Town of North Hempstead Project Independence

TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Town of North Hempstead Project Independence

Project Independence November 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.		***Call 311 or 869-6311 to register or for more info.**			***1*** 10:30 -11:30 a.m..-Men's Group (Parkville Library)	***2***
3	***4*** 10 a.m..-2p.m.-St. Francis Cardiac Van & Mill Neck Audiology Van (YWC) 12:15 p.m.-ROMEOs(Atria CutterMill GN)	***5*** 	***6*** 1:30-3:30 p.m.-Stepping On (CGM) (Reg. Req) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	***7*** 9 a.m..-2p.m.-Medicare Part D (CGM) 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	***8*** 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)	***9***
10	***11*** 	***12*** 9 a.m..-2p.m.-Medicare Part D (YWC) 1-2 p.m.-Blankets of Love (CGM) 2:30 p.m.-3:30 p.m.-Tech for Terrified: Search for Health Info (CGM)	***13*** 11 a.m.-12 p.m.-Fruits & Veggies Bingo (Magnolia Gardens) 1:30-3:30 p.m.-Stepping On (CGM) (Reg. Req) 2:30 p.m.-3:45 p.m.-World in Motion (CGM) 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	***14*** 9 a.m..-2p.m.-Medicare Part D (GNSC) **10 a.m.-Roslyn Area Advisory (RCC)** 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	***15*** 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)	***16***
17	***18*** **10:30 a.m.-Mineola/ Williston Park Advisory (John Caemmerer Park)** 12:15 p.m.-ROMEOs(Atria CutterMill GN)	***19*** 9 a.m..-2p.m.-Medicare Part D (PWAAC) 10 a.m..-2p.m.-Mill Neck Audiology Van (Fuschillo Park) 12:30-1:30 p.m.-Friends from Haiti (YWC) 1-2 p.m.-Blankets of Love (CGM) 2:30 p.m.-3:45 p.m.-World in Motion (CGM)	***20*** **10 a.m.-Westbury/Carle Place Advisory (Fuschillo Park)** 3 p.m.-4 p.m.-Spouse Caregiver Support Group (PWSC)	***21*** **10:45 a.m.-Great Neck/ Manhasset Area Advisory (GNSC)** 11:30 a.m.-12:30 p.m.– Social Discussion Group (Parkville Library)	***22*** 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)	***23***
24	***25*** **10 a.m.-New Hyde Park Advisory (CGM)**	***26*** **10:30 a.m.-Port Washington Area Advisory (Manorhaven Beach Park & Pool)** 1-2 p.m.-Blankets of Love (CGM)	***27***	***28*** 	***29***	***30***

TUNE IN TO PROJECT INDEPENDENCE & YOU--ON WCWP – 88.1 FM RADIO/ WCWP.org –EVERY FRIDAY BETWEEN 10 AM & NOON

Description of Educational Chats/Programs

Friday, November 1, 8, 15, 22, 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
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, November 4 & 18, 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.

Monday, November 4, 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, November 4, 2019 (North Hempstead Yes We Can Community Center, 141 Garden Street, Westbury) and Tuesday, November 19, 2019 (Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place) from 10 a.m. to 2 p.m.
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.

Wednesday, November 6, 13, 20, 2019 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, November 7, 14, 21, 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.

Thursday, November 7, 2019, Tuesday, November 12, 2019, Thursday, November 14, 2019 & Tuesday, November 19, 2019
Medicare Part D-Which plan is right for you?
Presented by Danielle Ezzo, PharmD, BCPS, Associate Clinical Professor, Clinical Pharmacy Practice College of Pharmacy and Health Sciences St. John's University. Schedule your individual appointment with a pharmacist to discuss which Medicare Part D plan is best for you. Bring a list of all current medications.
Thursday, November 7, 2019 from 9 a.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park —**Tuesday, November 12, 2019** from 9 a.m. to 2 p.m. at North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury—**Thursday, November 14, 2019** from 9 a.m. to 2 p.m. at Great Neck Social Center, 80 Grace Avenue, Great Neck—**Tuesday, November 19, 2019** from 9 a.m. to 2 p.m. at Port Washington Adult Activities Center, 80 Manorhaven Boulevard, Port Washington **REGISTRATION REQUIRED.**

Friday, November 8, 15, 22, 2019 (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) & 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, November 12, 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: How to Search for Reliable Health Information
Presented by Barbara Mehlman, Project Independence Volunteer. Come and learn how to be a partner with your doctor. Bring your smartphone. Limited space available.

Tuesday, November 12, 19, 26, 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, November 13, 2019 & Tuesday, November 19, 2019 from 2:30 p.m. to 3:45p.m. (Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park)
World in Motion
Presented by Professor Martha Cohen, PI Volunteer. Come join us for a lively discussion on current world issues!

Wednesday, November 13, 2019 from 11 a.m. to 12 p.m. (Magnolia Gardens, 899 Broadway, Westbury)
Fruits and Veggies Bingo
Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive class on fruits and vegetables. During this class you will learn how to eat healthier by eating a rainbow of fruits and vegetables while playing a fun game of bingo.

Tuesday, November 19, 2019 from 12:30 p.m. to 1:30 p.m. (North Hempstead "Yes We Can" Community Center (PI Lounge), 141 Garden Street, Westbury)
Friends from Haiti Group (Zanmi Ki Soti nan Ayiti)
This group is a social group for Haitian seniors to interact and connect with other seniors from their community. Members will discuss and learn different ways to improve health and well-being.