SENIO RS CONNECT
Volume 155
January/February 2020

Discover Your Community!

TOWN OF ISLIP
Department of Parks, Recreation and Cultural Affairs
Division of Senior Citizens

Angie M. Carpenter, Supervisor

TOWN BOARD
Trish Bergin Weichbrodt • John C. Cochrane, Jr.
Mary Kate Mullen • James P. O’Connor
Olga H. Murray, Town Clerk • Alexis Weik, Receiver of Taxes
Thomas Owens, Commissioner of Parks, Recreation and Cultural Affairs

Valentine Bingo at Brentwood

Warming your Heart & Tummy at East Islip

Valentine Luncheon at Oakdale

Sing & Dance at West Islip

Run for the Roses Derby at Ronkonkoma

See inside for details...
Welcome

A Message From...

ISLIP TOWN SUPERVISOR
ANGIE M. CARPENTER

Dear Residents,

I am pleased to share this issue of Seniors Connect, which includes information about many interesting and enjoyable activities hosted at our Senior Centers throughout the Town of Islip. Take a look and do consider participating in the wonderful programs, classes, trips and special events that we offer.

Be sure to check-out the enclosed Trips and Shows Summary which gives a brief description of the upcoming 2020 schedule. We are sure there’s something that will interest everyone!

Please take advantage of our FREE Pickle Ball on Tuesdays at the Brentwood Recreation Center from 10:00 a.m. to 11:00 a.m. Call 631-224-5310 for more information.

January and February are a great time to focus on your physical health. Be sure to come down and “Get Fit with Nick” or keep on “Moving with Kevin.” The Town of Islip offers residents many Fitness Classes including Walking, Dancing, Zumba, Bowling, and Sit-and-Get-Fit. All classes offer participants the opportunity to make new friends while exercising and caring for their health. I encourage you to bring a friend along and join the fun! Please see the Fitness Program Schedule on page 13.

Please note, each center will be providing an overview of the new STAR requirements and there will be question and answer period as well. Please refer to page 6 for each center’s date and time.

Do yourself a favor, and stop by any one of our Senior Centers located throughout the town, where you can obtain more information about our activities, including luncheons, bingo, and movies, as well as chat over a cup of coffee with a friend, or make a new one. All centers are open from 8:30 a.m. to 4:30 p.m., Monday through Friday, and our staff will be happy to provide more information about all of these programs, including how to obtain your FREE Senior Citizen Identification Card.

Please take a moment to visit our website at www.islipny.gov for more information about the exciting programs and services Islip offers its residents. Be sure to sign up for our eAlert program to receive important announcements, including weather and storm-related news and advisories.

Of course, if you have any questions, please don’t hesitate to call (631) 224-5340 and a representative of Islip’s Senior Citizens Office will be happy to offer you assistance.

Warmest Regards,

Angie
Islip Town Supervisor
Bay Shore’s Ora Russell Celebrates 90 Years

Islip Supervisor Angie Carpenter recently recognized Ora Russell for her contributions to the West Islip senior community and the Higbie Lane Club, as well as a leader and force for positive change. Ora grew up in Georgetown, South Carolina, and came to New York at the age of 13. She lived in Brooklyn with her cousin for 54 years, throughout each year serving as a valued and respected member in her home as well as in her community. Ora raised two sons and daughters, working in a doll factory for 10 years, prior to opening her own daycare business, which she would successfully run and operate from her home over the course of 20 years. Ora returned back to Georgetown in the 1990s, caring for and sending her granddaughter to college. In 2016, Ora moved to Bay Shore where she now lives with her daughter Mary. Ora has distinguished herself as a respected member of the West Islip Senior Center, as well as the Higbie Lane Club, and has lived by the guiding principles of grace and respect, and over the course of 90 years, has defined a legacy for all who know her to admire.

Seniors Dance and Dine the Afternoon Away During Annual Fall Ball

The Town of Islip’s Division of Senior Citizen Services hosted its annual Fall Ball recently. The sold-out event brought more than 200 residents together for an afternoon of dining and dancing. This is the first year the Fall Ball was held at Captain Bill’s Restaurant in Bay Shore.

Islip Supervisor Angie Carpenter danced with guests, and wished everyone a healthy and happy holiday season!
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*At a glance…*

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MESSAGE FROM:
ALEXIS WEIK
RECEIVER OF TAXES

Dear Friends:

It is that time of year again and I know you have many things on your mind. However, I would be remiss if I didn’t remind you that your tax bill should be arriving at your home no later than December 20th.

