





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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	*North Hempstead Project Independence invites all Town residents 60 and over.	1 10 a.m.-2 p.m.-St. Francis Van (YWC)  2:30-3:30 p.m.-World In Motion (CGM)	2 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	3 11 a.m.-12 p.m.-Sr. Talk Group (RCC)  11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	4 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)	5 12-5 p.m.-Spring Festival (Clark Botanic Garden)
6	7 12:15 p.m.-ROMEOS (Atria CutterMill GN)  1:30 p.m.-3:30 p.m.-Stepping On (GNSC) (Reg Req)	8 1 p.m.-Blankets of Love (CGM)	9 10 a.m.-11 a.m.-Importance of Health Care Proxies (PWSC)  11 a.m.-12 p.m.-Be Mindful & Color! (RCC)  11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10 <b>10 a.m. –Roslyn Area Advisory (RCC)</b>  10 a.m.-11 a.m.-Importance of Health Care Proxies (PWSC)  11 a.m.-12 p.m.-Be Mindful & Color! (RCC)  11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	11 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)	12
13 	14 1:30 -3:30 p.m.-Stepping On (GNSC) (Reg Req)	15 1 p.m.-Blankets of Love (CGM)  2:30-3:30 p.m.-World In Motion (CGM)	16 <b>10 a.m.–Westbury/Carle Place Advisory (YWC)</b>  1-4 p.m.-Games People Play (CGM)  3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	17 <b>10:45 a.m.–Great Neck/Manhasset Advisory (GNSC)</b>  11 a.m.-12 p.m.-Sr. Talk Group (RCC)  11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	18 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)	19 12-5 p.m.-Asian-American Festival (North Hempstead Beach Park)
20 <b>10:30 a.m.-Mineola/Will. Pk Advisory (John Caemmerer Park, Albertson)</b>  12:15 p.m.-ROMEOS (Atria CutterMill GN)  1:30 -3:30 p.m.-Stepping On (GNSC) (Reg Req)	21 1 p.m.-Blankets of Love (CGM)	22 1 p.m.-Blankets of Love (CGM)	23 11 a.m.-12 p.m.-Be Food Safe (Mag. Gdns)  1-4 p.m.-Games People Play (CGM)	24 11 a.m.-12 p.m.-Be Mindful & Color! (RCC)	25 10-11 a.m.-What in the World is Going On? (YWC)  11:30 a.m.-12:30 p.m.-Bal & Strength (YWC)  2:30-3:30 p.m.-Color Me Calm (ywc)	26 6 p.m.-Annual Memorial Day Commemoration & Fireworks Extravaganza (North Hempstead Beach Park)
27 	28	29 1 p.m.-Blankets of Love (CGM)  2 p.m. –New Hyde Park Advisory (CGM)	30 <b>10:30 a.m.–Port Washington Advisory (Man. Beach Park &amp; Pool)</b>	31 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	31 <b>*Call 311 or 869-6311 to register or for more info.</b>  * Project Independence offers many exercise classes, support groups and other programs.	

## Description of Educational Chats/Programs

**Tuesday, May 1, 2018 from 10 a.m. to 2 p.m. (North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury, 11590)**

**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 1 & 15, 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, May 2 & 16, 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, May 3, 10, 17, 31, 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.

**Thursday, May 3 & 17, 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.

**Friday, May 4, 11, 18, 25, 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, May 4, 11, 18, 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, May 4, 11, 18, 25, 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, May 4, 11, 18, 25, 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.

**Tuesday, May 8, 15, 22, 29, 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.

**Thursday, May 10, 2018 from 10 a.m. to 11 a.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)**

**Importance of Health Care Proxies**

Presented by Kelly Steinmann, RN (Northwell Health/PI Nurse) and Gail Selis, Gerontologist (JASA/PI Case Worker). Come and join us in an open discussion regarding health care proxies. Questions and answers to follow.

**Thursday, May 10 & 24, 2018 from 11 a.m. to 12 p.m. (Roslyn Community Center, 53 Orchard Street, Roslyn Heights)**

**Be Mindful & Color!**

Presented by Audrey Dinstell, LCSW, PI/JASA Social Worker. Coloring is a wonderful meditative activity. It helps relieve stress, improves mood, and promotes mindfulness and socialization.

**Wednesday, May 16 & 23, 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, May 23, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)**

**Be Food Safe**

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