





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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PW Library)	2 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	3 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	4
5	6 10 a.m.-2 p.m.- FunDay Monday (North Hempstead Beach Park)  12:15 p.m.-ROMEOS (Atria CutterMill GN)	7 6 p.m.-National Night Out 2018 (Martin "Bunky" Reid Park, Broadway & Swalm St., Westbury)	8 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PW Library)	9 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	10 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	11
12	13 10 a.m.-2 p.m.- FunDay Monday (North Hempstead Beach Park) 	14	15 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	16 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	17 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	18 12 p.m. to 5 p.m.- Beachfeast (North Hempstead Beach Park )
19	20 10 a.m.-2 p.m.- FunDay Monday (North Hempstead Beach Park)  12:15 p.m.-ROMEOS (Atria CutterMill GN)	21	22 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	23	24	25
26	27 10 a.m.-2 p.m.- FunDay Monday (North Hempstead Beach Park) 	28	29 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	30	31	

## Description of Educational Chats/Programs

**Wednesday, August 1, 8, 15, 22, 29, 2018 from 3 p.m. to 4 p.m. (Aug. 1 & 8-Port Washington Library, 1 Library Dr, Port Washington) (August 15, 22, 29-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, August 2, 9, 16, 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, August 3, 10, 17, 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.

## Funday Monday Schedule

<u>August 6, 2018</u>	<u>August 13, 2018</u>	<u>August 20, 2018</u>	<u>August 27, 2018</u>
<p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Zumba (Basketball Court)</li> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• Elvis (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> <li>• Crafts and Games (Registration required, call 311)</li> </ul>	<p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Zumba (Basketball Court)</li> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> <li>• Mindfulness Coloring (Jankowski Pavilion) Registration required, call 311.</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• The Memory Makers (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>	<p><b><u>9:00am</u></b></p> <ul style="list-style-type: none"> <li>• Hempstead Harbor Trail Walk (registration required, call 311)</li> </ul> <p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Zumba (Basketball Court)</li> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> <li>• Mindfulness Coloring (Jankowski Pavilion) Registration required, call 311.</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• Dance Aloha (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>	<p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Zumba (Basketball Court)</li> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Classic Car Show (Promenade)</li> <li>• Craft and Hobby Exhibits (Tent)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market</li> </ul> <p><b><u>11:30am</u></b></p> <ul style="list-style-type: none"> <li>• Salute to the Armed Forces (Showmobile)</li> <li>• Quatrain Barbershop Quartet</li> <li>• Farmers Market (Small Lawn)</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• Stan and Edi (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>

**\*Raindates-Thursdays of week**



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