Town of
ISLIP

Discover Your Community!

Department of Parks, Recreation and Cultural Affairs
Division of Senior Citizen Services

SENIORS CONNECT

Volume 184 November/December 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 this latest 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 E**xpanded 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**. 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.

The holiday season is around the corner and to celebrate, center staff across the Town have created special **Holiday Happenings** for our residents to enjoy at their local senior center. Program information and dates can be found in this edition of ***Seniors Connect***.

Ring in the holiday cheer with fun for the whole family at the **Town of Islip Holiday Market**, featuring dozens of craft and gift vendor booths and a variety of food trucks! It's the perfect way to complete your holiday shopping, while supporting our small businesses. The holiday market will take place on **Saturday, December 7th** from **12:00 pm to 6:00 pm** at the **Islip Town Hall Parking Lot** located at 655 Main St., Islip. The **North Pole Mailbox** will be at the market for little ones to mail their letters! A special preview of the **Town's Holiday Light Show** will take place at **Brookwood Hall** from **5:00 pm to 8:00 pm**, and **Santa Claus** will be sure to make an appearance.

The Islip Chamber of Commerce's **Holiday Parade on Main** will take place **Saturday, December 7th** at **4:00 pm**, and will finish at **Town Hall** for the **Annual Christmas Tree Lighting** immediately following at **5:00 pm**. The **Town of Islip Menorah Lighting** takes place on **Thursday, December 26th** at **4:30 pm** at the Menorah on the grounds of **Town Hall**, 655 Main St., Islip.

"***Sleigh bells ring, are you listening? In the Town of Islip, lights are glistening. A beautiful sight, everyone's happy tonight. Drive through a winter wonderland…***" beginning **Monday, December 9th**, the **5th Annual FREE Holiday Lights Drive-thru** kicks-off on the grounds of **Brookwood Hall**. The light show will operate Mondays and Thursdays from 5:00 pm to 8:00 pm from December 9th to December 30th.

On **Friday, December 13th**, enjoy a **FREE Holiday Drive-in Movie** featuring "**Home Alone**", ***sponsored by Good Samaritan University Hospital, a member of Catholic Health***. The movie will begin at 7:00 pm and is limited to the first 200 cars. A donation of a non-perishable food is appreciated. **Admission is FREE**.

"**Get Fit with Nick**" continues to be a popular **FREE** activity, and is offered at all of our senior centers. "**Get Fit with Nick**" is also available for seniors to enjoy in the comfort of their homes! Programming can be watched on **Islip TV Channel 18** on Optimum 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**, please call Supervisor Angie Carpenter's Office at **(631) 224-5506**.

We are happy to offer nutritious lunches at the Senior Centers; however, **reservations are required to participate!** If you are homebound, and need a home delivered meal, please call the **Town of Islip Nutrition phone line at (631) 595-3510**.

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, including weather and storm-related news and advisories. Our website also provides more information about the exciting programs and services Islip offers all its residents.

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 assistance.

Stay safe, healthy and active.

Warmest Regards,

Angie

Islip Town Supervisor Angie Carpenter and the members of the Town Board celebrated Hispanic Heritage Month and those in the community whose presence in the Town has made Islip a better place.

This year's honorees include: Wanda Ortiz-Rivera (top left); Alberto Cardona (top right); Richard Bastidas (middle left); Jennifer Villacorta Escobar (middle right); Roy Pelaez (bottom left), and Maria Negron (bottom right).

Islip Town Supervisor Angie Carpenter, Councilman James P. O'Connor, Suffolk County Executive Ed Romaine and local elected officials celebrated the Ribbon Cutting Ceremony of the new headquarters for the Exchange Ambulances of the Islips. The new facility, dedicated in memory of Ex-Chief Gregory A. DeCanio, is located at 100 Carleton Ave. in East Islip and serves the hamlets of Islip, East Islip, Islip Terrace and Great River.

Thanks to our amazing community, Long Island MacArthur Airport is soaring to new heights, taking off to 3rd place in USA Today's 10 Best Readers' Choice Awards for Best Small Airport! This win celebrates not just our fantastic travelers, but also the airport's role as a local powerhouse, supporting 6,000 jobs and boosting the economy by $600 million. With exciting new flights from Breeze Airways, JetBlue, and Southwest Airlines, adventure is just a boarding pass away!