For your convenience, our office will be open Friday, January 10, 2020 until 7:00 p.m. as this is the last day to pay your first half taxes without penalty.

It is always my pleasure to serve the residents of this great town, so if you have any questions, please do not hesitate to contact me at 631-224-5580.

My greetings to you and your family for a very joyous Holiday Season and a Healthy and Happy New Year.
Important Notice for Property Owners Age 65 and Over

New STAR requirements

- To receive the Enhanced STAR exemption, you must enroll in the Income Verification Program (IVP). If you are already enrolled, no action is needed.
- If you qualify for the Senior Citizens Exemption, you will no longer automatically receive the Enhanced STAR exemption. You must apply for Enhanced STAR separately.

Questions?

Please attend one of the following STAR & Low Income Senior Seminars at your local Senior Centers, presented by the Town of Islip’s Tax Assessor.

**Joyce Fitzpatrick Senior Center**
50 Irish Lane, East Islip
Friday, January 24 at 9:30 a.m.

**Ronkonkoma Senior Center**
299 Rosevale Avenue, Ronkonkoma
Tuesday, January 28 at 12:00 p.m.

**West Islip Senior Center**
90 Higbie Lane, West Islip
Wednesday, January 29 at 11:00 a.m.

**Central Islip Friendly Club**
555 Clayton Street, Ste. 1, Central Islip
Monday, February 3 at 12:00 p.m.

**Caesar Trunzo Senior Center**
16 Second Ave., Brentwood
Friday, February 7 at 10:30 a.m.

**Oakdale Senior Center**
963 Montauk Highway, Oakdale
in the Ockers Community Room
Thursday, February 13 at 10:00 a.m.

For more information, call the Town of Islip Assessor’s STAR Office
(631) 224-5058
About Our Services

Essential Transportation Program
Transportation services are provided for Islip seniors who have no access to private or public transportation and cannot afford private taxi fare. This program provides transportation to our senior centers, medical and healthcare facilities, government services and food shopping within the Town of Islip. Please call two weeks before service is needed. A voluntary contribution of $2.00 is suggested. First-come, first-served. Limited availability. For more information call (631) 224-5686.

Expanded In-Home Services for the Elderly Program (EISEP)
This program provides case management through Suffolk County Office for the Aging and non-medical in-home assistance for persons over 60 years of age who are unable to complete home management tasks. Services may include shopping, laundry and light housekeeping. Persons who are not Medicaid eligible and who need housekeeping services to ensure their health and safety at home may apply. Call Suffolk County Office for the Aging to apply and please be advised that there may be a waiting list for services, (631) 853-8200.

Residential Repair Program
Assistance is provided for small household repairs that the homeowner/renter is not able to manage. The homeowner/renter is responsible for parts and supplies only. Call (631) 224-5424 for more information.

Home Delivered Meal
This service delivers meals, weekly, to seniors who are unable to prepare meals and have no one available to assist them. An in-home evaluation process for participation in this program is necessary. A voluntary contribution of $2.00 per meal is suggested. For further information and/or to put your name on the waiting list, call (631) 595-3510.

Nutrition Programs
There are six nutrition sites located in the Town of Islip: Brentwood, Central Islip, East Islip, Oakdale, Ronkonkoma and West Islip. Transportation to the center may be arranged by center staff. The centers provide a hot nutritious lunch, Monday through Friday. Reservations must be made in advance. A voluntary contribution of $2.00 per meal is suggested. For more information call (631) 595-3510.

Senior I.D. Cards
Senior I.D. cards are available for senior residents 60 years of age and over. The Senior I.D. card is available at the Permit/ID Office located at Brookwood Hall, 50 Irish Lane, East Islip, 8:30 a.m. to 4:45 p.m. Please bring proof of residency and age. You can also obtain a card by mail; just send a copy of your driver’s license or proof of residency and age to the Permit/ID Office, Brookwood Hall, 50 Irish Lane, East Islip, NY 11730. The card will be mailed back to you along with the copy of your driver’s license.

Senior Clubs
There are 16 senior citizen clubs affiliated with the Town of Islip. Clubs meet at various centers and locations throughout the Town of Islip. If you’re interested in making new friends, going on trips, attending monthly meetings, luncheons and parties, call for further information, (631) 224-5340.

