





Project Independence November 2017 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Call 311 or 869-6311 to register or for more info.</p> <p>*North Hempstead Project Independence invites all Town residents 60 and over.</p> <p>* Project Independence offers many exercise classes, support groups and other programs.</p>			<p style="text-align: center;"> 9 a.m.-2 p.m. 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)</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>10:30 -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>5</p>	<p>6</p> <p>10 a.m.-2p.m.-St Francis Cardiac Van (YWC)</p> <p>12:15 p.m.-ROMEOS (Atria CutterMill GN)</p> <p>1:30-3:30 p.m.-Stepping ON (GNSC)</p>	<p>7</p> <p>1 p.m.-Blankets of Love (CGM)</p> <p style="text-align: center;"></p>	<p>8</p> <p>1-4 p.m.-Games People Play (CGM)</p> <p>3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)</p>	<p>9</p> <p>10 a.m.-Roslyn Area Advisory (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)</p>	<p>10</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)</p> <p>11 a.m.-12 p.m.-Smart Snacking Grains (Mag Gardens)</p>	<p>11</p> <p style="text-align: center;"></p>
<p>12</p>	<p>13</p> <p>1:30-3:30 p.m.-Stepping ON (Reg Req) (GNSC)</p>	<p>14</p> <p>1 p.m.-Blankets of Love (CGM)</p> <p>2:30 p.m.-4 p.m.-Project Independence Players (CGM)</p>	<p>15</p> <p>10 a.m.-Westbury/Carle Place Advisory (YWC)</p> <p>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)</p>	<p>16</p> <p>10:45 a.m.-Great Neck/Manhasset Advisory (GNSC)</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>17</p> <p>10 a.m.-11 a.m.-Color Me Calm (YWC)</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)</p> <p>Appts start at 11 am-Medicare Part D (GNSC)</p> <p>11:30 a.m.-12:30 p.m.-Balance & Strength (YWC)</p>	
<p>19</p>	<p>20</p> <p>10:30 a.m.-Mine./Willis. Pk Advisory (Am. Legion, WP)</p> <p>12:15 p.m.-ROMEOS (Atria CutterMill GN)</p> <p>1:30-3:30 p.m.-Stepping ON (Reg Req)</p>	<p>21</p> <p>1 p.m.-Blankets of Love (CGM)</p> <p>2:30 p.m.-4 p.m.-Project Independence Players (CGM)</p>	<p>22</p> <p>1-4 p.m.-Games People Play (CGM)</p> <p>3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)</p>	<p>23</p> <p style="text-align: center;"></p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>10 a.m.-New Hyde Park Advisory (CGM)</p> <p>1:30-3:30 p.m.-Stepping ON (Reg Req) (GNSC)</p>	<p>28</p> <p>10:30 a.m.-Port Washington Advisory (Manorhaven Park & Pool)</p> <p>1 p.m.-Blankets of Love (CGM)</p>	<p>29</p>	<p>30</p> <p>11 a.m.-12 p.m.-Fit Brain, Calm Mind (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)</p>		

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

Wednesday, November 1 & 15, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Spousal Caregiver Support Group

Wednesday, November 8 & 22, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Parent 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**

Thursday, November 2, 9, 16, 30, 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.

Thursday, November 2 & 16, 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.

Friday, November 3 & 17, 2017 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, November 3, 10, 17, 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.

Monday, November 6, 2017 (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

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.

Tuesday, November 7, 14, 21, 28, 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.

Wednesday, November 8 & 22, 2017 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!

Friday, November 10, 2017 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Smart Snacking

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn how to be a Smart Snacker!

Tuesdays, November 14, 21, December 5, 12, 19, 2017 from 2:30 p.m. to 4 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

Project Independence Players

Facilitated by: Professor Martha Cohen (PI Volunteer). Join the PI Players, and have an opportunity to celebrate the arts in drama, improvisation, music, dance movement and poetry performance. Reminisce and share your life experience and uniqueness through participation and performance. **Please note: Joining this group is a commitment.**

Friday, November 17, 2017 from 10 a.m. to 11 a.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.

Friday, November 17, 2017 Appointments start at 11 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Medicare Part D-Which plan is right for you?

Presented by Danielle Ezzo, PharmD, BCPS, Associate Clinical Professor, Clinical Pharmacy Practice College of Pharmacy and Health Sciences St. John's University. Schedule your individual appointment with a pharmacist to discuss which Medicare Part D plan is best for you. Bring a list of all current medications.

Thursday, November 30, December 14, 28, 2017

Fit Brain, Calm Mind

Presented by JoAnne Tricarico, RN (Northwell Health/PI Nurse) & Audrey Dinstell, LCSW (JASA/PI Social Worker). Have fun, socialize, and stimulate your mind during a 3 week series of Brain Games and Mindfulness Coloring.