





Project Independence April 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>12:15 p.m.-ROMEOS (Atria CutterMill GN)</p>	<p>3</p> <p>10 a.m.-2 p.m.-St. Francis Van (CGM)</p> <p>1 p.m.-Blankets of Love (CGM)</p>	<p>4</p> <p>10:30-11:30 a.m.-Brain Games & Memory Health (GNSC)</p> <p>3 p.m.-4 p.m.-Spouse Caregiver Support Group</p>	<p>5</p> <p>10 a.m.-2 p.m.-St. Francis Van (PWSC)</p> <p>11 a.m.-12 p.m.-Sr. Talk Group (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>1:30 p.m.-3:30 p.m.-Stepping On (GNSC) (Reg Req)</p>	<p>10</p> <p>1 p.m.-Blankets of Love (CGM)</p>	<p>11</p> <p>1-4 p.m.-Games People Play (CGM)</p>	<p>12</p> <p>10 a.m. –Roslyn Area Advisory (RCC)</p> <p>10 a.m.-2 p.m.-St. Francis Van (Mag. Gdns)</p> <p>11 a.m.-12 p.m.-Be Mindful & Color! (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)</p>	<p>13</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.-Bal & Strength (YWC)</p> <p>2:30-3:30 p.m.-Color Me Calm (ywc)</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>10:30 a.m.-Mineola/Will. Pk Advisory (John Caemmerer Park, Albertson)</p> <p>12:15 p.m.-ROMEOS (Atria CutterMill GN)</p> <p>1:30 -3:30 p.m.-Stepping On (GNSC) (Reg Req)</p>	<p>17</p> <p>11 a.m.-12 p.m.-Healthier Protein Choices (Mag. Gdns)</p> <p>1 p.m.-Blankets of Love (CGM)</p> <p>2:30-3:30 p.m.-World In Motion (CGM)</p>	<p>18</p> <p>10 a.m.–Westbury/Carle Place Advisory (YWC)</p> <p>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>19</p> <p>11 a.m.-12 p.m.-Sr. Talk Group (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)</p>	<p>20</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.-Bal & Strength (YWC)</p> <p>2:30-3:30 p.m.-Color Me Calm (ywc)</p>	<p>21</p> <p>9 a.m.-3 p.m.-S.T.O.P Program (North Hempstead Beach Park’s North Lot)</p>
<p>22</p> <p>9 a.m.-3 p.m.-S.T.O.P Program (North Hempstead Beach Park’s North Lot)</p> 	<p>23</p> <p>10 a.m. –New Hyde Park Advisory (CGM)</p> <p>1:30 -3:30 p.m.-Stepping On (GNSC) (Reg Req)</p>	<p>24</p> <p>10:30 a.m.–Port Washington Advisory (Man. Beach Park & Pool)</p> <p>1 p.m.-Blankets of Love (CGM)</p> <p>2:30-3:30 p.m.-Healthy Living for Brain & Body (CGM)</p>	<p>25</p> <p>11 a.m.-12 p.m.-Fraud Prevention (YWC)</p> <p>1-4 p.m.-Games People Play (CGM)</p>	<p>26</p> <p>10:45 a.m.–Great Neck/Manhasset Advisory (GNSC)</p> <p>11 a.m.-12 p.m.-Be Mindful & Color! (RCC)</p> <p>11 a.m.-12 p.m.-Grandparents as Caregivers (Shelter Rock Library)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)</p>	<p>27</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.-Bal & Strength (YWC)</p> <p>2:30-3:30 p.m.-Color Me Calm (ywc)</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>1:30 -3:30 p.m.-Stepping On (GNSC) (Reg Req)</p>		<p>*Call 311 or 869-6311 to register or for more info.</p> <p>* Project Independence offers many exercise classes, support groups and other programs.</p>		<p>*North Hempstead Project Independence invites all Town residents 60 and over.</p>	

Description of Educational Chats/Programs

Tuesday, April 3, 2018 (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park), Tuesday, April 5, 2018 (Port Washington Senior Center, 80 Manorhaven Blvd. Port Washington) and Thursday, April 12, 2018 (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.

Tuesday, April 3, 10, 17, 24, 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, April 4 & 18, 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, April 5 & 19, 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, April 5, 12, 19, 26, 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.

Wednesday, April 11 & 25, 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, April 12 & 26, 2018

Be Mindful & Color!

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

Friday, April 13, 20, 27, 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, April 13, 20, 27, 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, April 13, 20, 27, 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, April 13, 20, 27, 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.

Tuesday, April 17, 2018 from 2:30 p.m. to 3:30 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

World in Motion

Facilitated by Professor Martha Cohen, PI volunteer. Come join us for a lively discussion on current world issues!

Tuesday, April 17, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Healthier Protein Choices

Presented by Cornell Cooperative Extension-Nassau County. Come and learn how to choose the right proteins!

Tuesday, April 24, 2018 from 2:30 p.m. to 3:30 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Healthy Living for your Brain and Body

Presented by Elizabeth Robles, Community Education Manager & Angie Avila, Community Educator. Come and learn how to delay the onset of cognitive decline and keep your brain fit.

Wednesday, April 25, 2018 from 11 a.m. to 12 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Fraud Prevention

Presented by Tara Doobay, Assistant Manager, Ridgewood Savings Bank. Come and learn how to spot and prevent common scams.

Thursday, April 26, 2018 from 11 a.m. to 12 p.m. (Shelter Rock Library, 165 Seatingtown Road, Albertson)

Grandparents as Caregivers

Presented by Dr. Nellie Taylor-Waltrust, Director of North Shore Child and Family Guidance, The Leeds Place. Whether you're helping with the caring for your grandchild(ren) or raising them, this presentation will provide valuable tips and resources for all grandparents. There will be a discussion about the rewards and challenges of being a grandparent, and an opportunity for you to share your experiences and knowledge. **Reg Req Please register by April 23rd.**