Our Programs and Services are partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.
Senior Centers & Nutrition Programs

Find a center near you today…

Senior Centers
The senior centers are a focal point in communities for information, programs and activities for all residents age 60 and older. The six town-wide senior citizen centers are located in Brentwood, Central Islip, East Islip, Oakdale, Ronkonkoma and West Islip. There are activities for all! Whether you are interested in getting fit by participating in our exercise, walking or swim programs or the artist in you is waiting to surface, please consider visiting or calling our centers for further details. Senior citizens are welcome to attend any program at any center. The center locations are as follows:

Caesar Trunzo Senior Center
16 Second Avenue
Brentwood, NY 11717
(631) 436-6072

Joyce Fitzpatrick Senior Center
50 Irish Lane
East Islip, NY 11730
(631) 224-5396

Ronkonkoma Senior Center
299 Rosevale Avenue
Ronkonkoma, NY 11779
(631) 467-3324

Central Islip Senior Center
555 Clayton Street
Central Islip, NY 11722
(631) 595-3508

Oakdale Senior Center
963 Montauk Highway
Ockers Community Room
Oakdale, NY 11769
(631) 472-7023

West Islip Senior Center
90 Higbie Lane
West Islip, NY 11795
(631) 893-8932

Center Meals
Congregate Meals – Lunch is available to eligible Town of Islip Senior Citizens at our six nutrition centers, Monday through Friday. Transportation may be available. Please call for information. Home Delivered Meals – This service delivers frozen meals weekly to those who are unable to prepare meals, have difficulty shopping for food and have no one available to assist them while they are incapacitated or recuperating from an illness or accident. Eligible seniors can receive a total of 5 meals weekly from the Congregate Nutrition Program, the Home Delivered Meal Program or a combination of the two. A voluntary contribution of $2.00 per meal is suggested. Meals will not be denied if no contribution can be made. For more information, please call (631) 595-3510.

Persons with self-declared incomes at or above 185% of the Federal poverty level are encouraged to make a contribution equal to the cost of the meal. All contributions are used to expand the Nutrition Program. Our Programs and Services are partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.
Transportation Program
(631) 224-5686

Socialize and enjoy a nutritious lunch with us...

The Town of Islip Senior Citizen Transportation Program can take you to one of our Senior Centers within the Town of Islip.

This service is provided for Town of Islip residents age 60 years or older. A suggested voluntary contribution of $2.00 is appreciated. Contact the Town of Islip Transportation Program at (631) 224-5686 for more information.

Join us for a Nutritious Lunch**

**There is a suggested meal contribution of $2.00 for the Congregate Nutrition Program. No one shall be denied a meal due to their inability to contribute. Persons with self-declared incomes at or above 185% of the Federal poverty level are encouraged to make a contribution equal to the actual cost of the meal. Contributions are used to expand the program. Our Programs and Services are partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.

Soup’s on Everyday

Piping hot soup included with every Center and Home Delivered Meal.
Residential Repair Program

Calling all Town residents 60 years of age or older!

The following are just some of the Residential Repair Services we provide:

**WE INSTALL!**

- Door locks
- Safety rails for tubs & toilets
- Shades & curtain rods
- Screens & air conditioners in Spring, and remove them in Fall

**WE PAINT!**

- Rooms in the interior of your house
- Exterior doors

**WE CLEAN!**

- Gutters - Early Spring and Early Fall *(first floor only)*

Work requiring plumbing and electrical skills is not provided.

For more information, call Residential Repair 631-224-5424

RESIDENTIAL REPAIR PROGRAM

The senior citizen is responsible for parts & supplies only.

There is NO CHARGE for labor.

Funding provided by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging
Residential Repair Program

Llamando a todos los residentes de la ciudad mayores de 60 años de edad!

Los siguientes son sólo algunos de los Servicios Residenciales que ofrecemos:

INSTALAMOS!
- Cerraduras de puertas
- Rieles de seguridad para bañeras y sanitarios
- Persianas y barras de cortina
- Pantallas y aire acondicionados en primavera y remover en el otoño

PINTAMOS!
- Habitaciones en el interior de su casa
- Y las puertas exteriores

LIMPIAMOS!
- Canalones - principios de primavera y principios de otoño (solo en el primer piso)

Trabajo de fontanería y eléctrico que requieren conocimientos no se proporciona.

Para obtener más información, por favor llame a Reparación Residencial en 631-224-5424

PROGRAMA DE REPARACIONES RESIDENCIALES

El jubilado es responsable de partes y suministros sólo.

No hay Ningún Cargó por mano de obra.

