



Discover Your
Community!

Town of
ISLIP

Department of Parks, Recreation and Cultural Affairs
Division of Senior Citizens

SENIORS CONNECT

Volume 180

March/April 2024



Angie M. Carpenter, Supervisor

TOWN BOARD

James P. O'Connor • Jorge Guadrón • John M. Lorenzo • Michael McElwee, Jr.

Linda D. Vavricka, Town Clerk • Andy Wittman, Receiver of Taxes

Thomas S. Owens, Commissioner of Parks, Recreation and Cultural Affairs



WELCOME



A Message From... ISLIP TOWN SUPERVISOR ANGIE M. CARPENTER

The Islip Town Board and I are very pleased to present the newest issue of *Seniors Connect*!

Please feel free to contact any one of our **Senior Centers** located throughout the Town, and our staff will be happy to provide more information about our programs, including how to obtain your **FREE Senior Citizen Identification Card**.

The Senior Citizen Division offers numerous programs to aid seniors within our Town, especially those programs designed to assist seniors to remain in their homes

independently for as long as possible. Services provided by the Town include the **FREE Residential Repair Program**, the **Expanded In-Home Services for the Elderly Program**, the **Senior Center Nutrition Program**, the **Grab & Go Meal Program**, the **Home Delivered Meal Program**, and our newest program, the **Shopping Assistance Program**. All of these programs are funded by the Administration for Community Living through the New York State Office for the Aging, Suffolk County Office for the Aging and the Town of Islip. See pages 6-7 for program details.

This spring, we are partnering with **Good Samaritan University Hospital**, a member of **Catholic Health** to offer the very informative "**Medication Education Series**" at your local senior center! Check page 14 for details.

Also this spring, **FREE Art Classes** and "**Center Craft Creations**" resume across all the centers! Please visit page 12 and 15 for details and center schedules. As always, check your center's section to see all the wonderful activities and celebrations planned for the spring season, as many require reservations!

April is Volunteer Recognition Month. The Town Board, senior center staff and I would like to thank each and every volunteer within our centers. Their enthusiasm and commitment are what makes our centers so popular. To celebrate their dedication, the annual **Volunteer Appreciation Breakfast** will be held on **Friday, April 5th** in the **Ballroom at Brookwood Hall**.

Keeping active is an important part of staying healthy! **Tai Chi Instructions**, along with "**Get Fit with Nick**," which continues to be a popular **FREE** activity, are offered at all of our senior centers town-wide. Check your center's schedule for dates and times.

In addition to attending an in-person "**Get Fit with Nick**" class, you can also stay fit from the comfort of your own home by watching **Government TV Channel 18 (Optimum)** and **Government TV Channel 1982 (Verizon Fios)** at 8:30 am, 3:00 pm, and 6:00 pm. Exercise on a regular basis is important, and a great way to keep active and energized. For a **FREE "Get Fit" DVD**, call Supervisor Angie Carpenter's Office at **(631) 224-5506**.

Please visit our website, **www.islipny.gov** and take a moment to sign up for our **E-Alerts**. **E-Alerts** are the fastest way to receive important announcements and information as soon as it becomes available, 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 someone from of Islip's Senior Citizens Office will be happy to offer assistance.

Warmest Regards,

Angie



This January, hundreds gathered at Touro Law School to witness Islip Town Supervisor Angie Carpenter; Town Councilmen John M. Lorenzo and Michael J. McElwee, Jr.; Receiver of Taxes Andy Wittman and Town Clerk Linda D. Vavricka take their oaths of office, reaffirming their commitment to serve the residents of the Town of Islip.



Supervisor Carpenter and Islip Town employees wore red for the Town's annual "Go Red for Women" campaign during February, American Heart Month. Personnel from departments Town-wide contributed \$5 each, to be donated to cardiac health and research programs at neighboring hospitals, Good Samaritan University Hospital and South Shore University Hospital.



This February marked the 14th year of P.S. I Love You Day. This year's theme is "Love is Meant to be Given," a reminder to spread love to the world, to others and most importantly, to ourselves. P.S. I Love You Day is held every second Friday of February. Created by the DiPalma family of West Islip after losing a loved one to suicide, the family's mission is to bring awareness to the importance of mental health.



The Islip Town Board celebrated Black History Month at the February Town Board Meeting. Four residents from across the Town were honored for their contributions to our community and included: Kelly Schaeffer, nominated by Supervisor Angie Carpenter; Dr. Teresa J. Bryant, nominated by Councilman Jim O'Connor; Conrad B. Johnson, nominated by Councilman Jorge Guadron; and Axel Dodson, nominated by Councilman Michael J. McElwee, Jr. Pictured, is the Town Board with honoree Axel Dodson.



