Aging Well, Close to Home

How HANAC and Age Well Recreation are shaping wellness with older adults at Queensview and North Queensview.

ASTORIA, QUEENS, NEW YORK



THE PARTNERSHIP BEGAN WITH LISTENING

A program shaped by the people who call it home.

At HANAC's invitation, Age Well Recreation met with Queensview and North Queensview residents in Astoria, Queens, New York, in July 2026 to understand what they wanted from a yoga and fitness program. Residents met the instructors, asked questions, discussed different class offerings, and shared what mattered most to them. Their input helped shape a program designed in collaboration with them, for them, and their community.



COMMUNITY SNAPSHOT

Queensview	N Queensview
• Opened in 1950	• Opened in 1958
• 14 buildings	• 7 buildings
• 726 apartments	• 364 apartments
• 10 acres	• 5 acres



Sources: Queensview and N Queensview websites; CityRealty (N Queensview apartment total).

HANAC
SERVING THE NEEDS OF THE COMMUNITY SINCE 1972

Founded in Astoria in 1972, HANAC strengthens New York City communities through social services and partnerships that respond to local needs.

Its Queensview/North Queensview Naturally Occurring Retirement Community (NORC) program supports older adults as they age in place, connecting them with services, resources, and opportunities to stay active and engaged in the neighborhood they've called home for many years.

SHAPED BY RESIDENTS

A program designed together.

Four opportunities each week.

HANAC sought a trusted wellness partner with experience serving older adults and an approach aligned with its mission. Together, the organizations created a program offering four classes each week.

HATHA YOGA



Foundational yoga postures, gentle stretching, and mindful breathing support flexibility, balance, and relaxation, with movements adapted to participants' abilities.

YOGA-LATES



A blend of yoga and Pilates-based principles focused on building strength, supporting balance, and engaging the core.

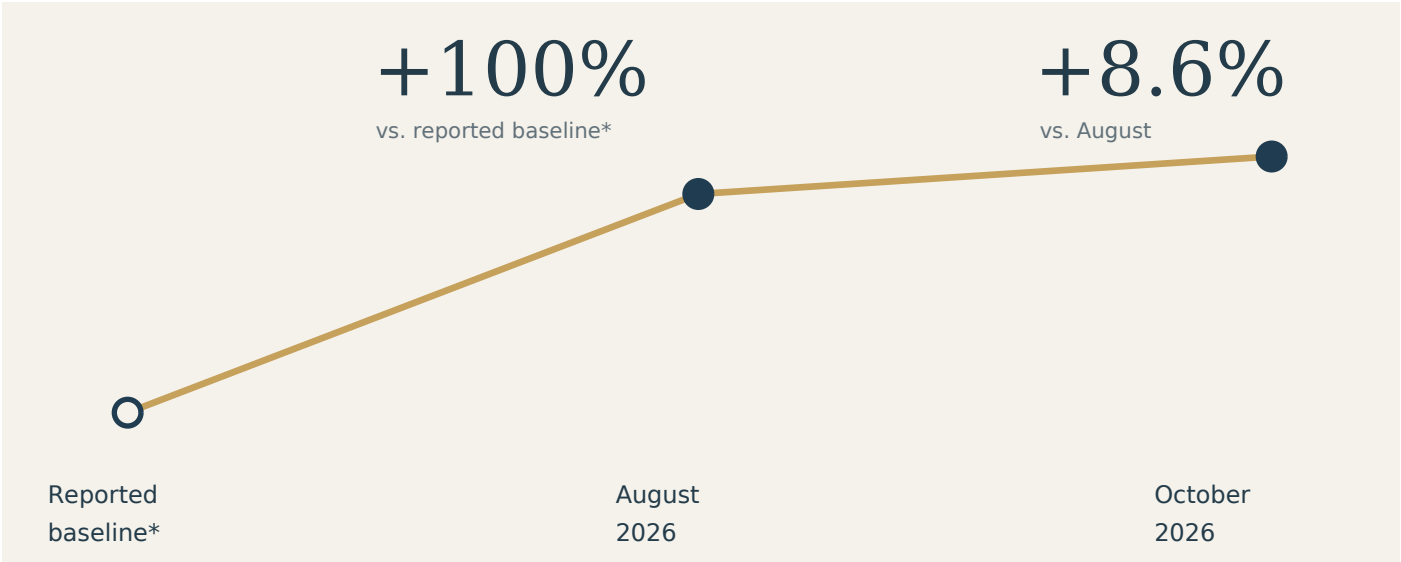
Both classes are chair-based, with optional standing movements, welcoming different abilities and allowing each resident to participate at their own pace and comfort level.