Fondos provistos por la Administración para la Vida Comunitaria a través de la Oficina de Envejecimiento del Estado de Nueva York y la Oficina de Envejecimiento del Condado de Suffolk
# Upcoming Trips and Shows for 2020

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<th>Resident/Non-Resident Fee</th>
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<td><strong>EXCURSIONS</strong></td>
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<td>Fri., May 8</td>
<td>Green Dragon Flea Market and Shady Maple Smorgasbord, PA</td>
<td>$82/92</td>
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<td>Sat., July 18</td>
<td>Peddler’s Village Bluegrass &amp; Blueberries, PA</td>
<td>$52/62</td>
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<td>Fri., Oct 23</td>
<td>Green Dragon Flea Market and Shady Maple Smorgasbord, PA</td>
<td>$82/92</td>
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<td><strong>CASINO TRIPS</strong></td>
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<td>Tues., June 23</td>
<td>Empire City Casino, NY</td>
<td>$40/50</td>
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<td>Thurs., July 30</td>
<td>Foxwoods Casino Resorts, CT</td>
<td>$45/55</td>
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<tr>
<td>Tues., Sept 15</td>
<td>Empire City Casino, NY</td>
<td>$40/50</td>
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<td><strong>THEATER SHOWS</strong></td>
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<td>Wed., April 15</td>
<td>Bill Haley &amp; His Comets Tribute at Mount Airy Casino, PA</td>
<td>$94/104</td>
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<td>Wed., June 3</td>
<td>Tina: The Tina Turner Musical at the Lunt-Fontanne Theatre, NYC</td>
<td>$135/145</td>
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<td>Thurs., Nov. 5</td>
<td>Sight &amp; Sound “Queen Esther” &amp; Shady Maple Smorgasbord, PA</td>
<td>$165/175</td>
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<td><strong>TOUR EXPERIENCES</strong></td>
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<td>Tues., April 7</td>
<td>Great Wolf Lodge Indoor Water Park, PA</td>
<td>$98/108</td>
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<td>Tues., May 19</td>
<td>The Essex Steam Train &amp; Riverboat Sightseeing Tour, CT</td>
<td>$100/110</td>
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<td>Tues., June 2</td>
<td>Thimble Island Cruise &amp; Trolley Museum, CT</td>
<td>$135/145</td>
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<td>Thurs., Oct 15</td>
<td>Fall Foliage Cruise, NYC</td>
<td>$135/145</td>
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<td>Mon., Dec. 7</td>
<td>Christmas Mansions, CT</td>
<td>$140/150</td>
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*All reservations must be paid in full at the time of registration.*
# Fitness Program Schedule

(631) 224-5310

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<td><strong>Joyce Fitzpatrick</strong></td>
<td><strong>Caesar Trunzo</strong></td>
<td><strong>Caesar Trunzo</strong></td>
<td><strong>Ronkonkoma</strong></td>
<td><strong>Oakdale</strong></td>
</tr>
<tr>
<td><strong>Wii Games All Day</strong></td>
<td><strong>Move with Kevin</strong> 10:00 a.m.–11:30 a.m. <strong>Pickleball</strong> 10 a.m.–11 a.m.</td>
<td><strong>Instructor Available</strong> 1:15 p.m.–3 p.m. <strong>Get Fit with Nick</strong> 12:30 p.m.–1:15 p.m. <strong>Move with Kevin</strong> 12 p.m.–2 p.m. <strong>Walking</strong> 11:15 a.m.–11:30 a.m. <strong>Wii Games</strong> 1 p.m.–2:00 p.m. <strong>Get Fit with Nick</strong> 12:15 a.m.–1 p.m.</td>
<td><strong>Zumba</strong> 9 a.m.–9:30 a.m. <strong>Move with Kevin</strong> 9:30 a.m.–10:30 a.m. <strong>Wii Sports Throughout the day</strong></td>
<td><strong>Instructor Available</strong> 9 a.m.–10 a.m. 11 a.m.–11:30 a.m. <strong>Get Fit with Nick</strong> 10:15–11 a.m.</td>
</tr>
<tr>
<td><strong>Joyce Fitzpatrick</strong></td>
<td><strong>Instructor Available</strong> 1:15 p.m.–3 p.m. <strong>Get Fit with Nick</strong> 12:30 p.m.–1:15 p.m. <strong>Move with Kevin</strong> 12 p.m.–2 p.m. <strong>Walking</strong> 12:15 p.m. <strong>Ping Pong</strong> 1:00 p.m. <strong>Wii Games</strong> 1:00 p.m.</td>
<td><strong>Get Fit with Nick</strong> 10:15–11 a.m. <strong>Wii Games</strong> 10:30 a.m.–11 a.m.</td>
<td><strong>Wii Games</strong> All Day</td>
<td><strong>Oakdale</strong></td>
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<td><strong>Ronkonkoma</strong></td>
<td><strong>Instructor Available</strong> 9 a.m.–11:30 a.m. <strong>Walking</strong> 9:15 a.m.–9:45 a.m. <strong>Wii Games</strong> 9:45 a.m.–2 p.m. <strong>Sit and Get Fit</strong> 10 a.m.–11 a.m.</td>
<td><strong>Instructor Available</strong> 9 a.m.–10 a.m. <strong>Get Fit with Nick</strong> 10 a.m.–10:45 a.m.</td>
<td><strong>Wii Games</strong> 10:30 a.m.–11 a.m.</td>
<td><strong>Billiards All Day</strong></td>
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Caesar Trunzo Senior Center
16 Second Avenue • Brentwood, NY 11717 • (631) 436-6072

