





Project Independence March 2019 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30-10:30 a.m.-Ex. 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)	2
3 12:15 p.m.-ROMEOS(Atria CutterMill GN)	4	5 10 a.m.-2p.m.-St. Francis Cardiac Van & Mill Neck Audiology Van (Fuschillo Park) 1-2 p.m.-Blankets of Love (CGM) 2-3 p.m.-Women’s Self Defense Program (Tully Park)	6 2:30-3:30 p.m.-Technology for the Terrified: Smartphone Basics (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	7 11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	8 9:30-10:30 a.m.-Ex. 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)	9
10	11	12 1-2 p.m.-Blankets of Love (CGM) 3-4 p.m.-Women’s Self Defense Program (CGM)	13 1-4 p.m.– Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	14 10 a.m.—Roslyn Area Advisory (RCC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	15 9:30-10:30 a.m.-Ex. 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)	16
17 	18 10:30 a.m.-Mineola/Williston Park Advisory (John Caemmerer Park, Albertson) 12:15 p.m.-ROMEOS(Atria CutterMill GN)	19 1-2 p.m.-Blankets of Love (CGM) 2-3 p.m.-Women’s Self Defense Program (Tully Park)	20 10 a.m.-Westbury/Carle Place Advisory (YWC) 11 a.m.-12 p.m.-Eat Healthier Foods Fast (Magnolia Gardens) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC) 	21 10:45 a.m.-Great Neck Area Advisory (GNSC) 11 a.m.-12 p.m.-Senior Talk Group (RCC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	22 9:30-10:30 a.m.-Ex. 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)	23
24	25 10 a.m.-New Hyde Park Area Advisory (CGM)	26 10:30 a.m.-Port Washington Advisory (Manorhaven Beach Park & Pool) 1-2 p.m.-Blankets of Love (CGM)	27 1-4 p.m.– Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	28 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	29 9:30-10:30 a.m.-Ex. 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)	30
31	*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, March 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, March 1, 8, 15, 22, 2019 (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)

9:30 a.m. to 10:30 a.m. -Exercise for Balance and Strength-Presented by NYU Winthrop University Hospital. Come and learn exercises to prevent falls.

11 a.m. to 12 p.m. -What in the World is Going On?-Moderated by Dr. Armin Rosenblatt. Come and discuss current and world events.

12:30 p.m. to 1:30 p.m. -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, March 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, March 5, 2019 from 10 a.m. to 2 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)

St. Francis Hospital Outreach Bus: FREE HEALTH SCREENINGS & Mill Neck AUDIOLOGY VAN: FREE HEARING 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.

Do you notice that you or a loved one has trouble hearing? If so, we can help! Come get a FREE hearing screening in the CHH Audiology Van.

Tuesday, March 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.

Tuesday, March 5, 12, 19, 2019 (Michael J Tully Park, 1801 Evergreen Ave, New Hyde Park on March 5 and 19 from 2 p.m. to 3 p.m., and at Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park on March 12 from 3 p.m. to 4 p.m.)

Women's Self Defense Program

Presented by Grandmaster Eugene Perceval, Mind, Body, Spirit Martial Arts. Come and learn how to defend yourself through lectures, group work and practice. This is a three session training program that will inspire and empower you.

Wednesday, March 6, 2019 from 2:30 p.m. to 3:30 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Technology for the Terrified: Smartphone Basics

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn all the basics including important vocabulary and your responsibility as a user. Bring your smartphone. Limited Space.

Wednesday, March 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. **REGISTRATION REQUIRED.**

Thursday, March 7 & 21, 2019 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, March 7, 14, 21, 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, March 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, March 20, 2019 from 11 a.m. to 12 p.m.. (Magnolia Gardens, 899 Broadway, Westbury)

Eat Healthier Foods Fast

Presented by Cornell Cooperative Extension-Nassau County. In the busy world we live in, many of us eat out often and buy convenience foods. These foods are typically high in fat, sugar, sodium, and calories and include few fruits and vegetables. Join us as we discuss ways to eat healthier foods fast and how to make quick, healthy meals at home.