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Division of Senior Citizens | (631) 224-5340 | www.islipny.gov



REMINDER ABOUT YOUR TAXES

MESSAGE FROM: ANDY WITTMAN, RECEIVER OF TAXES

Second Half Taxes are due on or before May 31st, 2024

THE LAST DAY FOR PAYMENT OF 2023-2024 TAXES AT THIS OFFICE will be FRIDAY, May 31st, 2024. After that date, taxes plus penalty and interest must be paid to the Suffolk County Comptroller's Office in Riverhead, N.Y.

If you have already paid your 2023-2024 taxes, please disregard this notice.

PLEASE NOTE

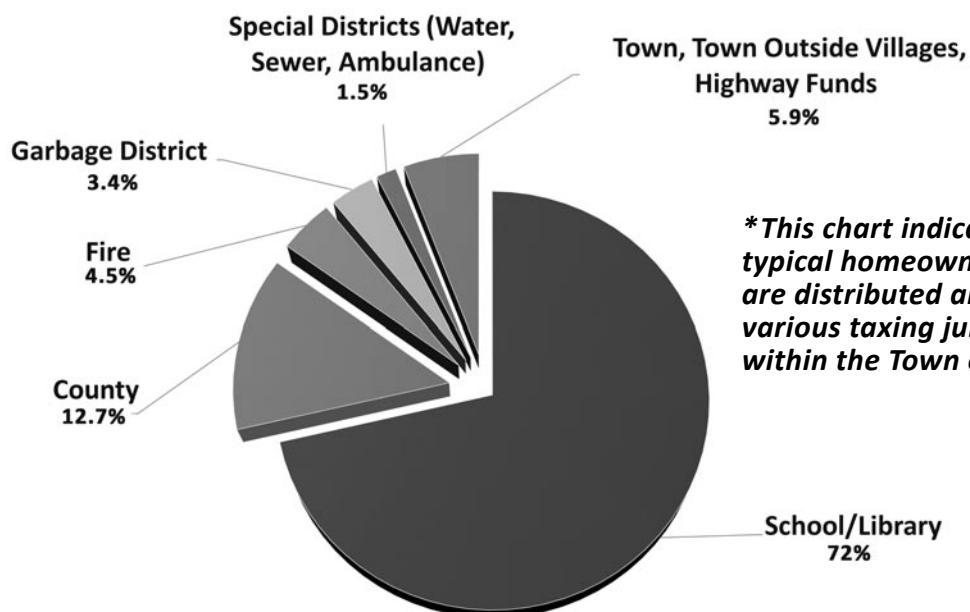
- You do not need to wait until May 31st to pay the second half of your property taxes
- You can pay your property taxes online at Tax.IslipNY.gov
- You can pay in person or through the mail
- If sending payment through the mail, please;
 - Include a daytime phone number on your payment stub
 - Have your envelope marked with an official USPS Postmark to avoid penalty

ANDY WITTMAN, RECEIVER OF TAXES
40 Nassau Avenue, Islip, N.Y. 11751-3629
Tel: (631) 224-5580

REGULAR HOURS: Monday - Friday 8:30 A.M. to 4:30 P.M.

EVENING HOURS: Friday, MAY 31st 8:30 A.M. to 7:00 P.M.

Please note our office will be closed on:
MONDAY, MAY 27, 2024 IN OBSERVANCE OF MEMORIAL DAY



**This chart indicates how a typical homeowner's taxes are distributed among the various taxing jurisdictions within the Town of Islip.*



ABOUT OUR SERVICES

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 I.D. Office located at Brookwood Hall, 50 Irish Lane, East Islip, 8:30 a.m. to 4:30 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 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 9 senior citizen clubs affiliated with the Town of Islip. Clubs meet at the Town of Islip Senior Centers. If you're interested in making new friends, going on trips, attending monthly meetings, luncheons and parties, call for further information, (631) 224-5340.

The following programs have a suggested confidential, voluntary, anonymous contribution of \$2.00, that is used to expand the program. No one shall be denied a service due to their inability to contribute. 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

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, as well as essential transportation to; medical and healthcare facilities, government services and food shopping within the Town of Islip. Please call at least two weeks before service is needed. First-come, first-served. Limited availability. For more information call (631) 224-5686.

Home Delivered Meal Program

This service delivers frozen 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. For further information and/or to put your name on the waiting list, call (631) 595-3510.



ABOUT OUR SERVICES

Senior Center 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. For more information call (631) 595-3510.

Grab & Go Meals

If you are unable to participate in the on-site Congregate Nutrition Program at one of our Town of Islip Senior Centers, you or a representative may be able to pick up frozen meals each week at either the East Islip, Ronkonkoma or West Islip Senior Center. Please call (631) 224-5340 for further details and to determine your eligibility.