Town Supervisor Angie Carpenter, Councilman John Lorenzo, Suffolk County Executive Ed Romaine, airport officials, and elected officials and local community leaders celebrated Breeze Airways' inaugural nonstop flight to Fort Myers, FL, and the doubling of frequency to Vero Beach at Long Island MacArthur Airport (ISP). Breeze Airways' Vice President Jim Smith shared the news of their other flights to Richmond and Norfolk, Virgina; Raileigh- Durham, North Carolina; Charleston, South Carolina; Jacksonville and Sarasota, Florida; and New Orleans, Louisiana.

TABLE OF CONTENTS

2-3 ..... Town News

5 ..... Tax Reminder

6-7 ..... About Our Services

8-9 ..... Senior Center Locations
Nutrition Programs

10-11 ..... Residential Repair

12 ..... Get Fit with Nick Schedule
Holiday Closings

13 ..... Health & Nutrition

14 ..... Center Craft Creations

15 ..... Art Classes

16 ..... Tai Chi Classes

17 ..... Jingle All the Way Walk

18 ..... Murder Mystery Photos

19 ..... Center Photos

20-21 ..... Caesar Trunzo
Senior Center

22-23 ..... Joyce Fitzpatrick
Senior Center

24-25 ..... Oakdale
Senior Center

26-27 ..... Ronkonkoma
Senior Center

28-29 ..... West Islip
Senior Center

30 ..... Important Phone
Numbers & Contacts

31-35 ..... Advertisements

REMINDER ABOUT YOUR TAXES

A MESSAGE FROM
ANDY WITTMAN, Receiver of Taxes

Dear Residents:

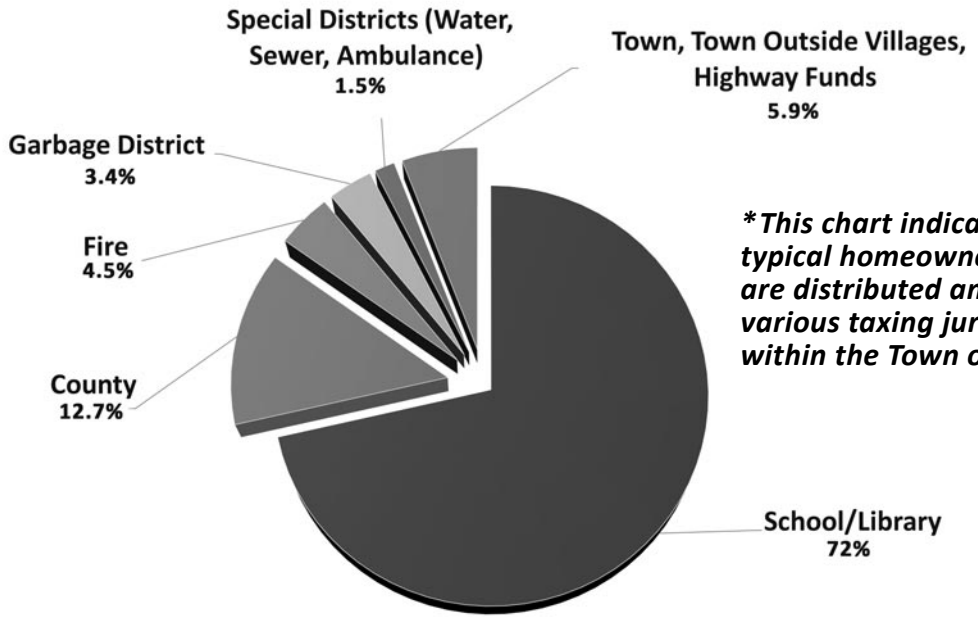
Winter is knocking on our door once again and I would be remiss if I did not remind you that your tax bill should be arriving no later than December 20th.

If you pay your own property taxes, not through your mortgage company, I highly suggest the use of our Online Payment Portal (**Tax.IslipNY.gov**) for the payment of your 2024-2025 property taxes. Using this portal will eliminate the chances of becoming a victim of mail fraud. You will also receive email reminders of important due dates.

However, if you choose to pay in person, our office will process payments starting in early-mid December, Monday-Friday from 8:30 am-4:15 pm. For your convenience, we will be open late on Friday, January 10, 2025 until 7:00 pm, as this is the last day to pay your first half taxes without penalty.

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

Holiday greetings to you and your family for a very joyous season and a Healthy and Happy New Year.



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 Citizen I.D. Cards

Senior Citizen 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 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 NUTRICÓN

Centros para personas mayors

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.

Town of Islip

RESIDENTIAL REPAIR PROGRAM

FOR TOWN RESIDENTS 60+

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

TOWN BOARD

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

Linda D. Vavricka, 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.

