

Project Independence April 2017 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		* Project Independence offers many exercise classes, support groups and other programs.		*Call 311 or 869-6311 to register or for more info.	*North Hempstead Project Independence invites all Town residents 60 and over.	1
2	3 10 a.m.-11 a.m.-Intro to Comp (YWC) 11:30 a.m.-Beg. Exercise for Balance Strength (YWC) 12:15 p.m.-ROMEOS(Atria Cutter-Mill GN) 1.-2 p.m.-Inter. to Comp(YWC) 2 p.m.-4 p.m.-Canasta (CGM)	4 10 a.m.-2 p.m.-St Francis Cardiac Screening (CGM) 1 p.m.-2 p.m.-Blankets of Love (CGM) 2 p.m.-3 p.m.-Caregiver Support Group (PWSC) (Reg Req.)	5	6 11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	7 10 a.m.-11 a.m.-Beginner Exercise for Balance & Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Exercise for Strength & Balance-Adv (YWC)	8 9 a.m.-3 p.m.-S.T.O.P Program (North Hempstead Beach Park North Lot)
9 9 a.m.-3 p.m.-S.T.O.P Program (North Hem.Beach Park Lot)	PASSOVER BEGINS 10 10 a.m.-11 a.m.-Intro to Computers (YWC) 11:30 a.m.-Beg. Exercise for Balance Strength (YWC) 1.-2 p.m.-Inter. to Comp(YWC)	11	12	13 11:15 a.m.-Color for the Health of It! (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	14 10 a.m.-11 a.m.-Beginner Exercise for Balance & Strength (YWC) 11:30 a.m.-12:30 p.m.-Exercise for Strength & Balance-Adv (YWC)	15
16 16	17 10 a.m.-11 a.m.-Intro to Computers (YWC) 11:30 a.m.-Beg. Exercise for Balance Strength (YWC) 12:15 p.m.-ROMEOS(Atria Cutter-Mill GN) 1.-2 p.m.-Inter. to Computers (YWC)	18 1 p.m.-2 p.m.-Blankets of Love (CGM) 2 p.m.-3 p.m.-Caregiver Support Group (PWSC) (Reg Req.)	19	20 10 a.m.-2 p.m.-St Francis Cardiac Screening (Mag. Gdns) 10 a.m.-Roslyn Area Advisory (RCC) 11 a.m.-12 p.m.-Colorful and Classic Favorites (Mag. Gardens) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	21 10 a.m.-11 a.m.-Beginner Exercise for Balance & Strength (YWC) 10:30 a.m.-Mineola/Will.Park Advisory (Am. Legion, Williston PK) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Exercise for Strength & Balance-Adv (YWC)	22
23	24 10 am.-New Hyde Park Advisory (CGM) 10 a.m.-11 a.m.-Intro to Comp. (YWC) 11:30 a.m.-Beg. Exercise for Balance Strength (YWC) 1.-2 p.m.-Inter. to Comp.(YWC) 1:30-3:30 p.m.-Stepping ON (GNSC)	25 10:30 a.m.-Port Washing-ton Advisory (Manorhaven Beach Park & Pool) 1 p.m.-2 p.m.-Blankets of Love (CGM) 2:15 p.m.-3:15 p.m.-World in Motion (CGM)	26 10 a.m.-Westbury/Carle Place Advisory (Fuschillo Park)	27 10:45 a.m.-Great Neck/Manhasset Advisory (GNSC) 11:15 a.m.-Color for the Health of It! (RCC)	28 10 a.m.-11 a.m.-Beginner Exercise for Balance & Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Exercise for Strength & Balance-Adv (YWC)	29
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Description of Educational Chats/Programs

Mondays-April 3, 10, 17, 24, 2017 from 10 a.m. to 11 a.m. (“Yes We Can” Community Center, 141 Garden Street, Westbury)

Introduction to Computers and the Internet

Instructed by R. Drew Davis, PI Volunteer. Don't Delay! Get started with an introductory course in basic computer skills. Learn to navigate through the internet, emails, and Microsoft programs.

Mondays-April 3, 10, 17, 24, 2017 from 1 p.m. to 2 p.m. (“Yes We Can” Community Center, 141 Garden Street, Westbury)

Look What I Can Do! Intermediate Computer Course for Seniors

Instructed by R. Drew Davis, Project Independence Volunteer. Have you completed our introductory course in basic computer skills or are you already an active email user? If yes, then this computer course is for you! This 8 class series will introduce you to: managing and exploring your PC, Word Processing, Spreadsheets, Facebook, online bill paying, blogging, IMBD and more. **REG. REQ.**

Tuesday, April 4 (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park) & Thursday, April 20 (Magnolia Gardens, 899 Broadway, Westbury) from 10 a.m. to 2 p.m.

St. Francis Hospital Outreach Bus: FREE HEALTH SCREENINGS

The Town of North Hempstead in partnership with the St. Francis Hospital Community Outreach Program will be providing FREE Health Screenings through the outreach bus. The screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as needed.

Tuesdays-April 4 & 18, 2017 from 2 p.m. to 3 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Caregiver Support Group

Facilitated by Gail Selis, Gerontologist (JASA/Project Independence). 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**

Tuesdays-April 4, 18, 25, 2017 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.

Thursday, April 6, 2017 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.

Thursdays-April 6, 13, 20, 2017 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.

Fridays-April 7, 21, 28, 2017 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.

Thursdays-April 13 & 27, 2017 from 11:15 a.m. to 12:15 p.m. (Roslyn Community Center, 53 Orchard Street, Roslyn Heights)

Color for the Health of It!

Presented by Audrey Dinstell, LCSW, Project Independence/JASA Social Worker. Coloring is a wonderful meditative activity. It helps relieve stress, improves mood, and promotes mindfulness and socialization.

Thursday, April 20, 2017 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Colorful and Classic Favorites

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn how to eat more fruits and vegetables by adding them to your favorite “classics”, traditional dishes that you are already eating.

Mondays-April 24, May 1, 8, 15, 22, June 5, 12, 2017 from 1:30 p.m.-3:30 p.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Stepping On Fall Prevention Program

Presented by Project Independence Nurses (NorthWell Health). Learn simple and fun balance and strengthening exercises to prevent falls. Guest speakers include physical therapists, a vision expert, pharmacist and an expert on getting around your community safely. **REGISTRATION REQUIRED. SPACE IS LIMITED.**

Tuesday, April 25, 2017 from 2:15 p.m. to 3:15 p.m. (Clinton G Martin Park, 1601 Marcus Ave, New Hyde Park)

World In Motion

Presented by Professor Martha Cohen, Project Independence volunteer. Come join us for a lively discussion on current world issues.