



Project Independence January 2019 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*North Hempstead Project Independence invites all Town residents 60 and over.		* Project Independence offers many exercise classes, support groups and other programs.		*Call 311 or 869-6311 to register or for more info.		
		 1	2	3	4	5
			3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	10:30 -11:30 a.m.–Men’s Group (Parkville Library)	
6	7	8	9	10	11	12
12:15 p.m.-ROMEOS(Atria Cutter-Mill GN)		11 a.m.-2 p.m.-Audiology Van (SJJCC) 1-2 p.m.-Blankets of Love (CGM)	1-2 p.m.–Technology for the Terrified: WhatsApp (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)	9:30-10:30 a.m.-Heart and Lung Fitness in the Winter Time (YWC) 10:30 -11:30 a.m.–Men’s Group (Parkville Library)	
13	14	15	16	17	18	19
		1-2 p.m.-Blankets of Love (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)	9:30 -10:30 a.m.-Interactive Game Time (YWC) 10:30 -11:30 a.m.–Men’s Group (Parkville Library)	
20	21	22	23	24	25	26
12:15 p.m.-ROMEOS(Atria Cutter-Mill GN) 		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)	9:30 -10:30 a.m.-Crafting with Kymona (YWC) 10:30 -11:30 a.m.–Men’s Group (Parkville Library)	
27	28	29	30	31		
		1-2 p.m.-Blankets of Love (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)		

Description of Educational Chats/Programs

Wednesday, January 2, 9, 16, 23, 30, 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, January 3, 10, 17, 24, 31, 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.

Friday, January 4, 11, 18, 25, 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.

Monday, January 7 & 21, 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, January 8, 15, 22, 29, 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.

Tuesday, January 8, 2019 from 11 a.m. to 2 p.m. (Sid Jacobson JCC, 300 Forest Drive, East Hills)

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.

Wednesday, January 9, 2019 from 1 to 2 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Technology for the Terrified: WhatsApp

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn the basics of how to set up WhatsApp, one of the most popular messaging apps in the world. Bring your iPhone, iPad, or Mac Laptop.

Friday, January 11, 2019 from 9:30 to 10:30 a.m. (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)

How to Live Your Best Cardiopulmonary Life: Heart and Lung Fitness in the Winter Time

Join us for an interactive presentation by the Glen Cove Center for Nursing and Rehabilitation.

Friday, January 18, 2019 from 9:30 to 10:30 a.m. (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)

Interactive Game Time with Robin

Presented by NYU Winthrop University Hospital. Join us for games that involve movement and balance.

Wednesday, January 23, 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!"

Friday, January 25, 2019 from 9:30 to 10:30 a.m. (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)

Crafting with Kymona

Presented by NYU Winthrop University Hospital. Come and create beautiful necklaces and bracelets.