Mondays
• Billiards, Cards & Dominoes — All Day
• Movies — 1st and 3rd Monday of each month
• Wii Games — 1:00 p.m. to 2:00 p.m.

Tuesdays
• Billiards, Cards & Dominoes — All Day
• Move with Kevin — Pickle Ball, Basketball, etc. 10:00 a.m. to 11:30 a.m.
• Wii Games — 10:30 a.m. to 11:30 a.m.
• Center Sing-A-Long — 10:30 a.m. to 12:00 p.m.
• Bingo — 12:00 p.m.

Wednesdays
• Billiards, Cards & Dominoes — All Day
• Walking — 11:15 a.m. to 11:30 a.m.
• Get Fit with Nick — 12:15 p.m. to 1:00 p.m.
• Fitness Instruction Available — 1:00 p.m. to 2:30 p.m.
• Wii Games — 1:00 p.m. to 2:00 p.m.
• Art Class — 12:30 p.m. to 2:30 p.m.

Thursdays
• Billiards, Cards & Dominoes — All Day

Fridays
• Bingo — 12:00 p.m.
• Billiards, Cards & Dominoes — All Day

Club Meetings

Brentwood Senior Citizens #1
2nd and 4th Monday
10:00 a.m. to 2:00 p.m.

Brentwood Islanders
1st and 3rd Tuesday at 12:00 p.m.

Diamonds and Pearls
Every Wednesday
10:00 a.m. to 3:00 p.m.

Hispanic American Seniors
Every Thursday at 11:00 a.m.

HOMEMAKERS
Every Friday
9:00 a.m. to 12:00 p.m.
National Cream Puff Day

Friday, January 3
1:00 p.m.
Fee: $1.00

Let's toast to the New Year and celebrate with something sweet to eat. Please pay by December 30.

Pancake Breakfast

Wednesday, January 22
9:30 a.m. - 11:00 a.m.
Fee: $5.00

Rise and Shine, It's breakfast time! Come on over for Joanne's famous pancake breakfast served with sausage. Coffee or tea will be included. Pay by January 17.

STAR & Low Income Seminar

Friday, February 7 at 10:30 a.m.

Q & A presented by the Town of Islip's Tax Assessor's Office to help navigate the new Enhanced STAR exemption requirements.

Valentine's Bingo Bash

Friday, February 14
10:30 a.m. - 2:30 p.m.
Fee: $12.00

Cupid is cooking up something special. Join us for a HEARTy meatloaf lunch with some sweet desserts during our bingo bash. Please pay by February 12.

Ice Cream & Waffles

Wednesday, February 26
1:00 p.m.
Fee: $2.00

Come in from the cold. You are welcome to see our center, meet new seniors and socialize with friends. Warm up with fresh waffles topped with ice cream. Pay by February 19.
Joyce Fitzpatrick Senior Center
50 Irish Lane • East Islip, NY 11730 • (631) 224-5396

Mondays
- Pool and Cards — 9:00 a.m.
- Book Club (1st Monday of each month) — 10:00 a.m.
- Bridge Club — 10:00 a.m.
- Pinochle — 10:00 a.m.
- Games, Cards or Puzzles — 1:30 p.m.
- Wii Games — All Day

Tuesdays
- Canasta — 10:00 a.m.
- Get Fit with Nick — 12:30 p.m. to 1:15 p.m.
- Walking — 12:15 p.m.
- Wii Games — 1:00 p.m.
- Ping Pong — 1:00 p.m. **Players Needed**
- Advanced Exercise with Nick — 2:00 p.m.

