

Project Independence July 2017 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*North Hempstead Project Independence invites all Town residents 60 and over. *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>				1
2	3 12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)	4 	5 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)	6 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	7 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	8
9	10 10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)	11	12 11:30 a.m.-12:30 p.m.-Brain Games (Shelter Rock Library) 3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	13 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	14 10 a.m.-11 a.m.-Pedestrian Safety in the Community (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	15
16	17 10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park) 12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)	18	19 11:30 a.m.-12:30 p.m.-Brain Games (Shelter Rock Library) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)	20 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP) 1 p.m.-2 p.m.-Project Independence and You (Bryant Library)	21 10 a.m.-11 a.m.-Don't Worry. Be Happy! (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	22
23	24 10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)	25	26 11:30 a.m.-12:30 p.m.-Brain Games (Shelter Rock Library) 3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	27	28 10 a.m.-11 a.m.-African American Genealogy (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	29
30	31 10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)					

Description of Educational Chats/Programs

Wednesday, July 5 & 19, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Spousal Caregiver Support Group

Wednesday, July 12 & 26, 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, July 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.

Friday, July 7, 14, 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.

Wednesday, July 12, 19, 26, 2017 from 11:30 a.m. to 12:30 p.m. (Shelter Rock Library, 165 Seasingtown Road, Albertson)

Brain Games

Presented by JoAnne Tricarico, RN, Northwell Health/PI Nurse and Audrey Dinstell, LCSW, Social Worker, JASA/PI. Come and exercise your brain at this three week series! Enjoy fun brain teasers and puzzles to challenge your mind.

Limited Space Available. Registration Required.

Friday, July 14, 2017 from 10 a.m. to 11 a.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Pedestrian Safety in the Community

Presented by Chari Biton, Senior Mobility Manager. Pedestrian Safety is particularly important for older adults. The most dangerous situations will be addressed to better understand what choices to make to help stay safe. Learn skills for safe walking to continue enjoying the health and social benefits for years to come. There will be an overview of Project Independence Taxi and Mobility Management services.

Tuesday, July 20, 2017 from 1 p.m. to 2 p.m. (Bryant Library, 2 Paper Mill Road, Roslyn)

Project Independence and You

Presented by Paula Uhl, LCSW (Deputy Commissioner of Dept. of Services for the Aging) , Audrey Dinstell, LCSW (JASA/PI Social Worker), and JoAnne Tricarico, RN (Northwell Health/PI Nurse). Learn about all the Project Independence services available for Town residents aged 60 and over and help us to get to know you!

Friday, July 21, 2017 from 10 a.m. to 11 a.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Don't Worry. Be Happy!

Presented by Susan Hannon, R.N., M.S.N., Community Outreach Educator, Injury Prevention Nurse, Winthrop Welcome Center. What is worry? Why do we worry? Do we worry too much? How does worry affect us? Come and learn how to limit worrying and use it constructively in problem solving.

Friday, July 28, 2017 from 10 a.m. to 11 a.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

African American Genealogy

Back by Popular Demand! Presented by Joysetta Pearse, Curator, African American Museum of Nassau County. Join us for an encore of the interactive presentation on African American Genealogy.

Registration Required