Town of Islip

PROGRAMA DE REPARACIONES RESIDENCIALES

PARA RESIDENTES DEL PUEBLO 60+

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 INFORMACÍON LLAME 631-224-5424

Angie M. Carpenter, Supervisor

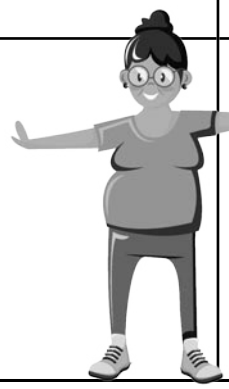
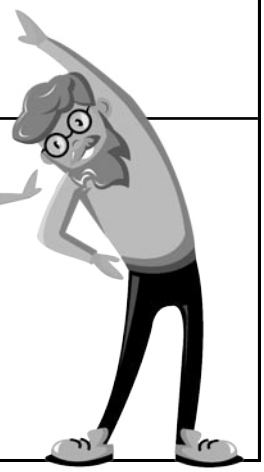
TOWN BOARD

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

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

Financiado parcialmente por la Administracíon 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
RONKONKOMA **Get Fit with Nick** 9:30 a.m. to 10:30 a.m.	**CAESAR TRUNZO** **Get Fit with Nick** 10:00 a.m. to 11:00 a.m.	**WEST ISLIP** **Get Fit with Nick** 9:00 a.m. to 10:00 a.m.	**JOYCE FITZPATRICK** **Get Fit with Nick** 9:00 a.m. to 10:00 a.m. 10:00 a.m. to 11:00 a.m.	**OAKDALE** **Get Fit with Nick** 10:00 a.m. to 11:00 a.m.
WEST ISLIP **Get Fit with Nick** 12:30 p.m. to 1:15 p.m.	**JOYCE FITZPATRICK** **Get Fit with Nick** 12:15 p.m. to 1:15 p.m.	**CAESAR TRUNZO** **Get Fit with Nick** 10:15 a.m. to 11:00 a.m.		

HOLIDAY CLOSURES

SENIOR CENTERS AND ALL OTHER TOWN FACILITIES WILL BE CLOSED ON THE FOLLOWING DAYS:

November 5 – In Observance of Election Day
November 11 – In Observance of Veterans Day
November 28 and 29 – In Observance of Thanksgiving
December 24 – In Observance of Christmas Eve
December 25 – In Observance of Christmas Day
December 31 – In Observance of New Year's Eve

November is National Diabetes Month
Let's Talk Eating Out

Just because you have diabetes does not mean you cannot dine out with your friends and family. The goal in going out to eat is to have a plan, ahead of time on how to make your meals fit your diet while still enjoying the experience. A few tips include:

Look at the menu before going out to eat. Looking at the menu beforehand can help you choose a healthy meal, so you're not tempted with unhealthy options while you're there. It will help you become familiar with what they have, and how you can make wise decisions.

What you drink when you eat out matters. Drink water, a glass of seltzer with fruit, unsweetened iced tea, or coffee. Drinking soda or sweetened tea will provide added sugar that should be avoided for those with diabetes. Ask your server not to bring bread or chips to the table so you won't be tempted.

Follow the Diabetes MyPlate Guidelines. Try filling your plate with half of it being non-starchy vegetables, one-quarter lean protein, and the other quarter carbohydrate. Your carbohydrate could include pasta, bread, rice, and/or a starchy vegetable such as a potato. If your entrée is served with a side of French fries or pasta, you can always ask your server if you can switch to a non-starchy vegetable or a side salad. If it doesn't come with a vegetable, order one as a side.

Avoid meals that are fried, breaded, crispy, or creamy as they are high in saturated fat and carbohydrates. Instead, ask your server to have your entrée baked, steamed, grilled, or broiled. Ask for the sauce on the side. Many sauces or dressings tend to have added sugar and fat. Having the sauce on the side allows you to control how much you want to add to your meal. Try adding freshly squeezed lemon juice to your protein instead of having a sweet sauce.

Fruit as a dessert option. Consider skipping the sweets, and enjoy a cup of coffee while sitting with friends. You can always share one dessert enjoying a few bites and feeling satisfied.

Using these few tips can help make going out to eat less stressful and more enjoyable. Try not to rush dinner; take your time while eating, and this may help to not overeat. If you're able to, go for a light walk after dinner to continue the fun and help avoid a blood sugar spike.

