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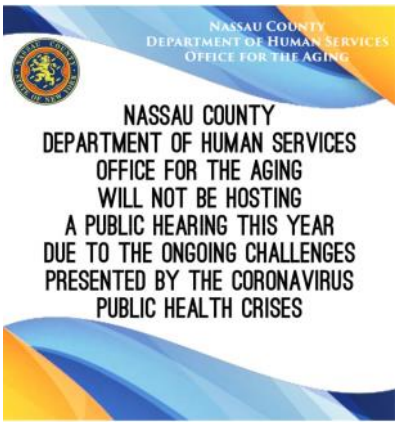
Office for the Aging October 2021

Nassau County Office for the Aging Partners with EAC Network for a New Hempstead Senior Community Service Center

Nassau County Office for the Aging partnered with the EAC Network to open a new Senior Community Service Center in Hempstead. Located at Union Baptist Church, 24 Rev Clinton C. Boone Place. The senior center is open daily and transportation is provided for residents in the surrounding towns. Activities include exercise classes, art classes, nutrition education, and music. A nutritious lunch is served daily with a suggested contribution of $3. For more information please contact the Hempstead Senior Center at (516) 565-1568.

Salsas & Sauces Class with Cornell Cooperative Extension of Nassau County

On Tuesday, September 14th, Cornell Cooperative Extension of Nassau County held an event in partnership with Nassau County Office for the Aging at their farm in East Meadow. Hosted by Chef Tiffany, Community Nutrition Educator. Participants got creative in the kitchen with summer herbs. Each participant went home with a mason jar of sauce made in class!



New Lifetime Arts Zoom Workshops

Nassau County Office for the Aging, in partnership with The New York State Council on the Arts and the New York State Office for the Aging, is pleased to bring two very exciting, immersive workshop experiences. Beginning in October, join our FREE workshops in "Writing for Radio: A Radio Theater Class" or " Story in Song: A Singing and Performing Arts Class". Workshops will be hosted via ZOOM and will take you through a 6-week learning experience. For more information or to register please contact Nassau County Office for the Aging at 516-227-8900.

Dates: Wednesdays, Oct 6- Nov 10 Weekly
Class: Story in Song

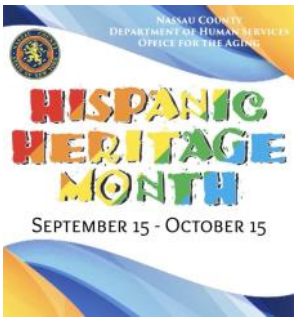
Join us for a six week class to sing some of Musical Theatre's best loved songs. Learn vocal technique, expression, and simple choreography to perform your song in a culminating event.

Dates: Tuesdays, October 5-November 9
Class: Radio Play Class

"Writing for Radio" will teach you essential skills of making a captivating radio play. We will work together on writing techniques, exploring what makes a story unique to radio and how to create our own sound effects from objects around the house. "Writing for Radio" is for everyone regardless of experience or knowledge of radio.

October is...

Hispanic Heritage Month



September 15 to October 15 is Hispanic Heritage Month. We take this time to recognize the contributions and influence of Hispanic Americans to the history, culture and achievements of the United States.

Long-Term Care Planning Month

Long-Term Care Planning Month was designed to encourage seniors, and those acting on behalf of their older parents, to develop a plan to help meet the high costs of long-term care. For more information and where to start call NY Connects at (516) 227-8900

Breast Cancer Awareness Month

According to the American Cancer Society, Breast Cancer is the most common cancer in women. Early detection is key! Now is a good time to schedule your annual exam.

Robo Pet Distribution for Grandparents Day

Dozens of seniors received a special gift in honor of Grandparents' Day from Nassau County Office for the Aging at the Hispanic Brotherhood of Rockville Centre on September 13th. Seniors in attendance received a Joy for All Robopet. Animatronic pets are much more than a soft, stuffed cat or dog. They react to petting, hugging and motion just as a real pet would, but do not require the feeding, bathroom breaks or grooming that real life pets need. These Animatronic pets are intended to help individuals at risk for social isolation or those with cognitive impairment. The New York State Office of the Aging provided funding for the robotic companions program. The county has already distributed more than 420 of the lifelike robotic cats and dogs to housebound seniors during the COVID-19 pandemic.

If interested in obtaining a robopet please call (516) 227– 8900.

Free Workshop Series for Ages 55 & Better!

Jeremy Amar for The New York Community Trust

Story in Song: A Singing Class by Lifetime Arts

When:
6 Wednesdays, 4pm-5:30pm ET
October 6-November 10, 2021

Where:
Online via Zoom
Registration required, spaces limited!