Shopping Assistance Program

A Town of Islip employee will be available to assist those residents 60 years of age and older with getting food into their home. The assistance could include online ordering, shopping on behalf of the senior or perhaps assisting the resident at the market. Resident is responsible for cost of groceries. Please call (631) 224-5340 for further details and to determine your eligibility.

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 call Suffolk County Office for the Aging to apply, (631) 853-8200. Please be advised there may be a waiting list and some may be required to pay a cost share for services.

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.



SENIOR CENTER LOCATIONS & NUTRITION INFORMATION

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) 224-5340.

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.



UBICACIONES DE LOS CENTROS PARA PERSONAS MAYORES Y PROGRAMAS DE NUTRICIÓN

Centros para personas mayores

Los centros para personas mayores son un punto focal en las comunidades para obtener información, programas y actividades para todos los residentes de 60 años o más. Los seis centros para personas mayores en toda la ciudad están ubicados en Brentwood, Central Islip, East Islip, Oakdale, Ronkonkoma y West Islip. ¡Hay actividades para todos! Ya sea que esté interesado en ponerse en forma participando en nuestros programas de ejercicio, programas de caminar de natación o si el artista que hay en usted está esperando para salir a la superficie, considere visitar o llamar a nuestros centros para obtener más detalles. Los adultos mayores pueden asistir a cualquier programa en cualquier centro. Las ubicaciones de los centros son las siguientes:

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

Comidas del Centro

Comidas Colectivas – El almuerzo está disponible para las personas mayores elegibles del Pueblo de Islip en nuestros seis centros de nutrición, de lunes a viernes. Puede haber transporte disponible. Llame para obtener información. Puede haber transporte disponible. Llame para obtener información.

Comidas entregadas a domicilio: este servicio entrega comidas congeladas semanalmente a quienes no pueden preparar comidas, tienen dificultades para comprar alimentos y no tienen a nadie disponible para ayudarlos mientras están incapacitados o se están recuperando de una enfermedad o accidente. Las personas mayores elegibles pueden recibir un total de 5 comidas semanales del Programa de Nutrición Congregada, el Programa de Comidas entregadas a Domicilio o una combinación de los dos. Se sugiere una contribución **voluntaria** de \$2.00 por comida. No se negarán las comidas si no se puede hacer ninguna contribución. Para obtener más información, llame al (631) 224-5340.

Se anima a las personas con ingresos declarados iguales o superiores al 185% del nivel federal de pobreza a hacer una contribución equivalente al costo de la comida. Todas las contribuciones se utilizan para ampliar el Programa de Nutrición. Nuestros programas y servicios son financiados en parte por la Administración para la vida comunitaria a través de la Oficina para personas mayores del estado de Nueva York y la Oficina para personas mayores del condado de Suffolk.



RESIDENTIAL REPAIR PROGRAM



Town of Islip

RESIDENTIAL REPAIR PROGRAM



We Install!

- Door Locks
- Shades & Curtain Rods
- Grab Bars
- Window Screens
- Spring Installation & Fall Removal of Air Conditioners

We Paint!

- Interior Rooms of your Home
- Exterior Doors

We Clean!

- Gutters in early Spring & early Fall - First floor only - Limited availability, call for details

No plumbing or electrical work.

No charge for labor. Resident is responsible for parts & supplies only.

**CALL
FOR
INFO**

631-224-5424

Angie M. Carpenter, Supervisor
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Linda D. Vavricksa, Town Clerk • Andy Wittman, Receiver of Taxes

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.



PROGRAMA DE REPARACIONES RESIDENCIALES



Town of Islip

PROGRAMA DE REPARACIONES RESIDENCIALES



Instalamos!

- Cerraduras de Puertas
- Rieles de Seguridad
- Persianas y Barras de Cortina
- Pantallas de Ventana
- Aire Acondicionados: Instalación en la Primavera y Remover en el Otoño

Pintamos!

- Habitaciones en el Interior de su Casa
- Las Puertas Exteriores

Limpiamos!

- Canalones a Principios de Primavera y Principios de Otoño - Solo primer piso - Disponibilidad limitada, llame para más detalles

No se hacen trabajos de plomería o electricidad.

No hay cargo por mano de obra. El residente es responsable únicamente por las piezas y los suministros.

