




Project Independence April 2019 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 12:15 p.m.-ROMEOS (Atria CutterMill GN)	<i>2</i> 1-2 p.m.-Blankets of Love (CGM)	<i>3</i> 2:30-3:30 p.m.-Technology for the Terrified: Tech Talk CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<i>4</i> 10 a.m.-2p.m.-St. Francis Car- diac Van & Mill Neck Audiolo- gy Van (Mag. Gdsns) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	<i>5</i> 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)	<i>6</i>
<i>7</i>	<i>8</i> 10:30 a.m.-12 p.m.- Project Independence Joint Advisory (CGM)	<i>9</i> 1-2 p.m.-Blankets of Love (CGM)	<i>10</i> 1-4 p.m.– Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<i>11</i> 10 a.m.-2p.m.-Mill Neck Audi- ology Van (PWSC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	<i>12</i> 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)	<i>13</i>
<i>14</i>	<i>15</i> 12:15 p.m.-ROMEOS (Atria CutterMill GN)	<i>16</i> 10 –11 a.m.-What did you say? (PWSC) 1-2 p.m.-Blankets of Love (CGM)	<i>17</i> 11 a.m.-12 p.m.-Smart Snacking (Magnolia Gardens) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<i>18</i> 10 a.m.-2p.m.-St. Francis Car- diac Van (PWSC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	<i>19</i>  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)	<i>20</i>
<i>21</i> 	<i>22</i> 	<i>23</i> 10 a.m.-2p.m.-St. Francis Cardi- ac Van & Mill Neck Audiology Van (CGM) 1-2 p.m.-Blankets of Love (CGM)	<i>24</i> 1-4 p.m.– Games People Play (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<i>25</i> 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	<i>26</i> 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)	<i>27</i> 9 a.m.-3 p.m.- S.T.O.P Pro- gram (North Hempstead Beach Park’s North Lot)
<i>28</i> 9 a.m.-3 p.m.- S.T.O.P Program (North Hempstead Beach Park’s North Lot)	<i>29</i>	<i>30</i> 1-2 p.m.-Blankets of Love (CGM)	*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.	

Description of Educational Chats/Programs

Monday, April 1 & 15, 2019 at 12:15 p.m. (Atria Cutter Mill, 96 Cutter Mill Road, Great Neck)

ROMEO (Retired Older Men Eating Out) 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, April 2, 9, 16, 23, 30, 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

Wednesday, April 3, 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: Tech Talk

Presented by Barbara Mehlman, Project Independence Volunteer. We are all surrounded by technology, but how do we use the right words to talk about it? Come and learn how to understand technology vocabulary. Bring your smartphone. Limited Space.

Wednesday, April 3, 10, 17, 24, 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, April 4, 2019, Thursday, April 18, 2019, Tuesday, April 23, 2019 from 10 a.m. to 2 p.m.

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. -Thursday, April 4, 2019 at Magnolia Gardens, 899 Broadway, Westbury, Thursday, April 18, 2019 at Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington and Tuesday, April 23, 2019 at Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park. No registration required.

Thursday, April 4, 2019, Thursday, April 11, 2019, Tuesday, April 23, 2019 from 10 a.m. to 2 p.m.

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.-Thursday, April 4, 2019 at Magnolia Gardens, 899 Broadway, Westbury, Thursday, April 11, 2019 at Port Washington Senior Center, 80 Manorhaven Blvd, Port Washington, Tuesday, April 23, 2019 at Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park. No registration required.

Thursday, April 4, 11, 18, 25, 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, April 5, 12, 19, 26 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, April 5, 12, 19, 26, 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.

Wednesday, April 10 & 24, 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!"

Tuesday, April 16, 2019 from 10 a.m. to 11 a.m. (Port Washington Senior Center, 80 Manorhaven Blvd. Port Washington)

What did you say?

Presented by Jessica Colligan, Clear Captions. Do you have trouble hearing? Do you have difficulty hearing your phone calls? If so, come and learn about a special phone that can help you communicate better with family and friends

Wednesday, April 17, 2019 from 11 a.m. to 12 p.m.. (Magnolia Gardens, 899 Broadway, Westbury)

Smart Snacking

Presented by Cornell Cooperative Extension-Nassau County. Come and learn tips on how to keep your snacks healthy!