Visit our website for more information & free programs. www.ccesuffolk.org/community-education

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

Center Craft Creations

Sign up at your local senior center

OAKDALE
Thursdays – 12:30 pm - 2:00 pm
November 7, 21, December 5, 19

RONKONKOMA
Mondays – 12:30 pm - 2:00 pm
November 4, 18, December 2, 16

CAESAR TRUNZO
Wednesdays – 12:30 pm - 2:30 pm
November 6, 20, December 4, 18

JOYCE FITZPATRICK
Wednesdays – 9:00 am - 11:00 am
November 13, 27, December 11

WEST ISLIP
Thursdays – 10:00 am - 12:00 pm
November 14, December 12

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
November 6, 13, 20, 27, December 4

JOYCE FITZPATRICK SENIOR CENTER
Wednesdays from 9:00 am - 11:00 am
November 6, 13

OAKDALE SENIOR CENTER
Mondays from 12:30 pm - 2:30 pm
November 18, 25, December 2

RONKONKOMA SENIOR CENTER
Mondays from 9:30 am - 11:00 am
November 18, 25, December 2

WEST ISLIP SENIOR CENTER
Tuesdays from 10:00 am - 12:00 pm
November 12, 19

Town of Islip Senior Citizen Services

Tai Chi Classes

CAESAR TRUNZO SENIOR CENTER
16 Second Avenue, Brentwood, NY 11717
Fridays, November 8 to December 6, 2024
10:00 a.m. to 11:00 a.m.

OAKDALE SENIOR CENTER
963 Montauk Highway, Oakdale, NY 11769
Thursdays, November 7 to December 5, 2024
10:00 a.m. to 11:00 a.m.

RONKONKOMA SENIOR CENTER
299 Rosevale Avenue, Ronkonkoma, NY 11779
Mondays, November 4 to November 25, 2024
(No class November 11)
10:30 a.m. to 11:30 a.m.

WEST ISLIP SENIOR CENTER
90 Higbie Lane, West Islip NY 11795
Tuesdays, November 12 to December 3, 2024
(No class November 5)
10:15 a.m. to 11:15 a.m.

Sign up at your local senior center

JINGLE BELL
GIVE-A-WAY

Jingle all the way

LET'S WALK... THEN SHOP... FOR THE HOL-I-DAYS!

Plenty of time to visit the food court for a tasty bite with your friends.

Monday, December 2nd
11:00 am – 2:00 pm

at the Westfield South Shore Mall in Bay Shore

Sign up today at your local senior center!
Transportation will be provided from the centers.

Town of Islip
Department of Parks, Recreation and Cultural Affairs
Division of Cultural Affairs and Senior Citizen Services

MURDER MYSTERY PHOTOS

Ronkonkoma

West Islip

Joyce Fitzpatrick

Oakdale

Caesar Trunzo

CENTER PHOTOS

Pickleball

Caesar Trunzo

Ronkonkoma

West Islip

Oakdale

Joyce Fitzpatrick

CAESAR TRUNZO SENIOR CENTER

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

MONDAY

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

TUESDAY

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

DAILY
LUNCH
11:30 am
Monday - Friday

WEDNESDAY

- Dominoes, Billiards, Puzzle and Game tables – All Day
- Get Fit with Nick – 10:15 a.m. - 11:00 a.m.
- Diamonds and Pearls Club – 11:15 a.m. - 4:00 p.m.
- Center Craft Creations – 12:30 p.m. - 2:30 p.m. (Nov. 6, 20, Dec. 4, 18)
- Art Instruction – 12:30 p.m. - 2:30 p.m. (Instructor begins Nov. 6)

THURSDAY

- Dominoes, Billiards, Puzzle and Game tables – All Day
- Hispanic American Club – 10:00 a.m. - 4:00 p.m.

Self Defense Class

Friday, November 22
9:30 a.m. - 11:00 a.m.

FRIDAY

- Dominoes, Billiards, Puzzle and Game tables – 10:00 a.m. - 11:30 a.m.
- Painting and Crafts – 10:00 a.m.
- Tai Chi – 10:00 a.m. - 11:00 a.m. (Begins Nov. 8)
- Bingo – 12:00 p.m. - 2:30 p.m.

Reservations for Lunch required. Must be ordered day before by 12:00 p.m.

CAESAR TRUNZO SENIOR CENTER

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

Veterans Day Pancake Breakfast

Wednesday, November 13
9:30 a.m.
Fee: $5.00

In honor of our Veterans come and enjoy a delicious pancake breakfast. Please sign up and pay by Wednesday, November 6.

