

Project Independence November 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>*North Hempstead Project Independence invites all Town residents 60 and over.</p> <p>* Project Independence offers many exercise classes, support groups and other programs.</p> <p>*Call 311 or 869-6311 to register or for more info.</p>			<p>11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)</p>	<p>9:30 -10:30 a.m.-Bal & Strength (YWC)</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library)</p> <p>11 a.m.- 12 p.m.-What in the World is Going On? (YWC)</p> <p>12:30-1:30 p.m.-Color Me Calm (YWC)</p>	
4	<p>10 a.m.-2 p.m.-St Francis Van & Mill Neck Audiology Van (YWC)</p> <p>11 a.m.-12 p.m.-Positive Aging Group (CGM)</p> <p>12:15 p.m.-ROMEOS(Atria CutterMill GN)</p> <p>1:30-3:30 p.m.-Stepping On (GNSC)</p> <p>2-4 p.m.-Canasta (CGM)</p>		<p>11:30 a.m.-12:30 p.m.-Healthy Living for your Brain and Body (Shelter Rock Library)</p> <p>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>10 a.m.-Roslyn Area Advisory (RCC)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)</p>	<p>9:30-10:30 a.m.-Bal & Strength (YWC)</p> <p>10 a.m.-1 p.m.-Medicare Part D (GNSC) (Reg. Req)</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library)</p> <p>11 a.m.- 12 p.m.-What in the World is Going On? (YWC)</p> <p>12:30-1:30 p.m.-Color Me Calm (YWC)</p>	10
11	<p>1:30-3:30 p.m.-Stepping On (GNSC)</p>	<p>1-2 p.m.-Blankets of Love (CGM)</p> <p>2:30-3:30 p.m.-World in Motion (Tully Park)</p>	<p>10 a.m.-Westbury/CP Advisory (Fuschillo Park)</p> <p>11 a.m.-12 p.m.-Eating Right with Less Salt (Mag Gdns)</p> <p>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>10:45 a.m.-GN/Manhasset Advisory (GNSC)</p> <p>11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)</p> <p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)</p>	<p>9:30 -10:30 a.m.-Bal & Strength (YWC)</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library)</p> <p>11 a.m.- 12 p.m.-What in the World is Going On? (YWC)</p> <p>12:30 -1:30 p.m.-Color Me Calm (YWC)</p>	17
18	<p>10:30 a.m.- Min./WP Advisory (John Caemmerer Park, Albertson)</p> <p>12:15 p.m.-ROMEOS(Atria CutterMill GN)</p> <p>1:30-3:30 p.m.-Stepping On (GNSC)</p> <p>2-4 p.m.-Canasta (CGM)</p>	<p>1-2 p.m.-Blankets of Love (CGM)</p>	<p>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>		<p>11 a.m.-12 p.m.-Men's Group (Parkville Library)</p>	24
25	<p>10 a.m.-New Hyde Park Advisory (CGM)</p> <p>1:30-3:30 p.m.-Stepping On (GNSC)</p> <p>2-4 p.m.-Canasta (CGM)</p>	<p>10:30 a.m.-PW Advisory (Man. Beach Park & Pool)</p> <p>1-2 p.m.-Blankets of Love (CGM)</p> <p>2:30-3:30 p.m.-World in Motion (Tully Park)</p>	<p>10 -11 a.m.-Technology for the Terrified: Online Banking Made Easy (CGM)</p> <p>3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>11:30 a.m.-12:30 p.m.-Social Discussion Group (Parkville Library)</p>	<p>9:30 -10:30 a.m.-Bal & Strength (YWC)</p> <p>10:30 -11:30 a.m.-Men's Group (Parkville Library)</p> <p>11 a.m.- 12 p.m.-What in the World is Going On? (YWC)</p> <p>12:30-1:30 p.m.-Color Me Calm (YWC)</p>	30

Description of Educational Chats/Programs

Thursday, November 1 & 15, 2018 from 11 a.m. to 12 p.m. (Shelter Rock Library, 165 Searingtown 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, November 1, 8, 15, 29, 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, November 2, 9, 16, 23, 30, 2018 from 10:30 to 11 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, November 2, 9, 16, 30, 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, November 2, 9, 16, 30, 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, November 2, 9, 16, 30, 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 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, November 5, 2018 from 10 a.m. to 2 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

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.

Monday, November 5, 2018 from 10 a.m. to 2 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

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.

Monday, November 5, 2018 from 11 a.m. to 12 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)

Positive Aging Group

Facilitated by Audrey Dinstell, LCSW, JASA/PI Social Worker. This interactive group will explore attitudes and feelings about the aging process, how the media and our society perceives aging and its effects on life transitions. Come and learn the tools for maintaining a positive attitude and outlook on life.

Monday, November 5, 19, 26, December 3, 2018 from 11 a.m. to 12 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.

Wednesday, November 7, 14, 21, 28, 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.**

Wednesday, November 7, 2018 from 11:30 a.m. to 12:30 p.m. (Shelter Rock Library, 165 Searingtown Road, Albertson)

Healthy Living for your Brain and Body

Presented by Elizabeth Robles, M.S. Ed., Community Education Manager, Alzheimer's Association Long Island Chapter. Come and learn how to potentially delay the onset of cognitive decline and have your brain and body age well.

Friday, November 9, 2018 from 10 a.m. to 1 p.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Medicare Part D-Which plan is right for you?

Presented by Danielle Ezzo, PharmD, BCPS, Associate Clinical Professor, Clinical Pharmacy Practice College of Pharmacy and Health Sciences St. John's University. Schedule your individual appointment with a pharmacist to discuss which Medicare Part D plan is best for you. Bring a list of all current medications. **REGISTRATION REQUIRED.**

Tuesday, November 13, 20, 27, 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, November 13 & 27, 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.

Wednesday, November 14, 2018 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)

Eating Right with Less Salt

Presented by Cornell Cooperative Extension-Nassau County. Come and learn how to eat less salt and make healthy food choices.

Wednesday, November 28, 2018 from 10 a.m. to 11 a.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)

Technology for the Terrified: Online Banking Made Easy

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn how to access online/mobile banking and all the benefits. Bring your iPhone, iPad or Mac Laptop. Limited Space Available.