



COMMONPOINT
Community happens here

OLDER ADULT SERVICES

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

July
August
2024

We are excited to share that beginning this summer, Commonpoint Queens will be known as Commonpoint!

When Samuel Field Y & Central Queens Y merged six years ago we offered programs and services for approximately 35,000 community members across 33 locations, mostly in the borough of Queens. Today, we humbly support over 80,000 people of all ages and abilities across 81 locations, with our most recent programs launching in the Bronx, Manhattan and even Virginia Beach where we now operate a Jewish Surfing Camp. The beautiful thing about Queens is that it brings people together with shared differences to form a community that can thrive together. And it's with the spirit of Queens that we will remain committed under the new simplified banner of Commonpoint to providing opportunities for people of different backgrounds, cultures, ages, and beliefs to connect and grow together. Your need will change, but we will be your constant. Stay tuned for more updates, and be on the lookout for the next Commonpoint programs to open near you.

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
Deerpdale 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

July 4th on the 3rd Luncheon at Bay Terrace Older Adult Center (organized by BTC)
Celebrate Independence Day with us on Wednesday July 3, 12:15-1:15 pm.
Pre-registration required, 718-423-6111 x228, x242, x223

Lets Talk and Eat Vegetables presented by Susie Spodek of GROW NYC
Tuesday, July 9
Introducing locally grown, seasonal fruits / vegetables with nutritional information and a focus on sugar. Includes a small tasting sample of the fruit / vegetables being discussed
12:15 - 1:00 pm at Bay Terrace Center and 1:30 - 2:15 pm at Sam Field Center
Pre-registration required: Sam Field 718-225-6750 x236 & x233 Bay Terrace 718-423-6111 x 228,x242 x223

Musical Performance by Sam Field Musical Theatre Program sponsored by SU-CASA
facilitated by teaching artist Candaceia Charles
Thursday, July 11, 10:30-11:30 am (organized by SF)
Come support participants from the Sam Field Older Adult Center as they explore a variety of musical numbers. Participants will share poems and perform songs that represent the diversity of our Commonpoint community. See the show and stay for lunch! Pre-registration required 718-225-6750 x233, 236

Spotlight on George Ballanchine (organized by CQ)
Wednesday, July 17, 1:00-2:00 pm
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

Screening & Discussion of: A Tree of Life: The Pittsburgh Synagogue Shooting. (organized by BTC)
Wednesday, July 17, 1:30-3:30 pm
The first film to document the survivor's stories. Experience first-hand how the lives of those directly affected have profoundly changed and how the Pittsburgh community and the congregants set out on a path towards healing.
In person only. Pre-registration required, 718-423-6111 x228, x242, X223

Elder Abuse: How to Protect Yourself from Scams (organized by SF)
Presented by Laurie Woods, Elder Abuse Project Director at the Queens District Attorney's Office
Thursday, July 18, 10:30-11:30 am
In person at Sam Field. Pre-registration required, 718-225-6750 x233, x236

Virtual Birding Tour with the Bird Conservancy of the Rockies (organized by DDC)
Tuesday, August 13, 2:00 pm
Zoom Link: <https://us02web.zoom.us/j/87119007383> & Meeting ID: 871 1900 7383

I Love Lucy - Let's Celebrate Lucille Ball's 113th Birthday!
Tuesday August 6, 11:45-1:15 pm
Join us for lunch and some laughs.
Pre-registration required by July 29, 718-225-6750 x233, x236 Suggested donation \$2.50

Please check your emails daily for class cancellations and program changes

Commonpoint is closed Thursday, July 4 for Independence Day

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



MONDAYS 星期一	
10:00-10:45	Classic Exercise with Karen In person & virtual. Pre-registration required. 718-423-6111 x228, 242, 223
1:30-3:00 Temp Time	Conversational Yiddish for Beginners with Chana Ramon In person. Pre-registration required. 718-423-6111, 228, 242, 223 Starting Sept. 9 - 10:00-11:30 am
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	
1:00-4:00 Temp Time	Leisure Canasta In person at Bay Terrace. Pre-registration required, 718-423-6111 x228, 242, 223 Must bring your own cards and holders. Starting Sept. 3 - 10:00-1:00 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. July 30, August 20 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. July 9, 16, 23 August 6, 13, 27 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
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
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 Watercolor Painting with Laura In person. Pre-registration required. Call 718-423-6111, x 228, 242, 223 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

