



TOWN OF NORTH HEMPSTEAD  
SUPERVISOR JENNIFER DeSENA, THE TOWN BOARD AND  
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

## Project Independence Exercise Classes Winter-Spring 2022



**Please call 311 or (516) 869-6311 to register.**

### Monday

- Fitness Dance with Margaret Gatzonis - Clinton G. Martin Park 9:30am – 10:20am
  - Fitness Dance with Margaret Gatzonis - Clinton G. Martin Park 10:30am – 11:20am
- March 7, 14, 21, 28, April 4, 11, 25, May 2, 9, 16, 23, June 6 (classes closed – full)

### Tuesday

- Yoga with Suzanne Scalcione - Yes We Can Community Center 10:00am - 10:50am
  - Tai-Chi with Joseph Panico - Yes We Can Community Center 1:00pm - 1:50pm
- February 8, 15, March 1, 8, 15, 22, 29, April 5, 12, 26, May 3, 10, 17, 24, 31 June 7, 14

### Wednesday

- Yoga with Marck M. of MetroWellness - Clinton G. Martin Park 9:30am - 10:20am
  - Fitness with Marck M. of MetroWellness - Clinton G. Martin Park 10:30am - 11:20am
- March 2, 9, 23, 30, April 6, 13, 27, May 4, 11, 18, 25, June 1, 8, 15
- Tai-Chi with Joseph Panico - Port Washington Activity Center 1:00pm - 1:50pm
- February 9, 16, March 2, 9, 16, 23, 30, April 6, 13, 27, May 4, 11, 18, 25, June 1, 8, 15

### Thursday

- Yoga with Suzanne Scalcione - Yes We Can Community Center 10:00am - 10:50am
- February 10, 17, March 3, 10, 17, 24, 31, April 7, 14, 28, May 5, 12, 19, 26, June 2, 9, 16

### Friday

- Fitness Dance with Margaret Gatzonis - Port Washington Activity Center 10:00am – 10:50am
  - Fitness Dance with Margaret Gatzonis - Port Washington Activity Center 11:00am – 11:50am
- March 4, 11, 25, April 1, 8, 29, May 6, 13, 20, June 3, 10

**This program will follow New York State and CDC COVID-19 guidelines. (see reverse side)**

CALL 311 OR (516) 869-6311  
NORTHHEMPSTEADNY.GOV

Town of North Hempstead  
**Project Independence**

**Frequently Asked Questions**  
**PROJECT INDEPENDENCE FITNESS CLASSES**

**1. PROJECT INDEPENDENCE (PI) FITNESS CLASS PARTICIPATION:  
WHO CAN PARTICIPATE/REGISTER FOR A PI FITNESS CLASS?**

To register for any Town of North Hempstead Project Independence fitness class, the participant must be a Project Independence member, 60 years or older, and must be a permanent resident of North Hempstead.

**2. PI EXERCISE WAIVER:**

**WHY DO I NEED TO SIGN A PI EXERCISE WAIVER BEFORE PARTICIPATING IN A PI FITNESS CLASS?**

The PI Exercise Waiver details certain inherent risks associated with exercising. It is the position of the Town that your participation is at your own risk and liability. All participants should receive medical clearance before participating in the PI Exercise program. Please thoroughly read the PI Exercise Waiver, sign and complete.

**3. ILLNESS:**

**WHAT IF I'M A LITTLE UNDER THE WEATHER BUT THINK I CAN EXERCISE?**

Please stay at home and rest. Many of our participants are elderly and therefore susceptible to illness. Your cooperation is greatly appreciated.

**4. INCLEMENT WEATHER:**

**HOW DO I FIND OUT IF A CLASS IS CANCELLED DUE TO INCLEMENT WEATHER, ETC.?**

Call 311 for the most up-to-date information. Remember, you should stay home if the weather is bad. It is likely we will cancel class if the weather is bad or threatening. Please stay in touch with our 311 Call Center for the most up to date information.

**5. LATENESS TO CLASS:**

**WHAT IF I'M RUNNING LATE TO CLASS?**

If you are going to be more than 15 minutes late, please refrain from attending. It is disruptive to the class and the instructor.

**6. 1 CLASS LIMIT POLICY**

**CAN I TAKE MORE THAN 1 CLASS PER WEEK?**

Due to new protocol implemented for the safety of our Town seniors, including a 50% reduction in classes offered and limiting class size (for safe social distancing), there will be a 1 class limit, no exceptions.

***We greatly appreciate your cooperation and hope you enjoy the Project Independence Fitness Classes for the Town's PI members! Please call 311 if you have further questions.***