

Project Independence June 2017 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
*North Hempstead Project Independence invites all Town residents 60 and over. *Call 311 or 869-6311 to register or for more info.		* Project Independence offers many exercise classes, support groups and other programs.		11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville)	10 a.m.-11 a.m.-Color Me Calm (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Exercise for Strength & Balance-Adv (YWC)	
4	5	6	7	8	9	10
	12:15 p.m.-ROMEOS(Atria Cutter-Mill GN) 1:30-3:30 p.m.-Stepping ON (GNSC)	10 a.m.-11 a.m.-Phones for the Hearing Impaired (PWSC) 1 p.m.-2 p.m.-Blankets of Love (CGM) 1 p.m.-2 p.m.-NC Museum of Art Bus Trip	10:30 a.m.-11:30 a.m.-Joyful Aging (GNSC) 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 a.m.-11 a.m.-Color Me Calm (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Exercise for Strength & Balance-Adv (YWC)	
11	12	13	14	15	16	17
	10 a.m.-2 p.m.-St Francis Cardiac Screening (GNSC) 1:30-3:30 p.m.-Stepping ON (GNSC)	1 p.m.-2 p.m.-Blankets of Love (CGM)	3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	10 a.m.-2 p.m.-St Francis Cardiac Screening (Manhasset Valley) 11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP) 1 p.m.-2 p.m.-Keeping Food Safe (Mag. Gardens)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
18	19	20	21	22	23	24
	12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)	11 a.m.-2 p.m.-St Francis Cardiac Screening (SJJCC)	 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.) 3-4:30 p.m.-PI Joint Advisory Meeting (CGM)		10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	9 a.m.-3 p.m.-S.T.O.P Program (Westbury High School)
25	26	27	28	29	30	
		2:15 p.m.-3:15 p.m.-World In Motion (CGM)	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)	

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

Thursday, June 1 & 15, 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.

Thursday, June 1, 8, 15, 29, 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, June 2 & 9, 2017 from 10 a.m. to 11 a.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Color Me Calm: Mindfulness Coloring for Stress Reduction

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, and promotes mindfulness and socialization. Coloring sheets and colored pencils will be available. **8 WEEK SERIES-REGISTRATION REQUIRED**

Friday, June 2, 9, 16, 23, 30, 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.

Friday, June 2 & 9, 2017 from 11:30 a.m. to 12:30 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Advanced Exercise for Balance and Strength to Reduce Falls

Presented by Winthrop University Hospital. If you have completed the Beginner's course on Fall Prevention, come and join the Advanced course! Participants must wear comfortable clothing, secure footwear, and bring a bottle of water.

Tuesday, June 6 & 13, 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.

Tuesday, June 6, 2017 from 1 p.m. to 2 p.m. (Nassau County Museum of Art, Roslyn Harbor)

Nassau County Museum of Art in Roslyn Harbor Bus Trip

Come and enjoy a museum tour with a private docent. Spend time exploring the grounds and the Museum Shop before the tour. The featured exhibition will be Halston Style-First comprehensive retrospective of the work of the famed American fashion designer. Call 311 for bus stop location and pick up times. Cost: Pay \$12 at the museum entrance. Bring a bag lunch. Bus pickup from the Museum is at 2:20 p.m. Registration is required and closes on May 31st.

Tuesday, June 6, 2017 from 10 a.m. to 11 a.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Phones for the Hearing Impaired

Presented by Jessica Colligan, Title IV ADA Specialist. Come and learn about ClearCaptions Phones, and how it can improve your communication with family and friends and improve your quality of life!

Wednesday, June 7, 2017 from 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Joyful Aging: Finding New Relationships

Presented by Shahrzad Moadel, Mental Health Counselor (JASA/PI). Come and learn how to make new friends and reconnect with old ones.

Wednesday, June 7 & 21, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Spousal Caregiver Support Group

Wednesday, June 14 & 21, 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

Monday, June 12, 2017 (Great Neck Social Center, 80 Grace Avenue, Great Neck) from 10 a.m. to 2 p.m. and Thursday, June 15, 2017 from 10 a.m. to 2 p.m. (Manhasset Valley Residence, 155 East Shore Road, Manhasset) and Tuesday, June 20, 2017 from 11 a.m. to 2 p.m. (Sid Jacobson JCC, 300 Forest Drive, East Hills)

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.

Thursday, June 15, 2017 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Keeping Food Safe

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn tips on how to buy, store and serve safe food.

Tuesday, June 27, 2017 from 2:15 p.m. to 3:15 p.m. (Clinton G Martin Park, 1601 Marcus Ave, New Hyde Park)

World In Motion

Presented by Professor Martha Cohen, Project Independence volunteer. Come join us for a lively discussion on current world issues.