**PARA MÁS
INFORMACIÓN
LLAME**

631-224-5424

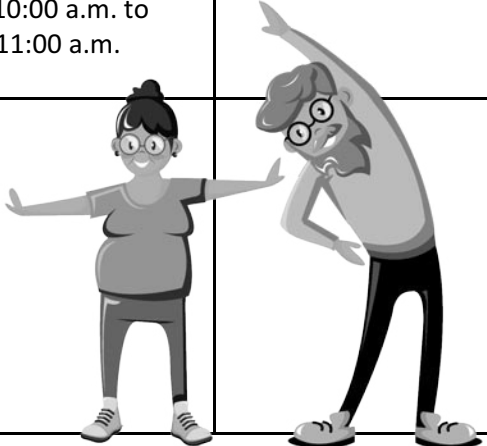
Angie M. Carpenter, Supervisor
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Financiado parcialmente por la Administración para la Vida Comunitaria a través de la Oficina para ancianos del Estado de Nueva York y la Oficina para Ancianos del Condado de Suffolk



Get Fit with Nick

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>RONKONKOMA</u> Get Fit with Nick 9:30 a.m. to 10:30 a.m.	<u>CAESAR TRUNZO</u> Get Fit with Nick 10:00 a.m. to 11:00 a.m.	<u>WEST ISLIP</u> Get Fit with Nick 9:00 a.m. to 10:00 a.m.	<u>JOYCE FITZPATRICK</u> Get Fit with Nick 9:00 a.m. to 10:00 a.m. 10:00 a.m. to 11:00 a.m.	<u>OAKDALE</u> Get Fit with Nick 10:00 a.m. to 11:00 a.m.
<u>WEST ISLIP</u> Get Fit with Nick 12:30 p.m. to 1:15 p.m.	<u>JOYCE FITZPATRICK</u> Get Fit with Nick 12:15 p.m. to 1:15 p.m. 1:15 p.m. to 2:15 p.m.	<u>CAESAR TRUNZO</u> Get Fit with Nick 10:15 a.m. to 11:00 a.m.		

Town of Islip Senior Citizen's Division

FREE ART CLASSES

LEARN TO CREATE YOUR OWN MASTERPIECE
WITH OUR FREE ART CLASSES TAUGHT BY
LOCAL ARTISTS AND CONVENIENTLY HELD
AT THE FOLLOWING LOCATIONS:

CAESAR TRUNZO SENIOR CENTER

Wednesdays from 12:30 pm - 2:30 pm
March 6, 13, 20, 27, April 3, 10, 17 and 24

JOYCE FITZPATRICK SENIOR CENTER

Wednesdays from 9:00 am - 11:00 am
April 10, 17, 24 and May 1

OAKDALE SENIOR CENTER

Mondays from 12:30 pm - 2:30 pm
April 8, 15, 22 and 29

RONKONKOMA SENIOR CENTER

Mondays from 9:30 am - 11:30 am
April 8, 15, 22 and 29

WEST ISLIP SENIOR CENTER

Tuesdays from 10:00 am - 12:00 pm
April 9, 16, 23 and 30



Eating Healthy While Reducing Food Waste

This year during National Nutrition Month, let's see how we can all help prevent unnecessary food waste. Here are some tips to get the most out of our food and waste as little as possible.



- **Be Mindful of Expiration Dates:** Check food in your pantry and fridge for expiration dates. Before something expires, try and use it in a meal. And remember, not all dates on food are the same. If a package says, "Best By", the date refers to quality, not necessarily safety. Anything labeled "Use By" or "Exp" must be used by or before that date to be safe.
- **Use Your Freezer:** Lots of foods freeze exceptionally well like bread, hard cheeses, sauces, soups, baked goods. Try freezing fruits and vegetables while they are still fresh if you don't plan to eat them. This prevents them from going bad, but also preserves their nutrition. If you know you won't finish something before it expires, check to see if it freezes!
- **First In, First Out:** Be aware of what the oldest and newest items in your refrigerator are. Last night's leftovers will last longer than 5-day-old leftovers, so try and use up the older food first before it spoils.
- **Carefully Plan Your Grocery List:** Make sure you know what you already have in your house before shopping. This way you can avoid buying something that you have already purchased. Also, you can plan meals around the food you have in the house. Staples like pasta, rice, or beans can easily be a part of a nutritious meal once you add a few fresh ingredients.
- **Do not Judge an Apple by Its Cover:** If you like to make smoothies, soup, or stir fry, try to buy the 'ugly' or less appealing fruits and veggies at the grocery store. Often stores have a reduced sale rack for this produce. Because of their appearance, these types of produce are often overlooked and go unpurchased, which leads to them being thrown away. It will not matter what a carrot looked like once it is diced up or blended in a smoothie. Their nutritional value is still the same, so you will get all the same benefits.

Visit our website for more information & free programs. www.snapedny.org.



Cornell Cooperative Extension
Suffolk County



423 Griffing Avenue, Suite 100 • Riverhead, New York 11901-3071 • 631.727.7850 • www.ccesuffolk.org

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. 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 Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.



**Catholic
Health**
Good Samaritan
University Hospital

Attention Seniors Medication Education Series

Know Your Prescriptions

In partnership with the Town of Islip, this series will include education and information related to medication, interactions and safety precautions. Health education, screenings and refreshments will also be available.

