


Project Independence June 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*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.			10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
3	12:15 p.m.-ROMEOS (Atria CutterMill GN)	11 a.m.-2 p.m.-St. Francis Van (SJJCC) 1 p.m.-Blankets of Love (CGM) 2:30-3:30 p.m.-World In Motion (CGM)	3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	10 a.m.-2 p.m.-St. Francis Van (GNCS) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
10		1 p.m.-Blankets of Love (CGM)	1-4 p.m.-Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	
17	12:15 p.m.-ROMEOS (Atria CutterMill GN) 1-2 p.m.- Overcoming Worry, Fear & Managing the Blues (Min. Library)		11 a.m.-12 p.m.-Fruits and Veggies Bingo (Mag. Gdns) 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP) 	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	9 a.m.-3 p.m. S.T.O.P. (Stop Throwing Out Pollutants) Program-(Westbury High School)
24		10-11:30 a.m. -Joint Advisory Committee (Reg. Req)(CGM)	3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	

Description of Educational Chats/Programs

Friday, June 1, 8, 15, 22, 29, 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.

Tuesday, June 5, 2018 from 11 a.m. to 2 p.m. (Sid Jacobson JCC, 300 Forest Drive, East Hills) and Thursday, June 7, 2018 (Great Neck Social Center, 80 Grace , Great Neck) 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, June 5 & 12, 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.

Tuesday, June 5, 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!

Wednesday, June 6, 13, 20, 27, 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, June 7, 14, 21, 28,, 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, June 13, 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!

Monday, June 18, 2018 from 1 p.m. to 2 p.m. (Mineola Library, 195 Marcellus Road, Mineola)

Mental Health & Older Adults: Overcoming Worry & Fear & Managing the Blues

Presented by JoAnne Tricarico, RN (Northwell Health/PI Nurse) and Audrey Dinstell, LCSW (JASA/PI Social Worker). Learn how to recognize the signs and symptoms of anxiety and depression. Gain an understanding of risk factors and increase your awareness of the most common and treatable mental health concerns. Know when to get help and what types of help are available.

Wednesday June 20, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Fruits and Veggies Bingo

Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive class on fruits and vegetables. During this class you will learn how to eat healthier by eating a rainbow of fruits and vegetables while playing a fun game of bingo. Come and learn tips on how to buy, store and serve safe food.