods" In Honor of World Thyroid Day, May 25 May 21- 11:00 am-1:00 pm Presentation: "Anti-Inflammatory Foods" In honor of Arthritis Awareness Month Demonstration: "Healthy Dips for Snackin" June 11 - Presentation: "Food Safety & How to Read Food Labels" June 25 - 11:00 am-1:00 pm Presentation: "Hydration Nation Demonstration: "Flavorful Water" Zoom Link: https://us02web.zoom.us/j/86312216863 & Meeting ID: 863 1221 6863
1:00-2:00	Dear Abby Discussion Group Virtual & In person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/87220188501 & Meeting ID: 872 2018 8501
2:00-3:00	Stress & Stress Management In person for Deepdale Cares members only
WEDNESDAYS	
10:00	Mah Jongg In person for Deepdale Cares for members only
11:00	Fruit & Vegetable Gardening In person for Deepdale Cares members only
2:00-3:00	Book Club with Kiaralis Tekin May 29 "Verity" by Colleen Hoover June 26 "The Housemaid" by Frieda McFadden Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
THURSDAYS	
10:00-10:45	Chair Yoga with Robin Stuelpner In person for Deepdale Cares members only
11:00	Canasta In person for Deepdale Cares members only
2:00	Knitting & Crocheting In person for Deepdale Cares members only
FRIDAYS	
9:00	Mah Jongg In person for Deepdale Cares members only
10:00	Dominoes In person for Deepdale Cares members only
1:30	Passiones Card Game In person for Deepdale Cares members only

"D-Day" with Ted Baron, Thursday, June 6, 1:00 pm—Learn about this historical event.
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Celebrate Pride Month with Kiarlis Tekin, Monday, June 10, 1:00 pm
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

Juneteenth Presentation with Kiarlis Tekin Wednesday, June 19, 1:00 pm
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

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 Monday, May 27 for Memorial Day



Clearview Assistance Scheduled Programs

718-352-4157



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

MONDAYS	
10:30-11:30	Knitting and Crocheting for Charity In person at CAP office. Pre-registration is required 718-352-4157
11:30-12:15	Chair Yoga with Karen In person at CAP. Pre-registration is required 718-352-4157
1:00-2:00	Health Chat with Gerlinde Saint Eloi, RN In person at CAP office. Pre-registration is required 718-352-4157 May 13 June 10
2:00-3:00	Brain Games with Gretchen Brown In person. Pre-registration is required 718-352-4157
3:30-4:30	MET Art Box Activity & Discussion Group with Arianna Mann, MSW. In person at CAP Library. May 20, June 24
TUESDAYS	
11:00-12:00	Nutrition Discussion / Presentations with Neda Pourat In person. Pre-registration is required 718-352-4157 May 14 Presentation: "Anti-inflammatory Foods" May 28 Demonstration: "Healthy Taco Salad" June 18 Presentation: "The Importance of Water" & Demonstration: "Flavored Waters and Their Benefits"
12:30-1:15	Everyday Dance with Gail In person only at CAP Pre-registration is required 718-352-4157
1:30-2:30	Monthly Book Club with Veronica Lozada, LMSW. In person at CAP office. Pre-registration is required 718-352-4157 May 21, June 11 Book titles will be announced at the previous month's meeting or on the May & June CAP calendars
2:30-4:30	Mah Jongg with CAP staff In person at CAP. Pre-registration required 718-352-4157
WEDNESDAYS	
11:00-12:00	Talk It Out Discussion Group with Arianna Mann, MSW In Person at CAP office. Pre-registration required 718-352-4157
12:00-1:00	Let's Get Connected Technology 101 with Gretchen Brown Interested in being more tech-savvy? Bring your tablet or smartphone, and we'll cover basic topics to help you get comfortable with being online. In person at CAP office. Pre-registration required. 718-352-4157
1:00-2:00	Men's Group with Jaimeson Champion, LMSW In person at the CAP office. Pre-registration required 718-352-4157
2:00-2:45	Classic Aerobics with Robin Stuelpner In person at CAP. Pre-registration is required 718-352-4157
THURSDAYS	
9:30-10:30	Walking Group with Gretchen Brown. Pre-registration is required. Meet in the CAP community room.
1:00	Movie Matinee See CAP's May & June calendars for more information. Pre-registration required 718-352-4157
FRIDAYS	
10:00-10:45	Guided Meditation with Gretchen Brown May 17, June 21 Relax, tune into your breath & focus your mind. In person at CAP. Pre-registration required 718-352-4157
11:00-12:00	Women's Group with Veronica Lozada, LMSW. In Person at CAP office. Pre-registration required 718-352-4157
12:00-12:45	Strength and Balance with Robin (bring your own weights) In Person at CAP. Pre-registration required 718-352-4157
2:00-3:00	Bingo! with CAP Staff. In person at CAP. Pre-registration required 718-352-4157 May 31, June 28

Classical Music Concert with Concerts in Motion

Wednesday, May 15 at 10:00 am

In person at CAP. Clearview Gardens residents only. Pre-registration required 718-352-4157