Registration will be done at your local Town of Islip Senior Center.

11:00 am – 1:00 pm

Thursday, March 21

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

Monday, April 15

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

Thursday, May 9

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

Thursday, June 13

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

Wednesday, July 10

Oakdale Senior Center
963 Montauk Highway, Oakdale, NY
631-472-7023



goodsamaritanuniversity.org



Center Craft Creations

Sign up at your local Senior Center

OAKDALE

Thursdays – 12:30 pm - 2:00 pm
March 14, 28, April 11 and 25

RONKONKOMA

Mondays – 9:30 am - 11:30 am
March 11, 25, April 8 and 22

CAESAR TRUNZO

Wednesdays – 12:30 pm - 2:30 pm
March 6, 20, April 3 and 17

JOYCE FITZPATRICK

Wednesdays – 9:00 am - 11:00 am
March 13, 27, April 10 and 24

WEST ISLIP

Thursdays – 10:00 am - 12:00 pm
March 7, 21, April 4 and 18





Town of Islip Senior Citizen's Division

Tai Chi Classes

CAESAR TRUNZO SENIOR CENTER

16 Second Avenue, Brentwood, NY 11717

Fridays, March 15 to May 3, 2024

10:00 a.m. to 11:00 a.m.

OAKDALE SENIOR CENTER

963 Montauk Highway, Oakdale, NY 11769

Thursdays, March 21 to May 9, 2024

9:30 a.m. to 10:30 a.m.

RONKONKOMA SENIOR CENTER

299 Rosevale Avenue, Ronkonkoma, NY 11779

Mondays, March 18 to May 6, 2024

10:30 a.m. to 11:30 a.m.

WEST ISLIP SENIOR CENTER

90 Higbie Lane, West Islip NY 11795

Tuesdays, March 12 to April 30, 2024

10:30 a.m. to 11:30 a.m.



**Sign up at your
local Senior Center**





CENTER PHOTOS

Oakdale



Caesar Trunzo



Ronkonkoma



West Islip

Joyce Fitzpatrick





CAESAR TRUNZO SENIOR CENTER

16 Second Avenue, Brentwood • (631) 436-6072

MONDAY

- Dominoes, Billiards and Cards – All Day
- Tech Workshop – 10:30 a.m. (Reservations required)
- Brentwood #1 Club – 2nd and 4th Mondays of the Month – 10:00 a.m. - 3:00 p.m.
- Gems & Jewels Club – alternate Mondays of the Month – 10:00 a.m. - 3:00 p.m.
- Lunch – 11:30 a.m.

TUESDAY

- Dominoes, Billiards and Cards – All Day
- Get Fit with Nick – 10:00 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.
- Bingo – 12:00 p.m. - 2:30 p.m.

Ping Pong

Available upon request

WEDNESDAY

- Dominoes, Billiards and Cards – All Day
- Get Fit with Nick – 10:00 a.m. - 11:00 a.m.
- Diamonds and Pearls Club – 11:15 a.m. - 4:00 p.m.
- Lunch – 11:30 a.m.
- Center Craft Creations – 12:30 p.m. - 2:30 p.m. (March 6, 20, April 3 and 17)
- Art Instruction – 12:30 p.m. - 2:30 p.m. (Instructor begins March 6th)

THURSDAY

- Dominoes, Billiards and Cards – All Day
- Hispanic American Club – 10:00 a.m. - 4:00 p.m.
- Lunch – 11:30 a.m.

FRIDAY

- Dominoes – 10:00 a.m. - 11:30 a.m.
- Tai Chi – 10:00 a.m. - 11:00 a.m. (Begins March 15th)
- Painting and Crafts – 10:00 a.m.
- Lunch – 11:30 a.m.
- Bingo – 12:00 p.m. - 2:30 p.m.

**Reservations are required to participate in each activity...
so please call us to reserve your spot.**



CAESAR TRUNZO SENIOR CENTER

16 Second Avenue, Brentwood • (631) 436-6072

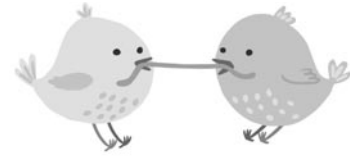
Pictionary Party



Monday, March 4
12:30 p.m.
Fee: Free

Come on down, if you're ready for some fun and join our Pictionary Party. Drawing and laughing required and snacks are included! No sign up required.

Easter Breakfast



Wednesday, March 27
9:30 a.m. check-in
Fee: \$5.00

Bunnies are nice, chicks are cute too but nothing is better than having breakfast with you! Join us for some delicious egg bites, sausage, waffles, coffee and tea. Please sign up and pay by Wednesday, March 20.

