





Project Independence August 2017 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
* Project Independence offers many exercise classes, support groups and other programs.		5:30 p.m.-National Night Out (Bunky Reid Park)	3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
6	7	8	9	10	11	12
	10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)  12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)		3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
13	14	15	16	17	18	19
	10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park) 		3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)			12 p.m.-BeachFeast (North Hempstead Beach Park)
20	21	22	23	24	25	26
	10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)  12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)		3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)			
27	28	29	30	31		
	10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park) 				*North Hempstead Project Independence invites all Town residents 60 and over. *Call 311 or 869-6311 to register or for more info.	

Description of Educational Chats/Programs

Wednesday, August 2 & 16, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Spousal Caregiver Support Group

Wednesday, August 9 & 23, 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, August 3 & 10, 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.

Friday, August 4 & 11, 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.



TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH &
PROJECT INDEPENDENCE PRESENT:

The 4th Regional
AGING IN PLACE IN SUBURBIA
CONFERENCE & EXPO

TOOLBOX
for **LIVING**
WELL

Take Charge of Your Health!
Keep Your Brain Fit!
Live an Active Life!
Eat Healthy Foods!
Stay Connected!
Reduce Stress!

featuring: Medicare
Updates, Mindful
Coloring, Computer
Demo, Fitness Demo,
Blood Pressure
Screenings, and more!

Transportation available
from various locations throughout the Town

Wednesday, November 1
(9:00 a.m. - 2:00 p.m.)
at the North Hempstead "Yes We Can" Community Center
(located at 141 Garden Street in Westbury, NY)

FOR MORE INFORMATION, PLEASE CALL (516) 869-6311