Wednesdays
- Pool — 9:00 a.m.
- Social Cards — 9:00 a.m.
- Sing-along — 10:00 a.m.
- Club — 1:00 p.m.

Thursdays
- Pool — 9:00 a.m.
- Cribbage — 9:00 a.m.
- Poker (Social Cards) — 9:30 a.m.
- Left, Right, Center — 9:30 a.m.
- Movie — 12:00 p.m.
- Art Class — 1:30 p.m. (1st and 3rd Thurs. of each month)

Fridays
- Pool — 9:00 a.m.
- Bingo — 12:30 p.m.

### Club Meetings

**East Islip #3 Club**
1st and 3rd Wednesday of each month at 1:00 p.m.

**East Islip Gatehouse**
2nd and 4th Wednesday of each month at 1:00 p.m.

**St. Mark’s Islipers**
2nd and 4th Thursday of each month at 1:00 p.m.

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**LINE DANCING**

**Tuesdays**
**10:00 a.m.**

Have fun & get fit one step at a time.

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Joyce Fitzpatrick Senior Center
(631) 224-5396

New Year’s Cake
Thursday, January 2
1:00 p.m.
Whether you have been naughty or nice, come celebrate the new year with a fresh start. Dessert on us!

Murder Mystery
Friday, January 10
11:00 a.m.
Fee: $25.00 per person
Who Dunnit? We are hosting a Murder Mystery Lunch. You don’t wanna miss this one! Seats are limited, so sign up soon. Pay by January 3.

STAR & Low Income Seminar
Friday, January 24 at 9:30 a.m.
Q & A presented by the Town of Islip’s Tax Assessor’s Office to help navigate the new Enhanced STAR exemption requirements.

Valentine’s Day Celebration
Tuesday, February 11
12:00 p.m.
Fee: $7.00
Come on in and warm your hearts and stomach with a hearty grilled sandwich with hot soup. Always a favorite at this center. Please pay by February 4.

President’s Day
Tuesday, February 18
1:00 p.m.
Fee: $5.00
It’s Election Year! Come vote for your favorite sundae to enjoy with your friends. Pay by February 10.
Mondays
- Line Dancing Class — 9:45 a.m. to 11:15 a.m.
- Social Cards — 10:00 a.m. to 3:00 p.m.
- Bingo — 12:30 p.m. to 2:30 p.m.

Tuesdays
- Wii Games — 9:30 a.m. to 10:45 a.m.
- Sit & Get Fit — 9:30 a.m. to 11:00 a.m.
- Social Cards — 10:00 a.m. to 3:00 p.m.
- Mah-Jongg — 12:30 p.m. to 4:00 p.m.
- Wii on Request

Wednesdays
- Walking — 9:15 a.m. to 9:45 a.m.
- Sit and Get Fit — 10:00 a.m. to 11:00 a.m.
- Wii Games — 9:45 a.m. to 2:00 p.m.
- Social Cards — 10:00 a.m. to 3:00 p.m.

Thursdays
- Wii Games — 9:30 a.m. to 11:30 a.m.
- Social Cards — 10:00 a.m. to 3:00 p.m.
- Mah-Jongg — 12:30 p.m. to 4:00 p.m.

Fridays
- Get Fit with Nick — 9:30 a.m. to 11:30 a.m.
- Social Cards — 10:00 a.m. to 12:30 p.m.
- Bingo — 12:30 p.m. to 2:30 p.m.

Club Meetings
Over Sixty Club
1st and 3rd Wednesday at 1:00 p.m.
Call Cecilia 631-589-4365 for more information.
New Year’s Breakfast

Wednesday, January 8
10:30 a.m.
Fee: $3.00

Ring in the New Year with an old favorite. Stop in for warm waffles topped with ice cream. Please pay by December 30.

Movie Day

Wednesday, January 22
12:00 p.m.
Fee: $2.00

Cozy up and stay warm. The Oakdale center will be showing a movie with light refreshments. Please pay by January 17.

STAR & Low Income Seminar

Thursday, February 13 at 10:00 a.m.

Q & A presented by the Town of Islip’s Tax Assessor’s Office to help navigate the new Enhanced STAR exemption requirements.

Chinese Valentine Luncheon

Thursday, February 13
11:30 a.m.
Fee: $8.00

Listen to your heart. Come on down and share a delicious lunch with your friends at the center. Please pay by January 30.

