





Project Independence February 2019 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
						<i>1</i>		
					9:30-10:30 a.m.-Exercise for Balance and 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 p.m.-1:30 p.m.-Color Me Calm (YWC)	<i>2</i>		
<i>3</i>	12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)	<i>4</i>	<i>5</i>	1-2 p.m.-Technology for the Terrified: Amazon and Amazon Prime (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
		1-2 p.m.-Blankets of Love (CGM)		11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	9:30-10:30 a.m.-Exercise for Balance and 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 p.m.-1:30 p.m.-Color Me Calm (YWC)			
<i>10</i>		<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	
		1-2 p.m.-Blankets of Love (CGM)	1-4 p.m.- Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	10 a.m.—Roslyn Area Advisory (RCC) 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library) 	9:30-10:30 a.m.-Exercise for Balance and 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 p.m.-1:30 p.m.-Color Me Calm (YWC)			
<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>		
12:15 p.m.-ROMEOS(Atria Cutter-Mill GN) 	10:30 a.m.-Mineola/Williston Park Advisory (John Caemmerer Park, Alberston) 1-2 p.m.-Blankets of Love (CGM)	10 a.m.-Westbury/Carle Place Advisory (Fuschillo Park) 11 a.m.-12 p.m.-Heart Healthy Eating (Magnolia Gardens) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	10:45 a.m.-Great Neck Area Advisory (GNSC)	9:30-10:30 a.m.-Exercise for Balance and 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 p.m.-1:30 p.m.-Color Me Calm (YWC)				
<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>				
10 a.m.-New Hyde Park Area Advisory (CGM)	10:30 a.m.-Port Washington Area Advisory (Manorhaven Beach Park & Pool) 1-2 p.m.-Blankets of Love (CGM)	1-4 p.m.- Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	*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.				

Description of Educational Chats/Programs

Friday, February 1, 8, 15, 22, 2019 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, February 1, 8, 15, 22, 2019 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, February 1, 8, 15, 22, 2019 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, February 1, 8, 15, 22, 2019 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 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.

Monday, February 4 & 18, 2019 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. Bring your own lunch. Any retired man aged 60 and older who is a resident of the Town of North Hempstead can join.

Tuesday, February 5, 12, 19, 26, 2019 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

Wednesday, February 6, 2019 from 1 to 2 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Technology for the Terrified: Amazon and Amazon Prime

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn how to go shopping, download music and videos and more on Amazon and Amazon Prime. Bring your smartphone and/or tablet. Limited Space available.

Wednesday, February 6, 13, 20, 27, 2019 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, February 7, 14, 28, 2019 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.

Wednesday, February 13 & 27, 2019 from 1 to 4 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Games People Play 2019

Like to play games? Come and play the card and board games you enjoy and socialize with "game minded people!"

Wednesday, February 20, 2019

Heart Healthy Eating

Presented by Cornell Cooperative Extension-Nassau County. Come and learn what foods to eat to keep your heart healthy.