There's a saying in musical theatre that, "When words no longer suffice, then they must be sung. When emotions can no longer be expressed through singing, then it is time to dance." During this 6-week workshop, students will learn to sing and perform some of musical theatre's best loved songs. Instructor Linda Chodolenko will guide students in vocal technique, expression, and simple choreography to perform their songs in a culminating event. Will it be difficult? No way. Will it be fun? Well, to quote from Broadway's Annie, "Bet your bottom dollar!"

To sign up, or for more information contact:
Nassau County Office for the Aging at 516-227-8900

This program, part of the New York State Creative Aging Initiative, is made possible through a partnership between the New York State Council on the Arts, the New York State Office for the Aging and Lifetime Arts. The project takes an innovative, evidence-based approach to healthy aging, underscoring New York's leadership as the first age-friendly state in the nation.

Lifetime Arts

Eli Burke, Museum of Contemporary Art (MOCA) Tucson

Writing for Radio: A Radio Theatre Class by Lifetime Arts

When:
6 Tuesdays, 4pm-5:30pm ET
October 5-November 9, 2021

Where:
Remote via Zoom/Conference Call
Registration required, spaces limited!

Writing a radio play is part storytelling, part playwriting, and part sound design. During this 6-week workshop, students will gain the essential skills in making a captivating radio play. Students will work with instructor, Vinny Mraz, on writing techniques, exploring what makes a story unique to radio, and creating their own sound effects from objects around their homes. This workshop is for everyone, regardless of experience or knowledge of radio.

To sign up, or for more information contact:
Nassau County Office for the Aging at 516-227-8900

This program, part of the New York State Creative Aging Initiative, is made possible through a partnership between the New York State Council on the Arts, the New York State Office for the Aging and Lifetime Arts. The project takes an innovative, evidence-based approach to healthy aging, underscoring New York's leadership as the first age-friendly state in the nation.

Lifetime Arts

Cornell University
Cooperative Extension
Nassau County

Dine & Brine

Tuesday, October 5, 2021 at 10:45am

at East Meadow Farm 832 Merrick Avenue

Join Khy Ee, Community Nutrition Educator, under the tent at East Meadow Farm to learn how to create a flavorful brine for seasonal vegetables & explore the nutritional benefits of pickled foods. Each participant will take home a mason jar of pickled vegetables that will be made in class.

Advanced registration is required by September 28th. Space is limited.

To register to attend in-person, contact the Nassau County Office for the Aging at **(516) 227-8900**.

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Cornell University
Cooperative Extension
Nassau County

Painting Fall Flower Pots

Thursday, October 14, 2021 at 10:45am

at East Meadow Farm 832 Merrick Avenue

Why should flowers be the only beautiful objects in your garden? Join Beth Ricciardi, Horticulture Educator & Artist, at East Meadow Farm to learn easy, weatherproof methods of decorating pots to enjoy - with or without plants!

Advanced registration is required by October 7th & space is limited.

To register to attend in-person, contact the Nassau County Office for the Aging at **(516) 227-8900.**

Building Strong and Vibrant New York Communities

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REDEEM YOUR

FARMERS MARKET

COUPONS!

Saturday, October 9th

10:00am-1:00pm

at

East Meadow Farm

832 Merrick Avenue

Redeem your Senior Farmers' Market Nutrition Program (SFMNP) vouchers & access fresh, locally grown produce while directly supporting Long Island farms & farmers. Cash & credit also accepted.

VOUCHERS WILL NOT BE DISTRIBUTED.

Cornell University
Cooperative Extension
Nassau County

Walk with a Doc
educate. exercise. empower.

Glen Cove Chapter Presents: Virtual Health Talk Series

New episodes posted the first Saturday of every month!

GLEN COVE AGE-FRIENDLY COMMUNITY

"Caring for Yourself as a Caregiver"

Saturday, October 2nd, 2021
Available to watch the entire month of October!

Dr. Barbara Keber, MD, FAAFP
Glen Cove Hospital, Northwell Health

To participate, point your phone camera at the QR code to scan it or visit:
https://agefriendlyglencove.com/virtual-events/

Why Walk With a Doc?

- Learn about health topics from local healthcare professionals
- Become comfortable discussing health topics with your physician
- Enjoy a fun and easy way to exercise and improve health!
- Connect with members in the local community

For more information, please contact the Age-Friendly Glen Cove team at the Glen Cove Senior Center at 516-759-9610 or email us at agefriendlyglencove@gmail.com

We are a local chapter of an international program.
Learn more at **www.walkwithadoc.org**

@agefriendlyglencove