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 Monday, May 27 for Memorial Day



NORC WOW Scheduled Programs

Naturally Occurring Retirement Community With Out Walls

718-225-6750 x 540

Life just got easier...In your own home, in the neighborhood you love

NORC WOW was established nearly 20 years ago to help individuals aged 60 and above who reside in parts of Bellerose, New Hyde Park and Floral Park. Our social workers and nurses help residents in these communities with their ever-growing needs as they age in place. Services range from helping people understand the complexities of benefits and entitlements such as Medicare, Medicaid, and long term planning, to ongoing help from nurses who provide education, support and guidance in understanding health care and wellness. We also provide access to regular programming including health chats, seminars, exercise classes and social activities. If you are not yet a member of NORC WOW, or if you know of someone who can benefit from our support, please don't hesitate to call us. We are here to help!

MONDAY	
11:00-12:00	Bingo Join staff the first Monday of the month in person at Sam Field. May 6, June 3 Pre-registration required 718-225-6750 ext 540 For NORC WOW members only
11:00-12:00	Let's Have Some Fun: Brain Teasers & Games! May 13, May 20, June 10, June 17, June 24 Virtual and in person at Sam Field for NORC WOW members only. Zoom: https://us02web.zoom.us/j/7965825889 By phone: +1 646 558 8656 Meeting ID: 796 582 5889 (no passcode)
12:00-1:00	Anxiety & Stress Management Group Join program Social Worker Amanda to discuss coping strategies and ways to better manage everyday stressors. In person at Sam Field for NORC WOW members only. May 6, May 20, June 3, June 17
TUESDAYS	
11:00-12:00	Introduction to Spanish with Steve In person at Sam Field for NORC WOW members only. May 7, May 14, May 21, June 4, June 11, June 18
11:00-12:00	Nursing Health Chat with Maureen Schneider May 28 "Fall Prevention & Awareness" June 25 "Medication Management" In person at Sam Field for NORC WOW members and on zoom. Pre-registration for in person required 718-2256750, x540 Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
WEDNESDAYS	
10:30-11:30	Technology Assistance with program staff for NORC WOW clients only. Bring your smartphone or tablet with you. Pre-registration is required to attend. 718-225-6750 x540
12:30-1:30	Health Chat presented by Jawwad Butt, RN, at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks. June 12 "Alzheimer's & Brain Awareness" Complimentary blood pressure monitoring following the health chat
THURSDAYS	
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only May 2 Presentation: "Anti-Inflammatory Foods" Demonstration: "Healthy Taco Salad" June 6 - Presentation: "Importance of Hydration" Demonstration: "Flavorful Waters and Their Benefits"
12:00-1:00	Women's Discussion Group with program Social Worker Amanda. Virtual and in person at Sam Field for NORC WOW members only. Share your thoughts and experiences! No group May 2, June 6
FRIDAYS	
11:00-12:00	Health Chat with Jawwad Butt, RN In person at Sam Field for NORC WOW members only and on zoom. Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889 May 3 "Arthritis: Symptoms & Treatment" May 17 "Sepsis Awareness & Treatment" May 24 "Thyroid Disorders and Treatment" May 31 "Mental Health & Awareness" June 7 "Chronic Health Issues" June 21 "Osteoporosis: Symptoms & Treatment" June 28 "Autoimmune Disorders & Treatment"
12:30-1:30	Health Chat presented by Jawwad Butt, RN, at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks. May 10 "Stroke Awareness & Treatment" Complimentary blood pressure monitoring following the health chat

In person programs are only for NORC WOW members only

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 Monday, May 27 for Memorial Day



7 DAY HOME CARE

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

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

Friday, May 10, 12:30 pm **Stroke Awareness & Treatment**

Wednesday, June 12, 12:30 pm **Alzheimer's & Brain Awareness**

Complimentary blood pressure monitoring following the health chat

Health Chat with Jawwad Butt, RN, Fridays, 11:00-12:00 pm (organized by Norc Wow)

May 3 **Arthritis: Symptoms & Treatment** May 17 **Sepsis Awareness & Treatment** May 24 **Thyroid Disorders and Treatment**

May 31 **Mental Health & Awareness** June 7 **Chronic Health Issues** June 21 **Osteoporosis: Symptoms & Treatment**

June 28 **Autoimmune Disorders & 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

May 28 **Fall Prevention & Awareness** June 25 **Medication Management**

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

Health Presentation with Kiaralis Tekin (organized by DDC)

Thursday, June 27, 11:00 am **Post-Traumatic Stress Disorder** for PTSD Awareness Month

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

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

Wednesday, June 5 - 12:00 pm **Summer Safety**

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

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Early Stage Memory Loss

Have you or someone you love been newly diagnosed with memory loss? Do you want to share your feelings in a social setting with others like you? This program includes small group discussions, memory enhancing activities and musical entertainment. Comprehensive support for family members and caregivers is also available.

Alissa Pizzutiello, Director
718-225-6750 x387

Apizzutiello@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

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

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.



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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
- 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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