Thanksgiving Waffles

Friday, November 22
12:30 p.m.
Fee: $3.00

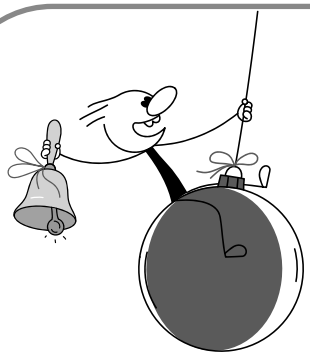
Let's give thanks for our friends and enjoy our famous homemade waffles with vanilla ice cream and warm apple topping. Please sign up and pay by Monday, November 18.

Movie Matinee

Mondays, December 16, December 23 & December 30
12:00 p.m.
Fee: $1.00 at the door

Movies at the center. Enjoy snacks and the afternoon with friends. No sign up.

Jingle Bash



Tuesday, December 17
11:00 a.m. check in time
Bingo begins at 12:15 p.m.
Fee: $14.00

It's a HoHoHo Holiday Bingo bash at your favorite center! Goodie bags and desserts for all who sign up! Please sign up and pay by Tuesday, December 10.

JOYCE FITZPATRICK SENIOR CENTER

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

DAILY
LUNCH
11:30 am
Monday - Friday

MONDAY
- Pool – 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.
- Bingo – 12:15 p.m. - 2:30 p.m.

Mahjong Instruction Available

Call center for details

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

WEDNESDAY
- Art Instruction – 9:00 a.m. - 11:00 a.m. (Instructor begins Nov. 6)
- Pool – All Day
- Center Craft Creations – 9:00 a.m. - 11:00 a.m. (Nov. 13, 27, Dec. 11)
- Club #3 – 1st and 3rd Wednesday of the Month – 12:30 p.m. - 3:00 p.m.
- Zumba – 2nd and 4th Wednesday of the Month – 12:00 p.m.

THURSDAY
- Pool – 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.
- Games, Pokeno, Price is Right and Horse Racing – 12:30 p.m.

FRIDAY
- Pool – All Day
- Left, Right, Center and Rummy-O – 9:30 a.m.
- Bingo – 12:15 p.m. - 2:30 p.m.
- Wii – 2:00 p.m.

Operation Medicine Cabinet

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

Reservations for Lunch required. Must be ordered day before by 12:00 p.m.

JOYCE FITZPATRICK SENIOR CENTER

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

Thank You, Veterans!

Tuesday, November 12
All Day
Fee: Free

In honor of our Veterans, we will be offering free donuts and coffee throughout the day! Sign up by Wednesday, November 6.

Thanksgiving Day Breakfast

Monday, November 25
10:00 a.m.
Fee: $10.00

It's time for our annual Thanksgiving Day Breakfast. Let's be thankful for our friends and our favorite center! We promise you won't leave hungry! Please sign up and pay by Monday, November 18.

Holiday Bingo Bash

Friday, December 6
11:00 a.m.
Fee: $20.00

Let's begin the holidays season with the biggest Bingo Bash of the year! You could jingle all the way home with a win! Enjoy an Italian or American hero, salad, and a delicious holiday desert! Please sign up and pay by Friday, November 22.

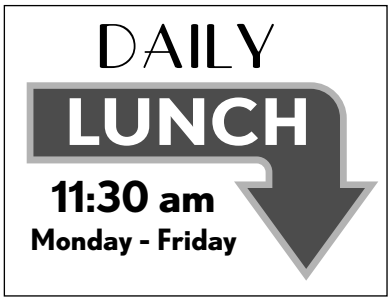
Holiday Party

Monday, December 16
11:00 a.m.
Fee: $ 20.00

It's a party not to be missed! DJ John Walters will be here spinning and singing festive favorites as you enjoy a delicious holiday buffet. Please sign up and pay by Monday, December 9.

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.
- Art Instruction – 12:30 p.m. - 2:30 p.m.
  (Instructor begins Nov. 18)

TUESDAY

- Social Cards – 9:30 a.m. - 3:30 p.m.
- Social Chat – 9:30 a.m. - 1:00 p.m.
- Crochet – 10:00 a.m. - 11:00 a.m.
- Bingo – 1:00 p.m.

WEDNESDAY

- Social Cards – 9:30 a.m. - 11:00 a.m.
- Over 60 Club – 1st, 3rd and 5th Wednesday of the Month – 1:00 p.m.
- Movie Matinee – 2nd and 4th Wednesday 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 – 10:00 a.m. - 11:00 a.m. (Begins Nov. 7)
- Center Craft Creations – 12:30 p.m. - 2:00 p.m. (Nov. 7, 21, Dec. 5, 19)
- Crochet – 12:30 p.m. - 2:00 p.m. (Nov. 14, Dec. 26)

FRIDAY

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

Reservations for Lunch required. Must be ordered day before by 12:00 p.m.

