



Project Independence September 2018 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12:15 p.m.-ROMEOS (Atria CutterMill GN) <i>Happy Labor Day!!</i> 	4	5 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	6 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)	7	8
9	10	11	12 3 p.m.-4 p.m.-Spouse Care-giver Support Group (PWSC)	13 10 a.m. -Roslyn Area Advisory (RCC)	14	15
16 10:30 a.m.-Mineola/Will. Pk Advisory (John Caemmerer Park, Albertson) 12:15 p.m.-ROMEOS (Atria CutterMill GN)	17 10:30 a.m.-Port Washington Advisory (Man. Beach Park & Pool) 12 p.m.-12:45 p.m.-Fraud Prevention (Fuschillo Park)	18 11 a.m.-12 p.m.-Read It Before You Eat It (Mag Gdns)	19 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)	20 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library)	21 Happy 7th Anniversary to PI and You Radio!	22 Autumn Begins
23 10 a.m. -New Hyde Park Advisory (CGM)	24 10 a.m.-11 a.m.-Joyful Aging (GNSC) 10 a.m.-2 p.m.-St Francis Van & Audiology Van (Fuschillo Park) 10 a.m.-12:30 p.m.-Better Choices, Better Health Workshop (YWCCC) (Reg Req)	25 10 a.m.-1:30 p.m.-Seasonal Flu Shots (GNSC) 11 a.m.-12 p.m.-Mineola Reminiscence Group (John Caemmerer Park, Albertson) 3 p.m.-4 p.m.-Spouse Care-giver Support Group	26 10 a.m.-1:30 p.m.-Seasonal Flu Shots (GNSC) 11 a.m.-12 p.m.-Mineola Reminiscence Group (John Caemmerer Park, Albertson) 3 p.m.-4 p.m.-Spouse Care-giver Support Group	27 10:30 a.m.-1:30 p.m.-Seasonal Flu Shots (PWSC) 10:45 a.m.-Great Neck/Manhasset Advisory (GNSC)	28 9:30 a.m.-10:30 a.m.-Bal & Strength (YWC) 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)	29
30 * Project Independence offers many exercise classes, support groups and other programs.			*Call 311 or 869-6311 to register or for more info.		*North Hempstead Project Independence invites all Town residents 60 and over.	

Description of Educational Chats/Programs

Wednesday, September 5, 12, 26, 2018 (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Spousal Caregiver Support Group

Facilitated by Gail Selis, Gerontologist (JASA/PI). Learn new ways of coping with demands of care giving. Gain a better understanding of your relationship with your loved one (over age 60). **REG REQ**

Thursday, September 6 & 20, 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. Facilitated by Nancy Mezrahi, Dir. of Sr. Citi. Affairs, TONH Dept. of Services for the Aging and Janet Entine, Pres. of Don't Move Away.

Tuesday, September 18, 2018 from 12 p.m.-12:45 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)

Fraud Prevention

Presented by Tara Doobay, Assistant Manager, Ridgewood Savings Bank. Come and learn how to spot and prevent common scams.

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

Read It Before You Eat It

Presented by Cornell Cooperative Extension-Nassau County. Come and learn why it is important to read and understand the ingredients on food labels.

Tuesday, September 25, 2018 from 10 a.m. to 11 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Joyful Aging: Accepting, Adjusting and Adapting

Presented by Shahrzad Moadel, Mental Health Counselor (JASA/PI). Come and learn how to accept and adapt to the changes and challenges of aging in positive ways.

Tuesday, September 25, 2018 from 10 a.m.-2 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)

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.

No registration required.

Tuesday, September 25, 2018 from 10 a.m.-2 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)

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. No registration required.

Tuesday, September 25, October 2, 9, 16, 23, 30, 2018 from 10 a.m. to 12:30 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Better Choices, Better Health Workshop

Presented by NYU Winthrop Hospital. Register for this FREE 6 week workshop to feel better, get connected and take control of your life! Come and learn to make decisions and solve problems, create an exercise plan you can manage, feel less tired, cope with emotions, manage stress, communicate better, and live healthy. **REGISTRATION REQUIRED.**

Wednesday, September 26, 2018 from 10:30 a.m. to 1:30 p.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)

Seasonal Flu Shots

Provided by Northwell Health. The shots are the regular QUADRIVALENT FLU VACCINE THAT IS LATEX and PRESERVATIVE FREE. This is not the Enhanced vaccine for those over 60. This is not the Enhanced vaccine for those over 60. Please bring your Medicare card. **Appointments Required.**

Thursday, September 27, 2018 from 10:30 a.m. to 1:30 p.m. (Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington)

Seasonal Flu Shots

Provided by Northwell Health. The shots are the regular QUADRIVALENT FLU VACCINE THAT IS LATEX and PRESERVATIVE FREE. This is not the Enhanced vaccine for those over 60. Please bring your Medicare card. **Appointments Required.**

Friday, September 28, 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, September 28, 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, September 28, 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.