



Project Independence February 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* Project Independence offers many exercise classes, support groups and other programs.</p> <p>*Call 311 or 869-6311 to register or for more info.</p>			<p>*North Hempstead Project Independence invites all Town residents 60 and</p>	<p>11 a.m.-12 p.m.-Senior Talk Group (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)</p>	<p>10-11 a.m.-What in the World is Going On? (YWC)</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)</p> <p>11:30 a.m.-12:30 p.m.-Balance & Strength (YWC)</p> <p>2:30-3:30 p.m.-Color Me Calm (YWC)</p>	
4	5	6	7	8	9	10
12:15 p.m.-ROMEOS (Atria CutterMill GN)	1 p.m.-Blankets of Love (CGM)	10:30-11:30 a.m.-Joyful Aging: Accepting, Adjusting and Adapting (GNSC)	3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	10 a.m. -Roslyn Area Advisory (RCC)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	10-11 a.m.-What in the World is Going On? (YWC)
11	12	13	14	15	16	17
		1 p.m.-Blankets of Love (CGM)	1-4 p.m.-Games People Play (CGM)	11 a.m.-12 p.m.-Senior Talk Group (RCC)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	10-11 a.m.-What in the World is Going On? (YWC)
18	19	20	21	22	23	24
12:15 p.m.-ROMEOS (Atria CutterMill GN)	1 p.m.-Blankets of Love (CGM)	10:30 a.m.-Mineola/Will. Pk Advisory (John Caemmerer Park, Albertson)	10 a.m.-Westbury/Carle Place Advisory (Fuschillo Park)	10:45 a.m.-Great Neck/Manhasset Advisory (GNSC)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
			11 a.m.-12 p.m.-Eating Right for Older Adults (Mag. Gdns)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)		
25	26	27	28			
	10 a.m. -New Hyde Park Advisory (CGM)	10:30 a.m.-Port Washington Advisory (Man. Beach Park & Pool)	10:30 a.m.-11:30 a.m.- Urgent Care vs. Emergency Room (GNSC)			
	1 p.m.-Blankets of Love (CGM)	1 p.m.-Blankets of Love (CGM)	1-4 p.m.-Games People Play (CGM)			

Happy Valentine's Day



TUNE IN TO PROJECT INDEPENDENCE & YOU--ON WCWP – 88.1 FM RADIO/ WCWP.org –EVERY FRIDAY BETWEEN 10 AM & NOON

Description of Educational Chats/Programs

Thursday, February 1 & 15, 2018 from 11 a.m. to 12 p.m. (Roslyn Community Center, 53 Orchard Street, Roslyn Heights)

Senior Talk Group

Come enjoy lively discussion on many topics. Facilitated by Nancy Mezrahi, Dir. of Sr. Citi. Affairs, TONH Dept. of Services for the Aging and Janet Entine, Pres. of Don't Move Away.

Thursday, February 1, 8, 15 & 22, 2018 from 11:30 a.m. to 12:30 p.m. (Parkville Branch of Great Neck Library, 10 Campbell St, New Hyde Park)

Project Independence Social Discussion Group

Moderated by Robin Tovell-Toubal, LMHC (JASA/Project Independence). Come meet new friends! Enjoy talking with others and meeting your neighbors.

Friday, February 2, 9, 16 & 23, 2018 from 10:30 a.m. to 11:30 a.m. (Parkville Branch of Great Neck Library, 10 Campbell St, New Hyde Park)

What Matters to You Men's Community Group

Moderated by Robin Tovell-Toubal, LMHC (JASA/Project Independence). The group is open to all men, age 60 and over living in the Town of North Hempstead.

Friday, February 2, 9, & 16, 2018 from 11:30 a.m. to 12:30 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Exercise for Balance and Strength

Presented by Susan Hannon, M.S.N., R.N., Winthrop University Hospital. Come and learn exercises to prevent falls.

Friday, February 2, 9, & 16, 2018 from 10 a.m. to 11 a.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

What in the World is Going On?

Moderated by Dr. Armin Rosenblatt. Come and discuss current and world events.

Friday, February 2, 9, & 16, 2018 from 2:30-3:30 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Color Me Calm

Facilitated by Gia Montelbano (Dept. of Services for the Aging) & Joyce Lenard (Community Services) Town of North Hempstead. Coloring is a wonderful meditative activity. It helps relieve stress, improves mood, promotes mindfulness and socialization.

Tuesday, February 6, 13, 20 & 27, 2018 from 1 p.m. to 2 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

Blankets of Love

The group provides an opportunity for seniors in the community to come together and work in a collaborative manner on a meaningful and rewarding project. The group is facilitated by Robin Tovell-Toubal, LMHC, from JASA. All members of the group are registered as volunteers with JASA. Each blanket is donated to a worthy cause.

Wednesday, February 7, 2018 from 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Joyful Aging: Accepting, Adjusting and Adapting

Presented by Shahrzad Moadel, Mental Health Counselor (JASA/PI). Come and learn how to accept and adapt to changes and challenges in each stage of life.

Wednesday, February 7 & 21, 2018 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Spousal Caregiver Support Group

Facilitated by Gail Selis, Gerontologist (JASA/PI). Learn new ways of coping with demands of care giving. Gain a better understanding of your relationship with your loved one (over age 60). **REG REQ**

Wednesday, February 14 & 28, 2018 from 1 p.m. to 4 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

Games People Play

Like to play games? Come and play the card and board games you enjoy, and socialized with "game minded" people!

Thursday, February 21, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Eating Right for Older Adults

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn tips on how to make healthy choices.

Tuesday, February 28, 2018 from 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Urgent Care vs. Emergency Room

Presented by Caryn M. Denninger, Physician Outreach Associate, Northwell Health. Come and learn the differences between urgent care and emergency room care, and what services are provided in each.