OAKDALE SENIOR CENTER

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

WHEEL OF FORTUNE®

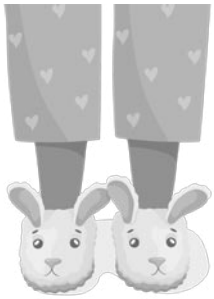
Wednesday, November 13
12:30 p.m.
Fee: $5.00

The challenge is on! Figure out a common phrase, title, song or event starting with just a few letters. Coffee and refreshments will be served and a Grand Prize for the finalist! Please sign up and pay by Friday, November 8.

Thanksgiving Bingo Bash

Friday, November 22
12:30 p.m.
Fee: $15.00

Come on down to the Oakdale Center for our Annual Thanksgiving Bingo Bash! Delicious hot cider and treats will be served. Please sign up and pay by Friday, November 15.



Holiday Pajama Party

Thursday, December 12
12:30 p.m.
Fee: $5.00

Wear your best cozy pajamas, exchange grab bag gifts with your friends, and enjoy yummy holiday favorites. Please sign up and pick your grab bag recipient by Friday, December 6.
(There is a $5 dollar present limit.)

I ♥ NY Cabaret

Monday, December 30
12:30 p.m.
Fee: $7.00

Dress up in your favorite NY themed attire! Dance and sing, to a fabulous New Year! Kick 2024 out, like the Rockettes and enjoy some mocktails and refreshments. Please sign up and pay by Friday, December 20.

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 – 12:30 p.m. - 2:00 p.m. (Nov. 4, 18, Dec. 2, 16)
- Art Instruction – 9:30 a.m. - 11:00 a.m. (Instructor begins Nov. 18)
- Tai Chi – 10:30 a.m. – 11:30 a.m. (Begins Nov. 4)
- Dominos and Cards – 12:00 p.m.

DAILY
LUNCH
11:30 am
Monday - Friday

TUESDAY

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

WEDNESDAY

- Social Coffee and Chat – 9:30 a.m. - 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.

Card Players Wanted

FRIDAY

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

Reservations for Lunch required. Must be ordered day before by 12:00 p.m.

RONKONKOMA SENIOR CENTER

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

Friday, November 15
11:30 a.m.
Fee: Free

Card Sharks is back! It's a game of higher or lower with questions to stump your brain. Just play your cards, right, and you will have a great time! Light refreshments will be served. Please sign up by Friday, November 8

Thanksgiving Breakfast and Horseracing!

Friday, November 22
10:00 a.m.
Fee: $12.00

Let's be grateful for our friends and join together for a special holiday breakfast. Afterwards-it's every -one for themselves at Ronkonkoma's horseracing championship. Please sign up and pay by Friday, November 15.

Decorate the Center!

Wednesday, December 4
9:30 a.m.
Fee: Free

Its cold outside but toasty in the center! Help decorate and start the season off with some holiday cheer and special treats! Please sign up by Friday, November 22.

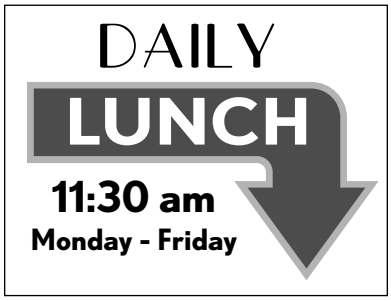
Holiday Open Mic

Friday, December 20
11:30 a.m.
Fee: $15.00

Join us for our holiday smash hit- open mic event! Can you sing a song? Tell some jokes? Play an instrument? Delicious heroes and salads will be served! Forget the stress of the season and remember what it's all about! Please sign up and pay by Friday, December 13.

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.
- 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.
- Pokeno – 10:00 a.m. - 11:30 a.m.
- Tai Chi – 10:15 a.m. - 11:15 a.m. (Begins Nov. 12)
- Art Instruction – 10:00 a.m. - 12:00 p.m. (Instructor begins Nov. 12)
- 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. - 11:30 a.m. (Starting Nov. 13 in the auditorium)
- Social Cards – 10:00 a.m. - 3:00 p.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. (Nov. 14, Dec. 12)
- Games, Cornhole, Tabletop Shuffleboard – 9:30 a.m. - 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.
- Mahjong – 12:30 p.m. - 2:30 p.m.
- Bingo – 1:00 p.m. - 2:30 p.m.

Reservations for Lunch required. Must be ordered day before by 12:00 p.m.

