





Project Independence December 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*North Hempstead Project Independence offers many exercise classes, support groups and other programs. *Call 311 or 869-6311 to register or for more info.						
2  First Night	3 12:15 p.m.-ROMEOS(Atria Cutter-Mill GN) 2-4 p.m.-Canasta (CGM)	4 11 a.m.-2 p.m.-St. Francis Cardiac Van (SJJCC) 1-2 p.m.-Blankets of Love (CGM) 2:30-3:30 p.m.-World in Motion (Tully Park)	5 1-2 p.m.-Technology for the Terrified: Facebook Groups (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	6 10 a.m.-2 p.m.-St. Francis Cardiac Van & Audiology Van (GNCS) 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)	7 9:30-10:30 a.m.-Bal & Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30-1:30 p.m.-Color Me Calm (YWC)	8
9	10	11 1-2 p.m.-Blankets of Love (CGM)	12 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	13 10 a.m.-12 p.m.-PI Holiday Party (CGM) 10 a.m.-2 p.m.-St. Francis Cardiac Van& Audiology Van (Man. Valley Residence) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)	14 9:30 -10:30 a.m.-Bal & Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30 -1:30 p.m.-Color Me Calm (YWC)	15
16 12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)	17 11 a.m.-12 p.m.- Shingles Vaccine (Shelter Rock Library) 1-2 p.m.-Blankets of Love (CGM) 2:30-3:30 p.m.-World in Motion (Tully Park)	18 11 a.m.-12 p.m.-Enjoy Your Food in Moderation (Mag Gdns) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	19 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library) 11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)	20 9:30 -10:30 a.m.-Bal & Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library) 11 a.m.- 12 p.m.-What in the World is Going On? (YWC) 12:30 -1:30 p.m.-Color Me Calm (YWC) 	21	22
23	24	25 	26 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) 	27	28 10:30 -11:30 a.m.-Men's Group (Parkville Library)	29
30 NEW YEAR'S EVE	31					

Description of Educational Chats/Programs

Monday, December 3, 2018 from 2-4 p.m.. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

American Standard Canasta Training

Presented by Judith Kotkin, Canasta Instructor, PI volunteer. Meet new people and have fun learning how to play American Standard Canasta. Please bring a deck of cards.

Monday, December 3 and 17, 2018 at 12:15 p.m. (Atria Cutter Mill, 96 Cutter Mill Road, Great Neck)

ROMEO Social Group

If you're a retired man looking for an informal social group...ROMEOs is the group for you! Enjoy lunch, stimulating discussion, and camaraderie. Any retired man aged 60 and older who is a resident of the Town of North Hempstead can join.

Tuesday, December 4, 11, 18, 2018 from 1 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 Audrey Dinstell, LCSW (JASA/Project Independence). All members of the group are registered as volunteers with JASA. Each blanket is donated to a worthy cause. The blankets have been given to various human service programs in Nassau County and New York City.

Tuesday, December 4 and 18, 2018 from 2:30 p.m. to 3:30 p.m. (Michael J. Tully Park, 1801 Evergreen Avenue, New Hyde Park)

World in Motion

Presented by Professor Martha Cohen, PI Volunteer. Come join us for a lively discussion on current world issue.

Tuesday, December 4, 2018, Thursday, December 6, 2018 and Thursday, December 13, 2018

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 December 4, 2018 from 11 a.m. to 2 p.m. - Sid Jacobson JCC, 300 Forest Drive, East Hills

Thursday, December 6, 2018 from 10 a.m. to 2 p.m.- Great Neck Social Center, 80 Grace Avenue, Great Neck

Thursday, December 13, 2018 from 10 am. to 2 p.m.- Manhasset Valley Residence, 155 East Shore Road, Manhasset

Wednesday, December 5, 2018 from 1 to 2 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Technology for the Terrified: Facebook Groups

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn how to find and join groups on Facebook based on your interest. Bring your iPhone, iPad, or Mac Laptop.

Wednesday, December 5, 12, 19, 26, 2018 from 3 p.m. to 4 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Caregiver to a Spouse 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). Learn to recognize the importance of meeting your own needs. Explore community resources. Project Independence invites all Town residents 60 and over. **REGISTRATION REQUIRED.**

Thursday, December 6, 2018 and Thursday, December 13, 2018

AUDIOLOGY VAN: FREE HEARING SCREENINGS

Do you notice that you or a loved one has trouble hearing? If so, we can help! The Town of North Hempstead in partnership with the Center for Hearing Health at Mill Neck will be providing FREE hearing screenings in the CHH Audiology Van.

Thursday, December 6, 2018 from 10 a.m. to 2 p.m.- Great Neck Social Center, 80 Grace Avenue, Great Neck

Thursday, December 13, 2018 from 10 am. to 2 p.m.- Manhasset Valley Residence, 155 East Shore Road, Manhasset

Thursday, December 6 & 20, 2018 from 11 a.m. to 12 p.m. (Shelter Rock Library, 165 Seasingtown Rd S, Albertson)

Senior Talk Group

Come enjoy lively discussion on many topics at the Senior Talk Group. The facilitators are Nancy Mezrahi, Dir. of Senior Citizen Affairs, TONH Dept. of Services for the Aging and Janet Entine, Pres. of Don't Move Away.

Thursday, December 6, 13, 20, 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 Audrey Dinstell, LCSW (JASA/Project Independence). Come meet new friends! Enjoy talking with others and meeting your neighbors.

Friday, December 7, 14, 21, 28, 2018 from 10:30 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 Gail Selis, M.S (JASA/Project Independence). The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in the community.

Friday, December 7, 14, 21, 2018 from 9:30 a.m. to 10:30 a.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Exercise for Balance and Strength

Presented by NYU Winthrop University Hospital. Come and learn exercises to prevent falls.

Friday, December 7, 14, 21, 2018 from 11 a.m. to 12 p.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, December 7, 14, 21, 2018 from 12:30 p.m. to 1:30 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Color Me Calm

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, promotes mindfulness and socialization.

Tuesday, December 18, 2018 from 11 a.m. to 12 p.m. (Shelter Rock Library, 165 Seasingtown Road, Albertson)

Shingles and the Shingles Vaccine

Presented by Dr. Frank Cacace, M.D., Department of Internal Medicine, Northwell Health. Come and learn all about Shingles-risk factors, eligibility for the vaccine, and effectiveness of the vaccine.

Wednesday, December 19, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Enjoy Your Food in Moderation

Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive chat to learn how to eat healthier and enjoy your meals while making small changes in the amounts and types of food on your plate.