New Time for Lunch for Summer only: 12:15 - 1:15 pm

***Please return you Satisfaction Surveys, Signed Policies & Procedures*
and submit your chosen class schedule no later than July 15th**

Bay Terrace Center is closed Thursday, July 4 for Independence 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, x233</i> <i>Resumes August 12</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, x233</i>
1:00-2:30	Israeli Dance with Honey Goldfein In person at Sam Field. <i>Pre-registration required. 718-225-6750 x 236, x233</i>
TUESDAYS	
8:50-9:50	Tai Chi with Elaine Fleischman In person & virtual. <i>Pre-registration required 718-225-6750 x236, x233</i>
10:00-10:45	Balance with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>
11:00-11:45	Classic Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>
1:00-2:00	Dance Fitness with Lori In person only. <i>Pre-registration required, 718-225-6750, x236, x233</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, x233</i>
12:30-1:15	Senior Stretch with Gail In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>
1:00-2:30	Art Appreciation with Marie Zanzel <i>On hiatus until September 11</i> <i>Pre-registration required, 718-225-6750 x236, x233</i>
1:30-2:30	Bingo In person at Sam Field July 17 August 21 <i>Pre-registration required, 718-225-6750, x236, x231, x233</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, x233</i>
1:00-1:45	Senior Aerobics with Robin In person & virtual. <i>Pre-registration required, 718-225-6750, x236, x233</i>
2:00-2:45	Balance with Robin In person only. <i>Pre-registration required, 718-225-6750, x236, x233</i>
FRIDAYS	
9:00-10:00	Dancercise with Russell In person & virtual at Sam Field. <i>Pre-registration required, 718-225-6750 x236, x233</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, x233</i>
1:00-2:30	Painting with Laura Stevens In person only. <i>Pre-registration required, 718-225-6750, x 236. x233</i>

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Sam Field Center is closed Thursday, July 4 for Independence 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! July 8, 22 August 5, 19 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 July 1, 15, 29 August 12, 26 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 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, call Ellen 718-268-5011 x160
12:30-1:30	Bingo July 9, 23 August 6, 20 In person at CQ Pre-registration required, call Ellen 718-268-5011, x 160
12:15-2:15 New Time	Movie Matinee In person at Central Queens. Pre-registration is required. Call Ellen 718-268-5011, x160 July 2 "Murder Mystery" July 16 "Queens Bees" July 30 "Letters to Juliet" August 13 "On the Waterfront" August 27 "Because I Said So"
WEDNESDAYS	
11:00-12:00	A Taste of Israel with Amit On hiatus until September 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 August 7 "The Frozen River" by Ariel Lawhon 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. July 12 August 16 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

Ice Cream Party

Tuesday, July 9 at 12:00 pm. In person at Central Queens
Come for lunch and stay for ice cream and toppings, to be followed by Bingo.
Pre-register with Ellen, 718-268-5011 x 160

Central Queens is closed Thursday, July 4 for Independence 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, 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
TUESDAYS	
10:00	Stay Active & Independent for Life (SAIL) Exercise with Catherine Dunckley of Northwell Health. Virtual & In person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
11:00-12:00	Nutrition with Neda Pourat Virtual & In person for Deepdale Cares members only. July 9 <u>Presentation</u> : "Foods to Ease Brain Pain" July 23 11:00 am -1:00 pm <u>Presentation</u> : "Vitamins, Minerals, & Supplements for the Older Adult" <u>Demonstration</u> : "Fruity Summer Smoothies" August 6 <u>Presentation</u> : "Vital Foods for 20/20 Vision" August 20 11:00 am -1:00 pm <u>Presentation</u> : Foods to Improve Digestion & Absorption In honor of Digestive Tract Paralysis Awareness Month <u>Demonstration</u> : "Mediterranean Quinoa Salad" 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 July 31 "The Boys in the Boat" by Daniel James Brown August 28 "The Tender Land" by William Kent Krueger 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
10:00	Stay Active & Independent for Life (SAIL) Exercise with Catherine Dunckley of Northwell Health. Virtual & In person for Deepdale Cares members only. Zoom Link: https://us02web.zoom.us/j/87119007383 & Meeting ID: 871 1900 7383
1:30	Passiones Card Game In person for Deepdale Cares members only

In person programs are only for Deepdale Gardens residents

Deepdale CARES NORC is a collaboration of Commonpoint, NYC 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 Thursday, July 4 for Independence Day