WEST ISLIP SENIOR CENTER

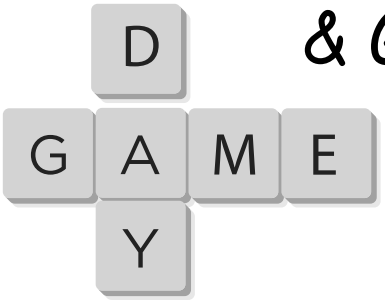
90 Higbie Lane, West Islip • (631) 893-8932

Bingo and Burgers!

Tuesday, November 12
11:30 a.m
Fee: $6.00

"*Lettuce*" have a burgerlicious time and play a game of Bingo with friends. Please sign up and pay Thursday, November 7.

Breakfast & Games!



Tuesday, November 26
10:00 a.m.
Fee: $6.00

Join us for waffles with your favorite toppings. Then have fun challenging your partner to a game of Scrabble or Pokeno. Please sign up and pay by Tuesday, November 19.

Holiday Karaoke

Tuesday, December 10
10:00 a.m.
Fee: $1.00

Enjoy singing your favorite holiday songs and savor bagels, rolls, coffee and tea. Please sign up and pay by Thursday, December 5.

Holiday Party

Thursday, December 19
12:00 p.m.
Fee: $20.00

Send cheer! It's that time of year for our Annual Holiday Party! Dance with your friends to holiday hits spun by your favorite DJ John Walters. We will be serving Chinese food! Please sign up and pay by Wednesday, December 11.

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.

The Town of Islip does not endorse any business advertised in this publication. Before entering into any business transaction, please contact your local Consumer Affairs Office at (631) 853-4600.

MOMENTUM

AT SOUTH BAY FOR REHABILITATION AND NURSING

Momentum is more than just the region's leading rehabilitation facility. We are a capable team of compassionate and highly skilled caregivers. Our emphasis on personal service means that our residents return to their maximum potential in a nurturing and luxurious environment.

The rehabilitation program at Momentum is like no other. Expert therapists, the latest rehabilitation protocols and a state-of-the art gym propel our patients back to health quickly. We have customized programs for:

- **Joint Replacement**
- **Acute Stroke**
- **Cardiac Rehab**
- **Sports Injuries**
- **Wound Care**
- **Post Amputation**
- **Fractures/multiple trauma**
- **Comfort and Palliative care**
- **Pain Management**

At Momentum, all our residents enjoy superlative amenities, including many comfortable spacious rooms, a full entertainment package, dining options. We recently have developed a support group for **Amputees** and an **Educational support group for managing diabetes**; both programs are open **FREE OF CHARGE** to the residents in our facility and members of the Community. Monthly meetings are held once a month. (Please call for Dates and Times of Meetings). We recently have prepared Two Diabetic Cookbooks for the community, that each person receives when they participate in our Diabetic Program, free of charge. We also have **new cardiac monitoring system** in place for residents in need. Keeping you or your loved ones comfortable during their stay is our number one priority; which is why Momentum's accommodations are unmatched. We strive to have you feel your best while you become your best.

COME VISIT US! Take a look at what we have to offer for you or your loved ones. Give us a call at **(631) 581-6400**. Our **Admissions Director Jackie Gorman** or our **Community Liaison Barbara Silhan** our will gladly arrange a tour and proudly show you around.

340 East Montauk Highway • East Islip, NY 11730 • Tel: 631.581.6400 • Fax: 631.581.6018
www.rehabmomentum.com

The Town of Islip does not endorse any business advertised in this publication. Before entering into any business transaction, please contact your local Consumer Affairs Office at (631) 853-4600.

Ross Center
FOR NURSING & REHABILITATION

WHERE CARE MEETS COMMUNITY

Welcome to Ross Healthcare. We're not just a facility; we're a community dedicated to providing the highest standard of care. From the moment you walk through our doors, you'll experience our commitment to comfort and personalized attention. We would love to give you a tour of our facility and show you what makes Ross Healthcare special.

Amenities:

- Therapeutic Recreation
- Spacious Well-Appointed Private and Semi-Private Rooms
- Complimentary WiFi & Cable
- Family Visitation
- Bilingual Staff
- Geriatric Care Management
- Spacious Day Rooms
- On-Site Beauty Parlor and Barber Shop
- Accessible Parking
- Religious Services For All Denominations
- Outdoor Patio and Garden
- Entertainment
- Door to Door Transportation

Services:

