




**TOWN OF NORTH HEMPSTEAD**  
 SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND  
 THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	12:15 p.m.-ROMEOS (Atria CutterMill GN)	1 p.m.-Blankets of Love (CGM)  2:30 p.m.-4 p.m.-Project Independence Players (CGM)	3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)		10 a.m.-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.-Balance & Strength (YWC)	
8	9	10	11	12	13	14
		11:30 a.m.-12:30 p.m.-Fire Prevention (Fuschillo Park) 1 p.m.-Blankets of Love (CGM) 2:30 p.m.-4 p.m.-Project Independence Players (CGM)	1-4 p.m.-Games People Play (CGM)  3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)	10 a.m.-2p.m.-St Francis Cardiac Van (Mag Gardens)  11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Li-	10 a.m.-11 a.m.-Color Me Calm (YWC)  11 a.m.-12 p.m.-Choose Whole Grains (Mag Gardens)	
15	16	17	18	19	20	21
	12:15 p.m.-ROMEOS (Atria CutterMill GN)  1:30-3:30 p.m.-Stepping ON (Reg Req) (GNSC)	1 p.m.-Blankets of Love (CGM)  2:30 p.m.-4 p.m.-Project Independence Players (CGM)	10 a.m.-1 p.m. -Flu Shots (GNSC)  3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)	11 a.m.-12 p.m.-Senior Talk Group (RCC)  11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)	10 a.m.-11 a.m.-What in the World is Going On? (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11 a.m.-Halloween Dance (Reg Req) (CGM) 11:30 a.m.-12:30 p.m.-Balance & Strength (YWC)	
22	23	24	25	26	27	28
	1:30-3:30 p.m.-Stepping ON (Reg Req) (GNSC)	1 p.m.-Blankets of Love (CGM)  10 a.m.-2p.m.-St Francis Cardiac Van (CGM)	1-4 p.m.-Games People Play (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 a.m.-11 a.m.-Color Me Calm (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP) 11 a.m.-Halloween Dance (Reg Req) (Fuschillo Park) 11:30 a.m.-12:30 p.m.-Balance & Strength (YWC)	9 a.m. to 3 p.m.-S.T.O.P Program ( North Hempstead Beach Park North Lot)
29	30	31				
9 a.m. to 3 p.m.-S.T.O.P Program (North Hempstead Beach Park North Lot)	1:30-3:30 p.m.-Stepping ON (Reg Req) (GNSC)	1 p.m.-Blankets of Love (CGM)  	*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.	

**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**

**Tuesday, October 3, 10, 17, 24, 31, 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.

**Tuesdays, October 3, 10, 17, November 14, 21, December 5, 12, 19, 2017 from 2:30 p.m. to 4 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)**

### **Project Independence Players**

Facilitated by: Professor Martha Cohen (PI Volunteer). Join the PI Players, and have an opportunity to celebrate the arts in drama, improvisation, music, dance movement and poetry performance. Reminisce and share your life experience and uniqueness through participation and performance. **Please note: Joining this group is a commitment.**

**Wednesday, October 4 & 18, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington )**

### **Spousal Caregiver Support Group**

**Wednesday, October 11 & 25, 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**

**Friday, October 6, 20, 27, 2017 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, October 6 & 20, 2017 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, October 6, 20, 27, 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.

**Tuesday, October 10, 2017 from 11:30 a.m. to 12:30 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)**

### **Fire Prevention in the Home**

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

**Wednesday, October 11 & 25, 2017 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!

**Thursday, October 12, 2017 (Magnolia Gardens, 899 Broadway, Westbury) and Tuesday, October 24, 2017 (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park) 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.

**Thursday, October 12, 19, 26, 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, October 13, 2017 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)**

### **Choose Whole Grains**

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn about the benefits of choosing whole grains.

**Friday, October 13 & 27, 2017 from 10 a.m. to 11 a.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.

**Thursday, October 19, 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.