

**Project Independence July 2018 Educational Chats/Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:15 p.m.-ROMEOS (Atria CutterMill GN)	3	4 	5	6	7
8	9 10 a.m.-2 p.m.- FunDay Monday (North Hempstead Beach Park)	10	11 3 p.m.-4 p.m.-Spouse Care- giver Support Group (PWSC)	12 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	13 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	14
15	16 10 a.m.-2 p.m.- FunDay Monday (North Hempstead Beach Park)  12:15 p.m.-ROMEOS (Atria CutterMill GN)	17	18 10:30-11:30 a.m.-Health Care Proxy (GNSC)  3 p.m.-4 p.m.-Spouse Care- giver Support Group (PWSC)	19 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	20 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	21
22	23 10 a.m.-2 p.m.- FunDay Monday (North Hemp Beach Park)	24	25 3 p.m.-4 p.m.-Spouse Care- giver Support Group (PWSC)	26 11:30 a.m.-12:30 p.m.-Social Discussion Group (Pkville Lib, NHP)	27 10:30 -11:30 a.m.-Men's Group (Parkville Library, NHP)	28
29	30 10 a.m.-2 p.m.- FunDay Monday (North Hemp Beach Park)	31	*North Hempstead Pro- ject Independence in- vites all Town residents 60 and over.	*Call 311 or 869-6311 to register or for more info.  * Project Independence offers many exercise classes, support groups and other programs.		

## Description of Educational Chats/Programs

**Wednesday, July 11, 18, 25, 2018 from 3 p.m. to 4 p.m. (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, July 12, 19, 26, 2018 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 Robin Tovell-Toubal, LMHC (JASA/Project Independence). Come meet new friends! Enjoy talking with others and meeting your neighbors.

**Friday, July 13, 20, 27, 2018 from 10:30 a.m. 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 Robin Tovell-Toubal, LMHC (JASA/Project Independence). The group is open to all men, age 60 and over living in the Town of North Hempstead.

**Wednesday, July 18, 2018 from 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)**

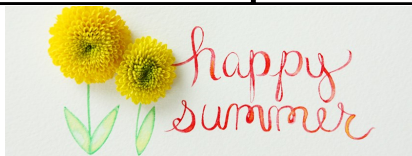
### Health Care Proxy: What is it and why do I need one?

Presented by Kelly Steinmann, RN (Northwell Health/PI Nurse). Come and learn about the importance of health care proxies.

## Funday Monday Schedule

<u>July 9, 2018</u>	<u>July 16, 2018</u>	<u>July 23, 2018</u>	<u>July 30, 2018</u>
<p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Zumba (Basketball Court)</li> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• Jerry Costanzo and His 10 Piece Band (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>	<p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> <li>• Mindfulness Coloring (Jankowski Pavilion) Registration required, call 311.</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• Sweet Lorraine (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>	<p><b><u>9:00am</u></b></p> <ul style="list-style-type: none"> <li>• Beach Walk (Registration required, call 311)</li> </ul> <p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> <li>• Mindfulness Coloring (Jankowski Pavilion) Registration required, call 311.</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• Vic Vincent (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>	<p><b><u>10:00am</u></b></p> <ul style="list-style-type: none"> <li>• Senior Health Fair</li> <li>• Zumba (Basketball Court)</li> <li>• Line Dance (Entertainment Pavilion)</li> <li>• Mahjong (Tent)</li> </ul> <p><b><u>10:30am</u></b></p> <ul style="list-style-type: none"> <li>• Farmers Market (Small Lawn)</li> </ul> <p><b><u>11:00am</u></b></p> <ul style="list-style-type: none"> <li>• E. J. the D. J. (Entertainment Pavilion)</li> <li>• Fitness (Main Lawn)</li> </ul> <p><b><u>12:30pm</u></b></p> <ul style="list-style-type: none"> <li>• Tai Chi (Main Lawn)</li> </ul>

**\*Raindates-Thursdays of week**



CALL 311 OR 869-6311 FOR THE  
SUMMER CONCERT /FILM SERIES DATES  
AND LOCATIONS