Movie Day

Thursday, February 27
12:00 p.m.
Fee: $2.00

Lights! Camera! Action! Join us for an entertaining afternoon at the movies. Light refreshments will be served. Please pay by February 18.
Mondays
• Art Class — 9:30 a.m. to 11:30 a.m.
• Bingo — 12:30 p.m.
• Social Cards — 1:30 p.m.

Tuesdays
• Line Dancing — 9:30 a.m. to 11:00 a.m.
• Get Fit with Nick — 10:00 a.m. to 10:45 a.m.
• Fitness Instructor available — 9:00 a.m. to 10:00 a.m. 10:45 a.m. to 11:30 a.m.
• Wii Games — 10:30 a.m. to 11:00 a.m.

Wednesdays
• Line Dancing — 10:00 a.m. to 11:30 a.m.
• Bingo — 12:30 p.m.
• Social Cards — 1:30 p.m.

Thursdays
• Zumba — 9:00 a.m. to 9:30 a.m.
• Move with Kevin — 9:30 a.m. to 10:30 a.m
• Wii Sports — Throughout the day

Fridays
• Line Dancing — 10:00 a.m. to 11:30 a.m.
• Bingo — 12:30 p.m. (1st and 3rd Friday of each month)
• Mah-Jongg — 12:00 p.m.
• Social Cards — 1:30 p.m. to 4:00 p.m.

Club Meetings
Ronkonkoma Senior Club
2nd and 4th Tuesday
of each month
12:00 p.m.

Any club inquiries, please contact Flo at
(631) 467-3324 or (631) 585-5181
New Year’s Bagels

Friday, January 3
10:00 a.m.

Cheers to the New Year! Let’s celebrate with your friends at our center. We will be serving a complimentary bagel breakfast with coffee and tea.

Let’s go to the Movies

Friday, January 10
12:00 p.m.

The new Theater is open! We have a beautiful big screen TV. We will be serving popcorn and pretzels during the film.

STAR & Low Income Seminar

Tuesday, January 28 at 12:00 p.m.

Q & A presented by the Town of Islip’s Tax Assessor’s Office to help navigate the new Enhanced STAR exemption requirements.

Valentine’s Horse Racing

Friday, February 14
11:30 a.m.
Fee: $8.00

Talk Derby to me. Run for the Roses at our center with horse racing followed by a delicious Chinese lunch and Valentine cookies. Please pay by February 12.

Afternoon at the Movies

Friday, February 28
12:00 p.m.

Come in out of the cold, relax and get cozy. Watch a movie with us. We will have complimentary popcorn and pretzels to snack on.
Mondays
- Sit and Get Fit — 9:30 a.m. to 10:30 a.m.
- Social Cards — 10:30 p.m. to 3:30 p.m.
- Pinochle — 10:00 a.m. to 12:00 p.m.

Tuesdays
- Art Studio — 10:00 a.m. to 3:00 p.m
- Arthritis Exercise Class — 9:45 a.m. to 10:45 a.m. (sign up in advance)
- Mah-Jongg — 12:00 p.m. to 4:00 p.m.
- Social Cards — 10:30 a.m. to 4:00 p.m.
- Bingo — 12:30 p.m. to 2:00 p.m.
- Pokeno — 9:30 a.m. to 11:00 a.m.

Wednesdays
- Get Fit with Nick — 9:30 a.m. to 10:30 a.m.
- Mah-Jongg — 12:00 p.m. to 4:00 p.m.
- Art Studio — 10:00 a.m. to 3:00 p.m.
- Social Cards — 10:30 a.m. to 3:30 p.m.

Thursdays
- Knit and Crochet Class — 10:00 a.m.
- Art Studio — 10:00 a.m. to 3:00 p.m.
- Social Cards — 10:30 a.m. to 3:30 p.m.
- Canasta — 12:30 p.m. to 4:00 p.m.

Fridays
- Mah-Jongg — 12:30 p.m. to 4:00 p.m.
- Social Cards — 10:30 a.m. to 3:30 p.m.

Club Meetings

West Islip Higbie Lane
Every Thursday
at 12:30 p.m.

West Islip Deer Lake Seniors
Every Wednesday
at 12:30 p.m.
National Croissant Day

Tuesday, January 14
12:30 p.m.
Fee: $2.00

Wishing you a healthy and wealthy New Year! Start with a scrumptious croissant while playing an exciting game of Bingo with your friends. Please pay by January 8.