Know Your Prescriptions

Good Samaritan University Hospital in partnership with the Town of Islip will host a *Medication Education Series*. Sign up begins March 1st. See page 14 for details.

April Fool's Bingo



Tuesday, April 2
11:00 a.m.
Fee: \$12.00

No fooling! It's the Biggest Bingo in the Town! Enjoy some sweet treats while you play to win! Please sign up and pay by Tuesday, March 26.



Dancing & Donuts

Wednesday, April 17
9:00 a.m.
Fee: \$1.00

Get your morning started with some sweet dance moves, donuts, coffee and tea. Please sign up and pay by Monday, April 15.



JOYCE FITZPATRICK SENIOR CENTER

50 Irish Lane, East Islip • (631) 224-5396

MONDAY

- Billiards – All Day
- Rummy-O – 9:30 a.m.
- Book Club – First Monday of the month – 10:00 a.m.
- Movement to Music – 10:00 a.m.
- Lunch – 11:30 a.m.
- Bingo – 12:15 p.m. - 2:30 p.m.

Operation Medicine Cabinet

First Wednesday of
every month
10:00 a.m. - 11:00 a.m.

TUESDAY

- Billiards – All Day
- Poker – 10:00 a.m. - 2:00 p.m.
- Line Dancing – 10:00 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.
- Get Fit with Nick – 12:15 p.m. - 1:15 p.m. and 1:15 p.m. - 2:15 p.m.
- Tech Help – 2:30 p.m. - 3:30 p.m. (Reservations required)

Mahjong Players Needed

Thursdays at 11:00 a.m.

WEDNESDAY

- Art Instruction – 9:00 a.m. - 11:00 a.m. (Instructor begins April 10th)
- Billiards – All Day
- Center Craft Creations – 9:00 a.m. - 11:00 a.m. (March 13, 27, April 10 and 24)
- Lunch – 11:30 a.m.
- Club #3 – 1st and 3rd Wednesdays of the Month – 12:30 p.m. - 3:00 p.m.
- Zumba – 2nd and 4th Wednesdays of the Month – 12:00 p.m.

THURSDAY

- Billiards – All Day
- Get Fit with Nick – 9:00 a.m. - 10:00 a.m. and 10:00 a.m. - 11:00 a.m.
- Mahjong – 11:00 a.m.
- Lunch – 11:30 a.m.
- Games, Pokeno, Wheel of Fortune and Horse Racing – 12:30 p.m.

FRIDAY

- Billiards – All Day
- Left, Right, Center and Rummy-O – 9:30 a.m.
- Lunch – 11:30 a.m.
- Bingo – 12:15 p.m. - 2:30 p.m.
- Wii – 2:30 p.m.

**Reservations are required to participate in each activity...
so please call us to reserve your spot.**



JOYCE FITZPATRICK SENIOR CENTER

50 Irish Lane, East Islip • (631) 224-5396

Big Bingo Bash



Wednesday, March 13

11:00 a.m.

Fee: \$15.00

Heading into Spring with a Big Bingo Bash! Light refreshments will be served.

Please sign up and pay by
Wednesday, March 6.

St. Patrick's Day Celebration



Monday, March 18

11:00 a.m.

Fee: \$17.00

It's our annual St. Patrick's Day celebration with corn beef, cabbage and potatoes. Enjoy dancing with your favorite Leprechaun John Walters spinning the tunes. Please sign up and pay Monday, March 11.

Know Your Prescriptions

Good Samaritan University Hospital in partnership with the Town of Islip will host a *Medication Education Series*. Sign up begins March 1st. See page 14 for details.



Bunny Hop Bingo Brunch

Thursday, April 4

11:00 a.m.

Fee: \$5.00

It's a spring time brunch with lots of goodies and, of course, Bingo to follow. Please sign up and pay by Thursday, March 28.

It's Post Time! Off to the Races!



Wednesday, April 24

11:30 a.m.

Fee: \$12.00

Everyone's favorite, a delicious Chinese Buffet and Horse Racing! Please sign up and pay by Wednesday, April 17.



OAKDALE SENIOR CENTER

963 Montauk Highway, Oakdale • (631) 472-7023

MONDAY

- Social Cards – 9:30 a.m. - 3:30 p.m.
- Social Chat – 9:30 a.m. - 3:30 p.m.
- Lunch – 11:30 a.m.
- Let's Craft Together – 1:00 p.m. - 2:30 p.m. (Last date for class April 1st)
- Art Instructor – 12:30 p.m. - 2:30 p.m. (Instructor begins April 8th)

TUESDAY

- Social Cards – 9:30 a.m. - 3:30 p.m.
- Social Chat – 9:30 a.m. - 1:00 p.m.
- Cornhole – 9:30 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.
- Bingo – 1:00 p.m.

