





Project Independence August 2019 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*North Hempstead Project Independence invites all Town residents 60 and over. * 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>10:30 -11:30 a.m..-Men’s Group (Parkville Library)</p>	
<p>4</p> <p>10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)</p>  <p>12:15 p.m.-ROMEOS(Atria CutterMill GN)</p>	<p>5</p> <p>6 p.m.-National Night Out (Martin “Bunky” Reid Park, Broadway & Swalm St., Westbury)</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>10:30 -11:30 a.m..-Men’s Group (Parkville Library)</p>	<p>10</p>
<p>11</p> <p>10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)</p> 	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)</p>	<p>16</p> <p>10:30 -11:30 a.m..-Men’s Group (Parkville Library)</p>	<p>17</p> <p>12 p.m.-5 p.m.- BeachFeast (North Hempstead Beach Park)</p>
<p>18</p> <p>10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)</p>  <p>12:15 p.m.-ROMEOS(Atria CutterMill GN)</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)</p>	<p>23</p> <p>10:30 -11:30 a.m..-Men’s Group (Parkville Library)</p>	<p>24</p>
<p>25</p> <p>10 a.m.-2 p.m.-FunDay Monday (North Hempstead Beach Park)</p> 	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)</p>	<p>30</p> <p>10:30 -11:30 a.m..-Men’s Group (Parkville Library)</p>	<p>31</p>

Description of Educational Chats/Programs

Friday, August 2, 9, 16, 23, 30, 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 (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, August 5 & 19, 2019 at 12:15 p.m. (Atria Cutter Mill, 96 Cutter Mill Road, Great Neck)

ROMEIO (Retired Older Men Eating Out) Social Group

If you're a retired man looking for an informal social group...ROMEIOs 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.

Thursday, August 15, 22, 29, 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

Come meet new friends! Enjoy talking with others and meeting your neighbors.

FUNDAY MONDAY SCHEDULE

North Hempstead Beach Park (175 W Shore Rd, Port Washington)

<u>August 5, 2019</u>	<u>August 12, 2019</u>	<u>August 19, 2019</u>	<u>August 26, 2019</u>
<p><u>10:00 a.m.</u></p> <ul style="list-style-type: none"> Line Dancing Mahjong Mindfulness Coloring Zumba with Margaret <p><u>11:00 a.m.-12 p.m.</u></p> <ul style="list-style-type: none"> Dance Aloha <p><u>11:30 a.m.</u></p> <ul style="list-style-type: none"> Yoga <p><u>12:00 p.m.-2 p.m.</u></p> <ul style="list-style-type: none"> Steve Mitchell: Tribute to the King <p><u>1 p.m.</u></p> <ul style="list-style-type: none"> Tai Chi with Joe 	<p><u>10:00 a.m.</u></p> <ul style="list-style-type: none"> Line Dancing Mahjong Mindfulness Coloring Zumba with Margaret <p><u>11:30 a.m.</u></p> <ul style="list-style-type: none"> Yoga <p><u>12:00 p.m.-2 p.m.</u></p> <ul style="list-style-type: none"> Stan & Edi <p><u>1 p.m.</u></p> <ul style="list-style-type: none"> Tai Chi with Joe 	<p><u>10:00 a.m.</u></p> <ul style="list-style-type: none"> Line Dancing Mahjong Mindfulness Coloring Zumba with Margaret <p><u>11:00 a.m.-2 p.m.</u></p> <ul style="list-style-type: none"> Marty G and the "G" Men <p><u>11:30 a.m.</u></p> <ul style="list-style-type: none"> Yoga <p><u>1 p.m.</u></p> <ul style="list-style-type: none"> Tai Chi with Joe 	<p>HomeTown USA-Salute to the Armed Forces</p> <p><u>10:00 a.m.</u></p> <ul style="list-style-type: none"> Line Dancing Mahjong Mindfulness Coloring Zumba with Margaret <p><u>11:00 a.m.-1 p.m.</u></p> <ul style="list-style-type: none"> Quatrain Barbershop Quartet "Salute to the Troops" <p><u>11:00 a.m.-2 p.m.</u></p> <ul style="list-style-type: none"> Vintage Bliss <p><u>11:30 a.m.</u></p> <ul style="list-style-type: none"> Yoga <p><u>1 p.m.</u></p> <ul style="list-style-type: none"> Tai Chi with Joe

Other Activities-

Farm Stand (opens at 11 a.m.)

August 12th -9 a.m.-Trail Walk (registration required-call 311)

August 19th-12:30 p.m.-Beach Crafts (registration required-call 311)

Free transportation is provided for Town residents 60 and older, call 311 for pickups.

Rain dates-Thursdays of week