





**Project Independence June 2019 Educational Chats/Programs**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*North Hempstead Project Independence invites all Town residents 60 and over. * Project Independence offers many exercise classes, support groups and other programs.			<b>*Call 311 or 869-6311 to register or for more info.</b>			<i>1</i>
<b>2</b>	<b>3</b> 12:15 p.m.-ROMEOs (Atria CutterMill GN)	<b>4</b> 10 a.m.-2p.m.-St. Francis Cardiac Van (SJJCC) 1-2 p.m.-Blankets of Love (CGM)	<b>5</b> 1:30-3:30 p.m.-Stepping On (GNSC) Reg. Req. 2:30-3:30 p.m.-Technology for the Terrified: Technology Review (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<b>6</b> 10 a.m.-2p.m.-St. Francis Cardiac Van (GNSC) 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library) 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	<b>7</b> 9:30-10:30 a.m.-Ex. for Bal. 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)	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> 10:30-11:30 a.m.-Joyful Aging: Challenges or Choices (GNSC) 11 a.m.-2p.m.-Mill Neck Audiology Van (SJJCC) 1-2 p.m.-Blankets of Love (CGM)	<b>12</b> 11 a.m.-12 p.m.-Make Better Beverage Choices Mag Gdns 1-4 p.m.- Games People Play (CGM) 1:30-3:30 p.m.-Stepping On (GNSC) Reg. Req. 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<b>13</b> 10 a.m.-2p.m.-St. Francis Cardiac Van & Mill Neck Audiology Van (Manhasset Valley Residence) 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	<b>14</b> 10:30 -11:30 a.m..-Men's Group (Parkville Library)	<b>15</b>
<b>16</b> 	<b>17</b> 12:15 p.m.-ROMEOs (Atria CutterMill GN)	<b>18</b> 1-2 p.m.-Blankets of Love (CGM)	<b>19</b> 1:30-3:30 p.m.-Stepping On (GNSC) Reg. Req. 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<b>20</b> 10 a.m.-2p.m.-Mill Neck Audiology Van (GNSC) 11 a.m.-12 p.m.-Senior Talk Group (Shelter Rock Library) 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville)	<b>21</b> 10:30 -11:30 a.m..-Men's Group (Parkville Library) 	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> 1-2 p.m.-Blankets of Love (CGM)	<b>26</b> 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	<b>27</b> 11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)	<b>28</b> 10:30 -11:30 a.m..-Men's Group (Parkville Library)	<b>29</b>
<b>30</b>						

## Description of Educational Chats/Programs

**Monday, June 3 & 17, 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, June 4, 2019-Thursdays, June 6, 2019-Thursdays, June 13, 2019**

### **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. No registration required.

Tuesday, June 4, 2019 from 11 a.m. to 2 p.m. at Sid Jacobson JCC, 300 Forest Drive, East Hills

Thursday, June 6, 2019 from 10 a.m. to 2 p.m. at Great Neck Social Center, 80 Grace Avenue, Great Neck

Thursday, June 13, 2019 from 10 a.m. to 2 p.m. at Manhasset Valley Residence, 155 East Shore Road, Manhasset

**Tuesday, June 4, 11, 18, 25, 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. . Each blanket is donated to a worthy cause.

**Wednesday, June 5, 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: Technology Review**

Presented by Barbara Mehlman, Project Independence Volunteer. Come and have all your questions answered about technology devices, and how to select the right one for you.

**Wednesday, June 5, 12, 19, 26, 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 (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, June 6 & 20, 2019 from 11 a.m. to 12 p.m. (Shelter Rock Library, 165 Seasingtown Rd S, Albertson)**

### **Senior Talk Group**

Come enjoy lively discussion on many topics at the Senior Talk Group. The facilitators are Nancy Mezrahi, Dir. of Senior Citizen Affairs, TONH Dept. of Services for the Aging and Janet Entine, Pres. of Don't Move Away.

**Thursday, June 6, 13, 20, 27, 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.

**Friday, June 7, 14, 21, 28, 2019**

### **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.

**Friday, June 7, 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.

**Tuesday, June 11, 2019 -Thursdays, June 13, 2019-Thursdays, June 20, 2019**

### **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. No registration required.

Tuesday, June 11, 2019 from 11 a.m. to 2 p.m. at Sid Jacobson JCC, 300 Forest Drive, East Hills

Thursday, June 13, 2019 from 10 a.m. to 2 p.m. at Manhasset Valley Residence, 155 East Shore Road, Manhasset

Thursday, June 20, 2019 from 10 a.m. to 2 p.m. at Great Neck Social Center, 80 Grace Avenue, Great Neck

**Tuesday, June 11, 2019 from 10:30 a.m. to 11:30 a.m. (Great Neck Social Center, 80 Grace Avenue, Great Neck)**

### **Joyful Aging: Challenges or Choices**

Presented by Shahrzad Moadel, Mental Health Counselor (EAC/PI). Come and learn how to deal with challenges and find new ways to approach them.

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

### **Make Better Beverage Choices**

Presented by Cornell Cooperative Extension-Nassau County. Come and learn how small changes to your drinking choices can improve your health.

**Wednesday, June 12, 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!"