> "We wanted a partner who understood older adults and would listen to our clients. Age Well Recreation brought that approach, helping us turn clients' interests into welcoming opportunities to stay active, healthier and socially connected close to home."
>
> **Stefanos Lampropoulos**
> NORC Program Director
> HANAC, Inc.

THREE-MONTH STUDY | AUGUST–OCTOBER 2026

Average attendance per class

Selected milestones: before the program, August, and October



*Baseline reported by HANAC staff is a recalled estimate of average attendance. The 100% increase compares August's average to the upper end of that estimate. October's 8.6% increase is versus August.

+31.8%

Client growth

August to October 2026

CLIENTS VALUE THE EXPERIENCE

Clients' decisions to return frequently offer an encouraging sign that they highly value the experience. This pattern of engagement suggests the program is meeting their interests and encouraging continued participation.

Across August–October 2026

47.1%
participated in all three months

52.9%
attended eight or more classes

32.4%
attended sixteen or more classes

Source: HANAC Impact Report, August 5–October 28, 2026. In-person attendance only; Zoom excluded.

REACHING OLDER ADULTS WHERE THEY LIVE

96%

of Medicare beneficiaries age 65 and older live in traditional community settings.[1]

Reaching older adults at scale means bringing opportunities for wellness into the neighborhoods where they live. Community-based organizations such as HANAC provide an essential connection—pairing local relationships and an understanding of community needs with specialized programming close to home.

For Age Well Recreation, these partnerships are central to its mission: improving quality of life for older adults wherever they call home.

> “Aging in place is personal to me. My grandparents grew older at Ravenswood Houses in Long Island City, Queens. I think of them when I think about older adults aging in our city’s neighborhoods—and how important wellness resources that bring movement, connection, and joy close to home are.”
>
> **Ray Torres**
> Founder, Age Well Recreation



1. Older Americans 2024, Indicator 36, p. 54. Data year: 2021.

WHAT'S NEXT

Residents help shape what comes next.

COMING IN NOVEMBER

Tai Chi

In response to resident feedback, the partnership will introduce Tai Chi with Master Joseph Sing Cheung.

Slow, flowing movements and mindful breathing offer an accessible way to explore coordination, body awareness, and relaxation, while participating standing or comfortably from a chair.

> "Listening to our clients led us to add Tai Chi, reflecting their curiosity and enthusiasm for trying new things and continuing to grow. Our partnership with Age Well Recreation helps us deliver that."
>
> **Stefanos Lampropoulos**
>
> NORC Program Director
> HANAC, Inc.



Master Joseph Sing Cheung

Certified Tai Chi and Qigong instructor.
Master's degree in East Asian Studies.
Instructor and former Director of the Physical Arts Program at the New York College of Health Professions.

THE COMMUNITY AT THE HEART OF THE WORK

A Community to Call Home. A Partnership to Age Well.



Kathy Lo with residents of Queensview/North Queensview

> “For many residents, this community is where they raised their families and built their lives. As their yoga instructor, I’m grateful to bring movement and connection close to home, helping them stay active, engaged, and supported as they continue to age well here.”

Kathy Lo
Age Well Recreation Yoga Instructor

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ABOUT HANAC

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hanac.org

ABOUT AGE WELL RECREATION

Age Well Recreation brings wellness and enrichment programs to older adults through senior living and community partnerships. Its yoga, movement, Tai Chi, dance, meditation, and creative programs reflect participants’ interests and abilities, supporting quality of life wherever they call home.

agewellrecreation.com

Interested in bringing Age Well to your community?

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Let’s Age Well Together™