

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*North Hempstead Project Independence invites all Town residents 60 and over.                      * Project Independence offers many exercise classes, support groups and other programs.                      *Call 311 or 869-6311 to register or for more info.</p>			<p>1                      2:30-3:30 p.m.-Technology for the Terrified: Meet Siri, Alexa and Google Home (CGM)                      3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>2                      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)</p>	<p>3                      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)</p>	<p>4                      12-5 p.m.-Spring Fest (Clark Botanic Garden)</p>
<p>5                      10 -11 a.m.-Scam Alert (CGM)                      10 a.m.-2p.m.-St. Francis Cardiac Van &amp; Mill Neck Audiology Van (YWC)                      12:15 p.m.-ROMEOs (Atria CutterMill GN)</p>	<p>6                      10 -11 a.m.-Scam Alert (CGM)                      10 a.m.-2p.m.-St. Francis Cardiac Van &amp; Mill Neck Audiology Van (YWC)                      12:15 p.m.-ROMEOs (Atria CutterMill GN)</p>	<p>7                      1-2 p.m.-Blankets of Love (CGM)</p>	<p>8                      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)</p>	<p>9                      11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)</p>	<p>10                      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)</p>	<p>11                      12-5 p.m.-Spring Fest (Clark Botanic Garden)</p>
<p>12  </p>	<p>13</p>	<p>14                      1-2 p.m.-Blankets of Love (CGM)</p>	<p>15                      1:30-3:30 p.m.-Stepping On (GNSC) Reg. Req.                      3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>16                      11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)</p>	<p>17                      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)</p>	<p>18                      12-5 pm.- Asian American Festival (North Hempstead Beach Park)</p>
<p>19                      12:15 p.m.-ROMEOs (Atria CutterMill GN)</p>	<p>20                      12:15 p.m.-ROMEOs (Atria CutterMill GN)</p>	<p>21                      1-2 p.m.-Blankets of Love (CGM)</p>	<p>22                      10 -11 a.m.-PACC Chat (CGM)                      11 a.m.-12 p.m.-Food Safety Bingo (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)</p>	<p>23                      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)</p>	<p>24                      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)</p>	<p>25                      6 p.m.-Memorial Day Fireworks (North Hempstead Beach Park)</p>
<p>26  </p>	<p>27  </p>	<p>28                      1-2 p.m.-Blankets of Love (CGM)</p>	<p>29                      1:30-3:30 p.m.-Stepping On (GNSC) Reg. Req.                      3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)</p>	<p>30                      11:30 a.m.-12:30 p.m.- Social Discussion Group (Parkville Library)</p>	<p>31                      9:30-10:30 a.m.-Ex. for Bal. and Strength (YWC)                      10 a.m.-1 p.m.-CarFit (CGM) Reg. Req.                      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)</p>	

## Description of Educational Chats/Programs

**Wednesday, May 1, 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: Meet Siri, Alexa and Google Home

Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn about Siri and Google Assistant, and how these intelligent assistants can help you!

**Wednesday, May 1, 8, 15, 22, 29, 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, May 2 & 23, 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, May 2, 9, 16, 23, 30, 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, May 3, 10, 17, 24, 31, 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.

**Friday, May 3, 10, 17, 24, 31, 2019 from 10:30 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 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.

**Monday, May 6, 2019 from 10 a.m. to 2 p.m. (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)**

### 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.

**Monday, May 6, 2019 from 10 a.m. to 2 p.m. (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury)**

### 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.

**Monday, May 6 & 20, 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, May 7, 14, 21, 28, 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, May 8 & 22, 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!"

**Wednesday, May 8, 15, 22, 29, June 5, 12, 19, 2019 from 1:30-3:30 p.m. (Great Neck Social Center, 80 Grace Ave, Great Neck)**

### Stepping On: Fall Prevention Program

Presented by Project Independence Nurses, NorthWell Health. Learn simple and fun balance and strengthening exercises to prevent falls. Guest speakers include physical therapists, a vision expert, pharmacist and an expert on getting around your community safely.

REGISTRATION REQUIRED. SPACE IS LIMITED.

**Wednesday, May 22, 2019 from 10 a.m. to 11 a.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)**

### PACC (Patient Activation through Community Conversations) Patient Advocacy

Presented by Ilene Corina, Pulse Center for Patient Safety Education & Advocacy. Come and learn about patient advocacy by sharing your health care experiences. Discuss solutions that have benefited others.

**Wednesday, May 22, 2019 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)**

### Smart Snacking

Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive class on food safety. During this class you will learn important tips on how to keep food safe while playing a fun game of bingo.

**Friday, May 31, 2019 from 10 a.m. to 1 p.m. (Clinton G Martin Park, 1601 Marcus Avenue, New Hyde Park)**

### CarFit

CarFit is a program designed to help seniors achieve a better fit with their vehicle for optimal safety and comfort while driving. A 12-point CarFit checklist will be reviewed with you while in your own vehicle, i.e.: adjust mirrors to reduce blind spots, seat belt use, steering wheel tilt, etc. The entire process takes between about 20 to 30 minutes.

**Appointments are required. Please call AAA to schedule your CarFit appointment-(516) 873-2364.**