



Project Independence March 2020 Educational Chats/Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:15 p.m.-ROMEOS (Atria CutterMill GN)	3 10 a.m.-2p.m.-St. Francis Cardiac Van & Mill Neck Audiology Van (Fuschillo Park) 1-2 p.m.-Blankets of Love (CGM)	4 1-2 p.m.-Technology for the Terrified: Facebook, FaceTime and Twitter for Beginners (YWC) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	5 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	6 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)	7
8	9	10 1-2 p.m.-Blankets of Love (CGM)	11 11 a.m.-12 p.m.-Power Up with Breakfast (Magnolia Gardens) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	12 10:15 a.m.-Roslyn Area Advi- sory (RCC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	13 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)	14
15	16 10:30 a.m.-Mineola/ Williston Park Adviso- ry (John Caemmerer Park) 12:15 p.m.-ROMEOS (Atria CutterMill GN)	17 1-2 p.m.-Blankets of Love (CGM) 2:30-3:30 p.m.-Technology for the Terrified:Online Banking Made Easy (CGM) 	18 10 a.m.-Westbury/Carle Place Advisory (YWC) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	19 10:45 a.m.-Great Neck/ Manhasset Advisory (GNSC) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library) 	20 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)	21
22	23 10 a.m.-New Hyde Park Advisory (CGM)	24 10:30 a.m.-Port Washing- ton Advisory (PWAAC) 1-2 p.m.-Blankets of Love (CGM)	25 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWAAC)	26 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library) 1:30-3:30 p.m.-Tour of South Africa (Hillside Library)	27 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)	28
29	30	31 1-2 p.m.-Blankets of Love (CGM)	*Call 311 or 869-6311 to register or for more info. *North Hempstead Project Independence invites all Town residents 60 and over.		*Project Independence offers many exercise classes, support groups and other programs.	

Description of Educational Chats/Programs

Monday, March 2 & 16, 2020 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.

Tuesday, March 3, 2020 from 10 a.m. to 2 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)

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, March 3, 2020 from 10 a.m. to 2 p.m. (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place)

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.

Tuesday, March 3, 10, 17, 24, 31, 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.

Wednesday, March 4, 2020 from 1 p.m. to 2 p.m. (North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury)

Technology for the Terrified: Facebook, FaceTime and Twitter for Beginners

Presented by Barbara Mehlman, Project Independence Volunteer. Would you like to reconnect with friends and classmates? Interested in seeing how your grandchild decorated their room? Facebook, FaceTime and Twitter on your smartphone or tablet allows you to do this without leaving your home! Learn how to send and receive short posts called tweets. Follow breaking news, entertainment, recipes, sports, politics and every day interests! Limited space available.

Wednesday, March 4, 11, 18, 25, 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, March 5, 12, 19, 26, 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, March 6, 13, 20, 27, 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.

Friday, March 6, 13, 2, 27, 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.

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

Power Up with Breakfast

Presented by Cornell Cooperative Extension-Nassau County. Start the day off right! Come and learn what breakfast foods will give you energy throughout the day.

Tuesday, March 17, 2020 from 2:30 p.m.-3:30 p.m. (Clinton G Martin Park, 1601 Marcus Ave, New Hyde Park)

Technology for the Terrified: Online Banking Made Easy

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn how to access online/mobile banking and all the benefits. Limited space available.

Thursday, March 26, 2020 from 1:30 p.m. to 3:30 p.m. (Hillside Public Library, 155 Lakeville Road, New Hyde Park)

Tour of South Africa

Co-Sponsored by the Hillside Public Library. Presented by Dr. Aaron Cohen, PI Volunteer. Travel with Dr. Aaron Cohen to South Africa to see the country through the lens of his camera. Go on safari and see wildlife. Experience the beauty of Cape Town's Garden Route, visit the penguins and dolphins at the seashore, and at the same time see the abject poverty many people endure through their lives. This photojournalistic presentation will make you feel like you were there.