WEDNESDAY

- Social Cards – 9:30 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.
- Over 60 Club – 1st, 3rd and 5th Wednesdays of the Month – 1:00 p.m.
- Movie Matinee – 2nd and 4th Wednesdays of the Month – 1:00 p.m.

THURSDAY

- Social Cards – 9:30 a.m. - 3:30 p.m.
- Social Chat – 9:30 a.m. - 1:00 p.m.
- Tai Chi – 9:30 a.m. to 10:30 a.m. (Begins March 21st)
- Lunch – 11:30 a.m.
- Center Craft Creations – 12:30 p.m. - 2:00 p.m. (March 14, 28, April 11 and 25)

FRIDAY

- Social Cards – 9:30 a.m. - 3:00 p.m.
- Social Chat – 9:30 a.m. - 3:30 p.m.
- Get Fit with Nick – 10:00 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.
- Bingo – 1:00 p.m.

**Reservations are required to participate in each activity...
so please call us to reserve your spot.**



OAKDALE SENIOR CENTER

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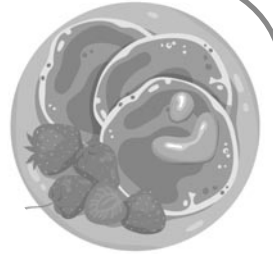


Get ready for St. Patrick's Day!

Tuesday, March 12
9:30 a.m. - 11:00 a.m.
Fee: Free

Start your day with some traditional Irish music and enjoy some delicious scones, coffee and tea! Please sign up by Friday, March 8.

Let Spring Begin!



Friday, March 22
9:30 a.m.
Fee: \$2.00

Join your friends at the center as we welcome in another beautiful season! Delight in some scrumptious fresh fruit, and whipped cream topped pancakes. Please sign up and pay by Friday, March 15.

Know Your Prescriptions

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Festival of the Slice



Friday, April 12
11:30 a.m.
Fee: \$6.00

Try something new! This Pizza is for you! Change up your topping favorites! Please sign up, pay and choose your topping by Friday, April 5.



Bingo Bash

Friday, April 26
12:30 p.m.
Fee: \$20.00

It's Bingo Bash time. Enjoy hot Bavarian pretzels, snacks, goodie bags and raffles! Please sign up and pay by Friday, April 19.



RONKONKOMA SENIOR CENTER

299 Rosevale Avenue, Ronkonkoma • (631) 467-3324

MONDAY

- Get Fit with Nick – 9:30 a.m. - 10:30 a.m.
- Center Craft Creations – 9:30 a.m. - 11:30 a.m. (March 11, 25, April 8, 22)
- Art Instruction – 9:30 a.m. - 11:30 a.m. (Instructor begins April 8th)
- Tai Chi – 10:30 a.m. - 11:30 a.m. (Begins March 18th)
- Lunch – 11:30 a.m.
- Dominos and Cards – 12:00 p.m.

TUESDAY

- Line Dancing – 10:00 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.
- Ronkonkoma Seniors Club – 2nd and 4th Tuesday of the Month – 12:00 p.m.

**Bridge Players
Needed**

WEDNESDAY

- Social Coffee and Chat – 9:30 a.m. - 11:30 a.m.
- Lunch – 11:30 a.m.
- Bingo – Card selection at 12:00 p.m., Games at 12:30 p.m. - 2:00 p.m.

THURSDAY

- Line Dancing – 10:00 a.m. - 11:00 a.m.
- Lunch – 11:30 a.m.

FRIDAY

- Social Coffee and Chat – 9:30 a.m. - 11:30 a.m.
- Lunch – 11:30 a.m.
- Bingo – 1st and 3rd Fridays of the month – 12:00 p.m.
- Horse Racing – 2nd and 4th Fridays of the month –
Horse selection at 9:00 a.m., Races begin at 12:30 p.m.
- Mahjong – 12:30 p.m.

**Reservations are required to participate in each activity...
so please call us to reserve your spot.**



RONKONKOMA SENIOR CENTER

299 Rosevale Avenue, Ronkonkoma • (631) 467-3324



St. Patrick's Day Party

Wednesday, March 13

11:00 a.m.

Fee: \$16.00

It's that time of year again! Dust off your Shillelagh, and get ready for our St. Patrick's Day Party! Music and fun are on tap for an afternoon of food, friends, and festivities. Please sign up and pay in full by Wednesday, March 6. There will be no late sign up for this event.



Thursday, March 28

12:30 p.m.

Fee: Free

We're recreating the Drive-in Movie experience. Enjoy an afternoon of retro movie trailers, fun intermission jingles, and a campy drive-in movie. The concession stand will be open, so don't forget to bring your appetite. Please sign up by Monday, March 25.

