



**Project Independence February 2020 Educational Chats/Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*Call 311 or 869-6311 to register or for more info.</b></p> <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>			1
2	3 12:15 p.m.-ROMEOS (Atria CutterMill GN)	4 1-2 p.m.-Blankets of Love (CGM) 2:30-3:30 p.m.-10 Warning Signs of Alzheimer's Disease (CGM)	5 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	6 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	7 10:30 -11:30 a.m.-Men's Group (Parkville Library)	8
9	10 <b>10:30 a.m.-Mineola/Williston Park Advisory (John Caemmerer Park)</b>	11 1-2 p.m.-Blankets of Love (CGM)	12	13 <b>10 a.m.-Roslyn Area Advisory (RCC)</b>  11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	14 10:30 -11:30 a.m.-Men's Group (Parkville Library)  	15
16	17 12:15 p.m.-ROMEOS (Atria CutterMill GN)  	18	19 <b>10 a.m.-Westbury/Carle Place Advisory (Fuschillo Park)</b>  11 a.m.-12 p.m.-Heart Healthy Nuts (Magnolia Gardens) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	20 <b>10:45 a.m.-Great Neck/Manhasset Advisory (GNSC)</b>	21 10-11 a.m.-Ex. for Bal. and Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library) 11:15 a.m.-12:15 p.m.-What in the World is Going On? (YWC) 12:30 p.m.-1:30 p.m.-Color Me Calm (YWC)	22
23	24 <b>10 a.m.-New Hyde Park Advisory (CGM)</b>  2:30-3:30 p.m.-Technology for the Terrified: Facebook and Facetime (CGM)	25 <b>10:30 a.m.-Port Washington Advisory (PWAAC)</b>  1-2 p.m.-Blankets of Love (CGM)	26 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	27 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	28 10-11 a.m.-Ex. for Bal. and Strength (YWC) 10:30 -11:30 a.m.-Men's Group (Parkville Library) 11:15 a.m.-12:15 p.m.-What in the World is Going On? (YWC) 12:30 p.m.-1:30 p.m.-Color Me Calm (YWC)	29

## Description of Educational Chats/Programs

**Monday, February 3 & 17, 2020 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, February 4, 11, 25, 2020 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. Each blanket is donated to a worthy cause.

**Tuesday, February 4, 2020 from 2:30 p.m. to 3:30 p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)**

### **10 Warning Signs of Alzheimer's Disease**

Presented by the Alzheimer's Association (Long Island Chapter). Come and learn the ten warning signs of Alzheimer's disease, hear from people who have the disease and find out how to recognize the signs in yourself and others.

**Wednesday, February 5, 19, 26, 2020 from 3 p.m. to 4 p.m. (Port Washington Adult Activities Center, 80 Manorhaven Blvd, Port Washington)**

### **Caregiver to a Spouse Support Group**

Facilitated by Gail Selis, Gerontologist (EAC/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, February 6, 13, 27, 2020 from 11:30 a.m. to 12:30 p.m. (Parkville Branch of Great Neck Library, 10 Campbell Street, New Hyde Park)**

### **Project Independence Social Discussion Group**

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

**Friday, February 7, 14, 21, 28, 2020 from 10:30 to 11:30 a.m. (Parkville Branch of Great Neck Library, 10 Campbell Street, New Hyde Park)**

### **What Matters to You Men's Community Group**

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.

**Wednesday, February 19, 2020 from 11 a.m. to 12 p.m.. (Magnolia Gardens, 899 Broadway, Westbury)**

### **Heart Healthy Nuts**

Presented by Cornell Cooperative Extension-Nassau County. Come and learn which nuts help to keep your heart healthy.

**Friday, February 21 & 28, 2020 (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)**

**10-11 a.m.-Exercise for Balance and Strength**-Presented by NYU Winthrop University Hospital. Come and learn exercises to prevent falls.

**11:15 a.m.-12:15 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) Coloring is a wonderful meditative activity. It helps relieve stress, improves mood, promotes mindfulness and socialization.