



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

| Sun  | Mon   | Tue  | Wed   | Thu   | Fri  | Sat |
|--|---|--|---|---|--|-----|
| <p>* Project Independence offers many exercise classes, support groups and other programs.</p> <p><b>*Call 311 or 869-6311 to register or for more info.</b></p> |   | <p>*North Hempstead invites all Town</p>   | <p>Project Independence residents 60 and over.</p>  |   | <p>10:30 -11:30 a.m.- Men's Group (Parkville Library, NHP)</p>   |     |
| 3  | 4<br>12:15 p.m.-ROMEOS (Atria CutterMill GN)<br> | 5<br>2:30 p.m.-4 p.m.-Project Independence Players (CGM)   | 6<br>1-2 p.m.-PI and You (Shelter Rock Library)<br>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) (Reg Req.)   | 7<br>10 a.m.-2p.m.-St Francis Cardiac Van (PWSC)<br>11 a.m.-Senior Talk Group (RCC)<br>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)       | 8<br>10:30 -11:30 a.m.- Men's Group (Parkville Library, NHP)   | 9   |
| 10   | 11  | 12<br>2:30 p.m.-4 p.m.-Project Independence Players (CGM)  | 13<br>10 a.m.-11:30 a.m.-Technology for the Terrified: The Value of Facebook (CGM)<br>10:30 a.m.-Brain Games (GNSC)<br>1 p.m.-Brain Games (Mineola Library)<br>1-4 p.m.-Games People Play (CGM)<br>3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.) | 14<br>10 a.m.-Roslyn Area Advisory (RCC)<br>11 a.m.-Easy Meals to Make at Home (Mag Gdns)<br>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP) | 15   | 16  |
| 17<br>10 a.m.-12 p.m.-Flu Shots (YWC)<br>10:30 a.m.-Mineola/Williston Park (Am Legion, Williston Park)<br>12:15 p.m.-ROMEOS (Atria CutterMill GN)                | 18  | 19<br>1 p.m.-Blankets of Love (CGM)<br>2:30 p.m.-4 p.m.-Project Independence Players (CGM)   | 20<br>10 a.m.-Westbury/Carle Place Advisory (Fuschillo Park)<br>10:30 a.m.-Brain Games (GNSC)<br>1 p.m.-Brain Games (Mineola Library)   | 21  | 22<br><b>Happy 6th Anniversary to PI and You Radio!</b><br> | 23  |
| 24<br>10 a.m.-1 p.m.-Flu Shots (CGM)<br>10 am.-New Hyde Park Advisory (CGM)  | 25  | 26<br>10 a.m.-2p.m.-St Francis Cardiac Van (Fuschillo Park)<br>10:30 a.m.-Port Washington Advisory (Manorhaven Beach Park & Pool)<br>1 p.m.-Blankets of Love (CGM) | 27<br>10:30 a.m.-Brain Games (GNSC)<br>1 p.m.-Brain Games (Mineola Library)<br>1-4 p.m.-Games People Play (CGM)<br>3 p.m.-4 p.m.-Parent Caregiver Support Group (PWSC) (Reg Req.)   | 28<br>10 a.m.-1 p.m.-Flu Shots (PWSC)<br>10:45 a.m.-Great Neck/Manhasset Advisory (GNSC)<br>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library, NHP)  | 29<br>10:30 -11:30 a.m.- Men's Group (Parkville Library, NHP)  | 30  |

**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

**Friday, September 1, 8, 29, 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.

**Tuesdays, September 5, 12, 19, 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. Relive and share your life experience and uniqueness through participation and performance. **Please note: Joining this group is a commitment.**

**Wednesday, September 6, 2017 from 1 p.m. to 2 p.m. (Shelter Rock Library, 165 Seasingtown Road, Albertson)**

### **Project Independence and You**

Presented by Audrey Dinstell, LCSW (JASA/PI Social Worker) and JoAnne Tricarico, RN (Northwell Health/PI Nurse). Learn about all the Project Independence services available for Town residents aged 60 and over and help us to get to know you!

**Wednesday, September 6, 2017 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington )**

### **Spousal Caregiver Support Group**

**Wednesday, September 13 & 27, 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, September 7, 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, September 7, 2017 (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington) and Tuesday, September 26, 2017 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, September 7, 14, 28, 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.

**Wednesday, September 13, 2017 from 10 a.m. to 11:30 a.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)**

### **Technology for the Terrified: The Value of Facebook**

Presented by Barbara Mehlman (Project Independence Volunteer). Learn how to use Facebook to stay in touch with family and friends all over the globe. Keep informed of cultural and political events that are important to you! Bringing your device is optional. **Limited Space Available**

**Wednesday, September 13, 20, 27, 2017 from 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck) and from 1 p.m. to 2 p.m. (Mineola Library, 195 Marcellus Rd, Mineola)**

### **Brain Games**

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.**

**Wednesday, September 13 & 27, 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, September 14, 2017 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)**

### **Keeping Food Safe**

Presented by Cornell Cooperative Extension-Nassau County. Stay Healthy! Come and learn about easy and healthy meals you can make right at home!

**Tuesday, September 19 & 26, 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.