Winter Brunch

Tuesday, January 28
10:00 a.m.
Fee: $4.00

Baby its cold outside! Come on in and get warm and cozy while enjoying a savory brunch with Chicken Divan. Pay by January 23.

STAR & Low Income Seminar

Wednesday, January 29 at 11:00 a.m.

Q & A presented by the Town of Islip’s Tax Assessor’s Office to help navigate the new Enhanced STAR exemption requirements.

Valentine’s Party

Tuesday, February 11
11:00 a.m. - 2:00 p.m.
Fee: $20.00

The forecast is for heavy showers of hearts and flowers. Celebrate Love, Friendship and Admiration. Sing and dance with D.J. John Walters. Lunch will be catered by Green City Kitchen. Pay by February 6.

National Cherry Month

Monday, February 24
12:30 p.m.    Fee: $1.00

Cherries are highly nutritious and offer a host of health benefits. They are bursting with antioxidants, vitamins, nutrients and fiber. So enjoy a cherry crisp and play a game of Pokeno. Pay by Feb. 20.
Like most of us, we see the New Year as a time to eat better to lose weight. “A New Year, a New You”. When we think of going on a diet, some common feelings are:

- No more sweets
- Restriction
- Isolation
- Hunger
- Uncontrollable Cravings
- Tasteless foods
- No satisfaction
- Overwhelmed
- Too much effort
- Too costly

When we hear the word “diet”, we feel that we have to eliminate the foods we love, which make us feel restricted, which creates a greater desire to eat even more.

If you have followed various diets and removed a food group from your diet, you know what it is like to lose track and end up gaining back all the weight you lost.

**Make Small Changes, For a Big Impact**

1. If you already eat vegetables, try adding more vegetables to your plate. Therefore reducing your intake of rice or bread. Try this first only for dinner.
2 Next, add protein to your breakfast. If you eat two slices of toast with a spread for breakfast, try adding in a hard boiled egg or two and then crowding out a slice of toast. You will start feeling fuller longer. Weight loss here it comes!

3 Every few weeks to a month make changes that are workable and realistic. After a year, you will have steady energy levels and you will feel and look healthier. The weight loss will come. Be patient with yourself.

Here are some small changes to improve your daily relationship with food:

• Drink 8 cups of water a day.
• Reduce sugar intake.
• Go to bed and wake up at the same time everyday.
• Plan your meals ahead of time.
• Eat more whole grains.
• Make a grocery list and stick to it.

Focus on feeding your body with nutritious wholesome foods to help improve your health and keep you feeling great.

We wish you success in your health for 2020!

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(631) 255-1404
Meetings held 2nd and 4th Tuesday of each month

ST. JOHN NEPOMUCENE
Locust Avenue, Bohemia
Call Jean at (631) 589-8389
Meetings held Thursdays, 12:00 p.m. - 3:00 p.m.

OAKDALE OVER 60 CLUB
Oakdale Senior Center
963 Montauk Highway, Oakdale
Call Cecilia at (631) 589-4365
Meetings held 1st and 3rd Wednesday of each month at 1:00 p.m.
Important Telephone Numbers

The following numbers are to obtain information. Some may refer you to local chapters or affiliates.

Suffolk County Non-Emergency ........................................ (631) 852-COPS

AARP ............................................................................... General: 1-888-687-2277
www.aarp.org

HEAP Home Energy Assistance Program .............................. (631) 853-8326

Town of Islip Housing Authority
Senior Housing and Subsidized Housing for Seniors .............. (631) 589-7100

MEDICAID ................................................................. For eligibility information call: (631) 853-8730

MEDICARE ................................................................. General Number: 1-800-633-4227
www.medicare.gov

SCAT Suffolk County Accessible Transportation for Disabled ...... (631) 853-8333
or (631) 853-8337

SNAP (formerly known as Food Stamps)
Social Services Smithtown Center ........................................ (631) 853-8714
www.suffolkcountyny.gov
www.mybenefits.ny.gov

Social Security ........................................................................... 1-800-772-1213
www.socialsecurity.gov

Suffolk County Office for the Aging .... General Number: (631) 853-8200

Suffolk County Veterans Service Agency
Hauppauge Office at 100 Veterans Memorial Highway .......... (631) 853-VETS
Riverhead Office at 300 Center Drive ..................................... (631) 852-1410
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- Pain Management

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Monday, February 17 – In Observance of Washington’s Birthday