Know Your Prescriptions

Good Samaritan University Hospital in partnership with the Town of Islip will host a *Medication Education Series*. Sign up begins March 1st. See page 14 for details.

Family Feud



Friday, April 12

12:30 p.m.

Fee: Free

We'll be playing the Game Show classic Family Feud! Join us for an afternoon of fun and laughs as we try to figure out all the top answers on the board, without striking out! Please sign up by Wednesday, April 10.

Chinese Luncheon Bingo Bash

Wednesday, April 24

Luncheon at 11:30 a.m.

Bingo games begin at 12:00 p.m.

Fee: \$20.00

Join us for some delicious take out before we get down to business with our famous BINGO BASH. This is one you won't want to miss, so sign up B4 it's too late! Please sign up and pay by Thursday, April 18. There will be no late sign up for this event.



WEST ISLIP SENIOR CENTER

90 Higbie Lane, West Islip • (631) 893-8932

MONDAY

- Ping Pong – All Day
- Social Cards – 10:00 a.m. - 3:00 p.m.
- Lunch – 11:30 a.m.
- Get Fit with Nick – 12:30 p.m. - 1:15 p.m.
- Mahjong – 12:00 p.m. - 3:00 p.m.

TUESDAY

- Ping Pong – All Day
- Needles and Crafts Club – 10:30 a.m. - 12:30 p.m.
- Tai Chi – 10:30 a.m. - 11:30 a.m. (Instructor begins March 12th)
- Pokeno – 10:00 a.m. - 11:30 a.m.
- Art Class – 10:00 a.m. - 12:00 p.m. (Instructor begins April 9th)
- Lunch – 11:30 a.m.
- Mahjong – 12:30 p.m. - 2:30 p.m.
- Bingo – 1:00 p.m. - 2:30 p.m.

WEDNESDAY

- Ping Pong – All Day
- Get Fit with Nick – 9:00 a.m. - 10:00 a.m.
- Pickleball – 9:00 a.m. - 12:00 p.m.
- Social Cards – 10:00 a.m. - 3:00 p.m.
- Lunch – 11:30 a.m.

THURSDAY

- Ping Pong – All Day
- Pokeno – 10:00 a.m. - 11:30 a.m.
- Center Craft Creations – 10:00 a.m. - 12:00 p.m. (March 7, 21, April 4 and 18)
- Games, Cornhole, Tabletop Shuffleboard – 9:30 a.m. - 11:30 a.m.
- Lunch – 11:30 a.m.
- Deer Lake Club – 12:00 p.m. - 2:00 p.m.
- Mahjong – 12:30 p.m. - 2:30 p.m.

FRIDAY

- Ping Pong – All Day
- Movement to Music – 10:00 a.m. - 11:00 a.m.
- Social Cards – 10:00 a.m. - 3:00 p.m.
- Lunch – 11:30 a.m.
- Mahjong – 12:30 p.m. - 2:30 p.m.
- Bingo – 1:00 p.m. - 2:30 p.m.



Reservations are required to participate in each activity... so please call us to reserve your spot.



WEST ISLIP SENIOR CENTER

90 Higbie Lane, West Islip • (631) 893-8932

Be a Lucky Charm



Thursday, March 7
10:00 a.m.
Fee: \$1.00

Join us for your favorite breakfast cereal followed by a game of trivia. Please sign up and pay by Friday, March 1.

Sham-Rock & Roll with DJ John Walters



Tuesday, March 19
12:00 p.m.
Fee: \$20.00

Put on your boogie shoes for a Saint Patrick's Day Dance. Also, enjoy a delicious corn beef sandwich and cold salads. Please sign up and pay by Friday, March 8.

Know Your Prescriptions

Good Samaritan University Hospital in partnership with the Town of Islip will host a *Medication Education Series*. Sign up begins March 1st. See page 14 for details.



April Fools Brunch

Tuesday, April 2
10:00 a.m.
Fee: \$5.00

You will be sure to have a good laugh and enjoy hashbrown and egg breakfast casserole. Please sign up and pay by Wednesday, March 27.

National Cherry Cheesecake Day



Tuesday, April 23
1:00 p.m.
Fee: \$2.00

Eat a slice of decadent cherry cheesecake and play some Bingo with friends. Please sign up and pay by Tuesday, April 16.



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 Number: 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 or 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

VIBS 24-hour Hotline 631-360-3606
www.vibs.org

Concerned about financial exploitation, suspicious phone calls, strange visitors, senior bullying or abuse? The **24-hour hotline at VIBS** can help. We are here to answer your call at any time. Call the hotline or visit our website for more resources.



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- Pain Management



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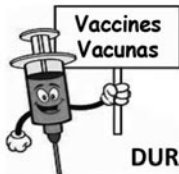
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**Town of Islip
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