- 24-Hour Skilled Nursing Care
- 24-Hour NP Care
- Physician Services
- Specialist Services
- Neurology, Physiatry, Cardiology, Pulmonology, Dermatology, Podiatry, Orthopedics, Vascular, ENT, Dentistry, Psychology, Psychiatry, Ophthalmology, Dietary
- On-Site Wound Care Physician
- Long and Short-Term Rehabilitation
- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Social Work
- Family Counseling and Support Group
- End of Life/Comfort Services
- Hemodialysis
- Pre and Post Operative Care

Subacute Care:

- Cognitive Enhancement Program
- I.V. Therapy
- Pain Management
- Enteral Nutrition Therapy
- Wound Management
- Prosthetic Training
- Antibiotic Therapy
- Dietary Programs
- Pet Therapy
- Stroke Recovery

839 Suffolk Avenue I Brentwood, NY 11717
P: 631.273.4700 I info@rosshealthcare.com I www.rosshealthcare.com

ADVERTISEMENTS

The Town of Islip does not endorse any business advertised in this publication. Before entering into any business transaction, please contact your local Consumer Affairs Office at (631) 853-4600.

YOUR LONG ISLAND

Trusted Seniors Real Estate Specialist

As a Seniors Real Estate Specialist in the industry for over **20 years**, I specialize in creating a customized approach to meeting your real estate needs. **Knowledge and expertise are the keys to guiding you through this major lifestyle and financial transition.**

Don't hesitate to call me today to get started on your real estate journey!

NO COST CONSULTATION

LISA ALBINOWSKI

Licensed Associate RE Broker
Seniors Real Estate Specialist
SRES, CBR, SRS, RRSP
Cell: 631.793.7329 | Office: 631-567-0100
LAlbinowski@signaturepremier.com | LisaAlbinowski.com
20+ Offices throughout LI

Integrity • Commitment
Passion • Positive Experience

SIGNATURE PREMIER PROPERTIES

If your property is currently listed with another brokerage, please disregard. It is not our intent to solicit the listings of other brokers.

Having a Party?

SHOWERS • BIRTHDAYS • WEDDINGS • REUNIONS • HOLIDAY PARTIES

Looking for a venue at a reasonable rate? Try your local recreation center. We have rooms of various sizes to fill most of your event needs. The best part...You bring the food, music and decorations – we provide the space, tables and chairs. If you are interested in booking a party, please call for rates and availability.

- Bohemia Recreation Center (631) 472-7037
- Brentwood Recreation Center (631) 436-6070
- Central Islip Recreation Center (631) 436-6050
- Greenbelt Recreation Center (631) 472-7040
- Ronkonkoma Recreation Center (631) 467-3308

ADVERTISEMENTS

The Town of Islip does not endorse any business advertised in this publication. Before entering into any business transaction, please contact your local Consumer Affairs Office at (631) 853-4600.

Primary PartnerCare®
Primary PartnerCare Physicians, PLLC

We're looking forward to hearing from you!

We are accepting new patients and we'd like you to be one of them! Just call any of the doctor's offices in the list below and we'll be happy set up an appointment and get you started on a path to a healthier you.

Doctor	Location	Phone Number
Bianca Garcia, MD	East Islip	631-224-7474
Ryan Cahill, DO	Deer Park	631-669-6666
James Stallone, DO	Babylon	631-321-4200
Salvatore Giantinoto, DO	East Islip	631-224-4442
James Ferguson, DO	East Islip	631-581-2049

We accept Medicare and most commercial insurance

{ YOUR AD HERE }

Have a Business? Advertise with us!
Affordable rates & design services.

For more information, please call
(631) 224-5414 or email jpepe@islipny.gov.

The Town of Islip does not endorse any business advertised in this publication. Before entering into any business transaction, please contact your local Consumer Affairs Office at (631) 853-4600.

ELDER LAW • WILLS • TRUSTS • ESTATES
MEDICAID PLANNING • REAL ESTATE

Marilyn Gormley

ATTORNEY AT LAW

GORMLEY & GORMLEY, PLLC
130 WEST MAIN STREET
EAST ISLIP, NEW YORK 11730

TEL. (631) 277-1800

Attorney Advertising

Town of Islip
Senior Citizens' Office
East Islip NY 11730

Postmaster: Please deliver between October 29 and November 4
- Dated Material -

TOWN OF ISLIP SENIOR CENTERS WILL BE CLOSED ON:

November 5th – In Observance of Election Day

November 11th – In Observance of Veterans Day

November 28th and 29th – In Observance of Thanksgiving

December 24th – In Observance of Christmas Eve

December 25th – In Observance of Christmas Day

December 31st – In Observance of New Year's Eve

If you wish to subscribe to this Newsletter or want to be removed from the mailing list, please email islipseniors@islipny.gov or call (631) 224-5340.