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 July 22, August 19
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. July 29, August 26
TUESDAYS	
11:00-12:00	Nutrition Presentations and Demonstrations with Neda Pourat In person. Pre-registration is required 718-352-4157 July 16 <u>Presentation</u> : "Food for a Healthy Brain" July 30 <u>Demonstration</u> : "Fruit Smoothies" August 13 <u>Demonstration</u> : "Mediterranean Quinoa Salad" August 27 <u>Presentation</u> : "Foods for Digestive Health"
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 Gretchen Brown. In person at CAP office. Pre-registration is required 718-352-4157 July 23, August 20 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 July & August calendars for more information. Pre-registration required 718-352-4157
FRIDAYS	
10:00-10:45	Guided Meditation with Gretchen Brown July 19, August 16 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 Arianna Mann, MSW. 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 July 26, August 30

In person programs are only for Clearview Gardens residents

CAP NORC is a collaboration of Commonpoint, NYC 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 Thursday, July 4 for Independence 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. July 1 August 5 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! July 8, 15, 22, 29 August 12, 19, 26 Virtual and in person at Sam Field for NORC WOW members only. Pre-registration required 718-225-6750 ext 540 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. July 1, 15, August 5, 19 Pre-registration required 718-225-6750 ext 540
TUESDAYS	
11:00-12:00	Nursing Health Chat with Maureen Schneider July 30 "Knee Pain and Swelling" Zoom: https://us02web.zoom.us/j/7965825889 Meeting ID: 796 582 5889 Phone: 1-646-558-8656 PIN: 796 582 5889
11:00-12:00	Introduction to Spanish with Steve In person at Sam Field for NORC WOW members only. July 2, 9, 16 August 6, 13, 20 Pre-registration required 718-225-6750 ext 540
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
THURSDAYS	
11:00-1:00	Nutrition with Neda: In person at Sam Field for NORC WOW members only July 11 <u>Presentation:</u> "Foods for a Healthy Brain" <u>Demonstration:</u> "Foods for a Healthy Brain" August 1 <u>Presentation:</u> "Foods for Digestive Health" <u>Demonstration:</u> "Mediterranean Quinoa Salad"
12:00-1:00	Healthy Mind. Healthy Living facilitated by program nurse Ellen McRae, RN. July 18, 25, August 15, 22, 29 In person at Sam Field for NORC WOW members only. No group July 4, 11, August 1
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 July 5 "Cholesterol Education" July 19 "Healthy Aging" July 26 "Diabetes Management" August 2 "Lung Cancer & Awareness" August 16 "Pre-diabetes Education" August 23 "STI Awareness & Treatment" August 30 "Shingles: Treatment"
12:30-1:30	Health Chat presented by Jawwad Butt, RN, at the Glen Oaks Library, 256-04 Union Turnpike, Glen Oaks. July 12 "Healthy Aging" August 9 "Migraines vs Headaches" Complimentary blood pressure monitoring following the health chats

In person programs are only for NORC WOW members only

NORC WOW is a collaboration of Commonpoint, NYC 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.

NORC WOW is closed Thursday, July 4 for Independence Day

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

July 5 Cholesterol Education July 26 Diabetes Management

August 2 Lung Cancer & Awareness

August 16 Pre-Diabetes Education August 23 STI Awareness & Treatment

August 30 Shingles: Treatment

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

Prioritize Your Eyes with Visions, Services for the Blind and Visually Impaired (organized by DDC)

Wednesday, July 10 11:00 am

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

Presentation: Medicaid & Home Care with Caterina Raneri from Aliah Home Care Agency

Thursday, July 11 - 1:00 pm (organized by DDC)

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

Health Chats: Presented by Jawwad Butt, RN Fridays, 12:30-1:30 pm (organized by NORC WOW)

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

July 12 Healthy Aging August 9 Migraines vs Headaches

Complimentary blood pressure monitoring following the health chat

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

July 24, 12:00 pm Dizziness & Dizziness August 21, 1:00 pm Autoimmune Disorders

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

Nursing Health Chat with Maureen Schneider Tuesdays, 11:00 am - 12:00 pm (organized by NORC WOW)

July 30 Oral Health August 26 Knee Pain & Swelling

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

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@commonpoint.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@commonpoint.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

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@commonpoint.org.

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 No classes July 4

- 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

For Sam Field - 718-225-6750, x 236, x222 - For Bay Terrace - 718-423-6111, x 223

SNEAKERS MUST BE WORN FOR ALL EXERCISE CLASSES

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