

**Project Independence May 2017 Educational Chats/Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:15 p.m.-ROMEOS(Atria CutterMill GN) 1:30-3:30 p.m.-Stepping ON (GNSC)	2 1 p.m.-2 p.m.-Blankets of Love (CGM)	3 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)	4 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.-Brain Games (PW Library)	5 10 a.m.-11 a.m.-Color Me Calm (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11 a.m.-12 p.m.-African American Genealogy (YWC)	6 12 p.m.-5 p.m.-Spring Festival (Clark Botanic Garden)
7	8 10 a.m.-2 p.m.-St Francis Cardiac Screening (YWC) 1:30-3:30 p.m.-Stepping ON (GNSC)	9 10 a.m.-11:30 a.m.-Effectively Search the Internet (CGM) 1 p.m.-2 p.m.-Blankets of Love (CGM)	10 3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	11 <b>10 a.m.-Roslyn Area Advisory (RCC)</b> 11:15 a.m.-Color for the Health of It! (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP) 1 p.m.-2 p.m.-Brain Games (PW Library)	12 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.-Health & Wellness (YWC)	13
14	15 <b>10:30 a.m.-Mineola/Will.Park Advisory (Am. Legion, Williston PK)</b> 12:15 p.m.-ROMEOS(Atria CutterMill GN) 1:30-3:30 p.m.-Stepping ON (GNSC)	16 1 p.m.-2 p.m.-Blankets of Love (CGM)	17 <b>10 a.m.-Westbury/Carle Place Advisory (YWC)</b> 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)	18 11 a.m.-12 p.m.-Eat Smart, Spend Less (Mag. Gardens) 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.-Brain Games (PW Library)	19 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)	20 12 p.m.-5 p.m.-Asian American Festival (North Hempstead Beach Park)
21	22 <b>10 am.-New Hyde Park Advisory (CGM)</b> 1:30-3:30 p.m.-Stepping ON (GNSC)	23 <b>10:30 a.m.-Port Washington Advisory (Manorhaven Beach Park &amp; Pool)</b> 1 p.m.-2 p.m.-Blankets of Love (CGM) 2:15 p.m.-3:15 p.m.-World in Motion (CGM)	24 3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	25 <b>10:45 a.m.-Great Neck/Manhasset Advisory (GNSC)</b> 11:15 a.m.-Color for the Health of It! (RCC) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	26 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)	27 5:30 -11 p.m.-Fireworks (North Hempstead Beach Park)
28	29 	30 12 p.m.-1 p.m.-Fire Prevention (Fuschillo Park) 1 p.m.-2 p.m.-Blankets of Love (CGM)	31	*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.	

## Description of Educational Chats/Programs

**Tuesday, May 2, 9, 16, 23, 30, 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.

**Wednesday, May 3 & 17, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington )**

### Spousal Caregiver Support Group

**Wednesday, May 10 & 24, 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, May 4, 11, 18, 25, 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.

**Thursday, May 4 & 18, 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, May 4, 11, 18, 2017 from 1 p.m. to 2 p.m. (Port Washington Library, 1 Library Drive, Port Washington)**

### Brain Games

Presented by Kelly Steinmann, RN, Northwell Health/PI Nurse and Gail Selis, Gerontologist, 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, May 5, 12, 19, 26, and June 2, 9, 16, 23, 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 Montalbano (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, May 5, 2017 from 11 a.m. to 12 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)**

### African American Genealogy

Presented by Joysetta Pearse, Curator, African American Museum of Nassau County. Join us for an encore of the interactive presentation on African American Genealogy. **Reg. Req.**

**Friday, May 5, 12, 19, 26, 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.

**Monday, May 8, 2017 from 10 a.m. to 2 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)**

### 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, May 9, 2017 from 10 a.m. to 11:30 a.m. (Clinton G Martin Park, 1601 Marcus Ave, New Hyde Park)**

### Effectively Search the Internet

Presented by Barbara Mehlman, Project Independence volunteer. Searching the internet can be a very time-consuming process. Come and learn how to get the results you need, quickly and effectively! **Bringing your device-OPTIONAL. LIMITED SPACE AVAILABLE**

**Thursday, May 11 & 25, 2017 from 11:15 a.m. to 12:15 p.m. (Roslyn Community Center, 53 Orchard Street, Roslyn Heights)**

### Color for the Health of It!

Presented by Audrey Dinstell, LCSW, Project Independence/JASA Social Worker. It helps relieve stress, improves mood, and promotes mindfulness and socialization.

**Thursday, May 18, 2017 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)**

### Eat Smart, Spend Less

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn how to eat healthier without spending more money to do so!

**Tuesday, May 23, 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.

**Tuesday, May 30, 2017 from 12 p.m. to 1 p.m. ( Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)**

### Fire Prevention in the Home

Presented by John Driscoll, 2nd Assistant Chief, Carle Place Fire Department. Come and learn how to prevent fires and keep safe in the home.