





**Project Independence January 2018 Educational Chats/Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:15 p.m.-ROMEOS (Atria CutterMill GN) 	2	3 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	4 11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	5	6
7	8 10:30 a.m.-Mineola/Will. Pk Advisory (John Caemmerer Park, Albertson)	9 10 a.m.-2p.m.-St Francis Car-diac Van (Fuschillo Park)	10 1-4 p.m.-Games People Play (CGM)	11 10 a.m. -Roslyn Area Advisory (RCC)	12	13
14	15 12:15 p.m.-ROMEOS (Atria CutterMill GN) 	16 10 a.m.-11 a.m.- Urgent Care vs. Emergency Room (PWSC) 1 p.m.-Blankets of Love (CGM)	17 10 a.m. -Westbury/Carle Place Advisory (YWC) 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	18 11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	19 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Balance & Strength (YWC)	20
21	22 10 a.m. -New Hyde Park Advisory (CGM)	23 10:30 a.m.. -Port Washing-ton Advisory (Manorhaven Beach Park & Pool) 1 p.m.-Blankets of Love (CGM)	24 1-4 p.m.-Games People Play (CGM)	25 10:45 a.m.. -Great Neck Advisory (GNSC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	26 10-11 a.m.-What in the World is Going On? (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Balance & Strength (YWC) 2:30-3:30 p.m..-Color Me Calm (YWC) State of the Town Address (Harbor Links)	27
28	29	30 1 p.m.-Blankets of Love (CGM)	31	* 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	

## Description of Educational Chats/Programs

**Wednesday, January 3 & 17, 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**

**Thursday, January 4 & 18, 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.

**Tuesday, January 9, 2018 from 10 a.m. to 2 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)**

### **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.

**Wednesday, January 10 & 24, 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!

**Tuesday, January 16, 23 & 30, 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.

**Tuesday, January 16, 2018 from 10 a.m. to 11 a.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)**

### **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.

**Thursday, January 18 & 25, 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, January 19 & 26, 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, January 19 & 26, 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, January 26, 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, January 26, 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.