

**Project Independence March 2018 Educational Chats/Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
* Project Independence offers many exercise classes, support groups and other programs.  *Call 311 or 869-6311 to register or for more info.			*North Hempstead Project Independence invites all Town residents 60 and	11 a.m.-12 p.m.-Sr. Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10-11 a.m.-What in the World is Going On? (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Bal & Strength (YWC) 2:30-3:30 p.m.-Color Me Calm (YWC)	
4	5	6	7	8	9	10
	12:15 p.m.-ROMEOS (Atria CutterMill GN)	1 p.m.-Blankets of Love (CGM)  2:30-3:30 p.m.-World In Motion (CGM)	3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<b>10 a.m. –Roslyn Area Advisory (RCC)</b> 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10-11 a.m.-What in the World is Going On? (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Bal & Strength (YWC) 2:30-3:30 p.m.-Color Me Calm (YWC)	
11	12	13	14	15	16	17
		1 p.m.-Blankets of Love (CGM)	10 –11:30 a.m.-iTunes Basics (CGM) 1-4 p.m.-Games People Play (CGM)	11 a.m.-12 p.m.-Sr Talk Group (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP) 1-2 p.m.-Brain Games & Memory Health (PW Library)	10-11 a.m.-What in the World is Going On? (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Bal & Strength (YWC) 2:30-3:30 p.m.-Color Me Calm (YWC)	
18	19	20	21	22	23	24
	<b>10:30 a.m.-Mineola/Will. Pk Advisory (John Caemmerer Park, Albertson)</b> 12:15 p.m.-ROMEOS (Atria CutterMill GN)	1 p.m.-Blankets of Love (CGM) 2:30-3:30 p.m.-World In Motion (CGM) 	<b>10 a.m.–Westbury/Carle Place Advisory (YWC)</b> 10:30-11:30 a.m.-Brain Games & Memory Health (GNCS) 11 a.m.-12 p.m.-Power Up with Breakfast(Mag. Gdns) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<b>10:45 a.m.–Great Neck/Manhasset Advisory (GNCS)</b> 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP) 1-2 p.m.-Brain Games & Memory Health (PW Library)	10-11 a.m.-What in the World is Going On? (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11:30 a.m.-12:30 p.m.-Bal & Strength (YWC) 2:30-3:30 p.m.-Color Me Calm (YWC)	
25	26	27	28	29	30	31
	<b>10 a.m. –New Hyde Park Advisory (CGM)</b>	<b>10:30 a.m.–Port Washington Advisory (Man. Beach Park &amp; Pool)</b> 1 p.m.-Blankets of Love (CGM)	10:30-11:30 a.m.-Brain Games & Memory Health (GNCS) 1-4 p.m.-Games People Play (CGM)	11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP) 1-2 p.m.-Brain Games & Memory Health (PW Library)		

## Description of Educational Chats/Programs

**Thursday, March 1 & 15, 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, March 1, 8, 15 & 22, 29, 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.

**Friday, March 2, 9, 16 & 23, 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, March 2, 9, 16 & 23, 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, March 2, 9, 16 & 23, 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, March 2, 9, 16 & 23, 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. It helps relieve stress, improves mood, promotes mindfulness and socialization.

**Tuesday, March 6 & 20, 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, March 6, 13, 20 & 27, 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, March 7 & 21, 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

**Wednesday, March 14 & 28, 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!

**Wednesday, March 14, 2018 from 10 a.m. to 11:30 a.m.. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)**

### **Learning iTunes Basics and Some Surprises!**

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn how to download music, create albums and find podcasts.

**Thursday, March 15, 22 & 29, 2018 from 1 p.m. to 2 p.m. (Port Washington Library, 1 Library Drive, Port Washington)**

### **Brain Games & Memory Health**

Presented by Kelly Steinmann, RN (Northwell Health/PI Nurse) and Gail Selis, Gerontologist (JASA/PI Case Worker). 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.

**Thursday, March 21, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)**

### **Power UP with Breakfast**

Presented by Cornell Cooperative Extension-Nassau County. Come and learn what breakfast foods will give you energy throughout the day.

**Wednesday, March 21, 28 & April 4, 2018 fro 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)**

### **Brain Games & Memory Health**

Presented by Kelly Steinmann, RN (Northwell Health/PI Nurse) and Janet Golon (Northwell Health/PI Nurse). 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.