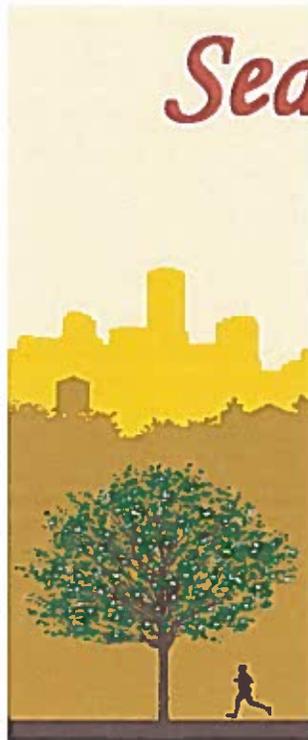




Around Town Senior Magazine

September 2016 Edition



Seasons

*Town of Babylon
Department of Human Services
1 Commerce Boulevard
Amityville, NY 11701*

*Phone: 631.464.4340
Fax: 631.464.4335
Email: aroundtown@townofbabylon.com*

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RICH SCHAFFER - Chairperson, Department of Human Services
MADELINE A. QUINTYNE - Commissioner, Human Services
TRACI A. FONVILLE - Deputy Commissioner, Human Services & Editor

Any citizen wishing to contribute news items to the
 Around Town Senior Magazine should send the **typeset** information to:



Department of Human Services
 1 Commerce Boulevard
 Amityville, NY 11701
 or call (631) 464-4340



email: aroundtown@townofbabylon.com

ALL INFORMATION MUST BE RECEIVED BY THE 8TH DAY
OF THE MONTH PRIOR TO THE MONTH IN WHICH YOU WOULD LIKE
TO HAVE YOUR INFORMATION PUBLISHED.
IT IS THE EDITORS' OPTION TO EDIT ACCORDING TO SPACE AVAILABILITY.



A Message from Supervisor Rich Schaffer

Dear Friends,

As September begins, we bid farewell to a great summer and welcome this coming fall. This summer's concert series was such a success that we're already excited for next summer! It was great to reconnect with old friends and meet some new faces while enjoying some free music on warm summer nights.

On Sunday, September 11, we will join with the Town of Babylon Chiefs Association for our annual 9/11 Memorial Ceremony to honor all those who tragically lost their lives fifteen years ago. This ceremony will include a moment of silence and a reading of the names of the forty-eight Babylon residents who lost their lives that day. The ceremony will begin at 10:00 AM at the 9/11 Memorial at Overlook Beach.

We will be honoring those service members who never made it home and supporting those who are currently serving our country with a POW/MIA vigil at Town Hall on Friday, September 16th. This ceremony will be held in conjunction with Sgt. John Sardiello American Legion Post 1634 and Boy Scouts of America Troop 1634. The vigil will begin at 7:30 PM and lasts through 8:00 AM the next morning.

Finally, I would like to wish you all a safe and happy Labor Day! This is a time to spend with your family and friends, embracing the beautiful weather.

Sincerely,

A handwritten signature in black ink that reads "Rich Schaffer".

RICH SCHAFFER
Supervisor
Town of Babylon





**Town of Babylon
Department of Human Services
Senior Transportation Department**

Services for Seniors 60 & Over
Must be a Town of Babylon Resident

Daily Medical Transportation

Monday through Friday

Morning Appointments only

8:30am to 10:30am - Roundtrip service

11:00am Appointment – One way service only

Seniors must give at least one week's notice prior to scheduling transportation appointment.

Supermarket Shopping

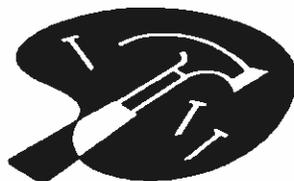
8:30am to 11:00am

Seniors requesting free transportation to the supermarket will be taken with a group every other week, thus allowing us to accommodate more seniors. New requests for shopping will be placed on a waiting list if there are no openings at the time.

Please Note: Shoppers are given approximately 1¼ hours in the store and are limited to 3 to 4 bags of groceries. Please be considerate of the other shoppers by following these rules.

For further information, please call us at 631-422-7618 or 631-893-1056.

Town of Babylon
Department of Human Services
Senior Citizen Residential Repair Program

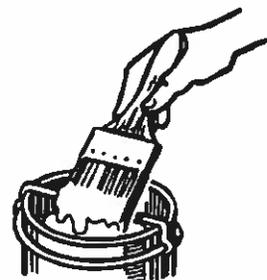


The Town of Babylon Residential Repair Program is offering residents (aged 60 and over) minor home repairs. Residents must be incapable of maintaining their homes because of illness, incapacity, handicap or absence of a caretaker. Repairs are meant to remediate substandard, unsuitable or unsafe residences.

The Residential Repair Program provides the worker and the recipients are expected to pay for the necessary supplies and materials.

The repairs include but are not limited to:

- Handicapped modifications
- Crime prevention modification
- Clean gutters
- Install hand rails
- Installation and repair of grab bars
- Rake leaves
- Paint
- Minor plumbing



The Residential Repair Program covers minor projects and does **not include** projects which require licensed contractors.

The program does not provide for SNOW REMOVAL .

Funding is limited and preference will be given to older individuals with the greatest economic needs.

Eligible residents in need of these services can call JoAnn Labonte (631) 422- 7680.

Funding provided by the Suffolk County Office for the Aging
and U.S. Department of Health and Human Services
through the New York State Office for the Aging



TOWN OF BABYLON THERAPEUTIC INSTITUTE

281 Phelps Lane, North Babylon, New York 11703-4006

Phone: 631-893-1050 Fax: 631-893-2136

Therapeutic Recreation Program

Monday	6:30-8:30pm	Arts & Crafts	Phelps Lane Annex
Tuesday	6:30-8:30pm	Bowling	Strike 10 Lanes (Deer Park)
Friday	6:30-8:30pm	Sports	Town of Babylon Annex

Monthly Dance

You may register for all of the programs or only some. Registration is ongoing and transportation is available if qualified.

Disabled Transportation

Transportation is available to and from medical appointments on Tuesdays and Wednesdays. Please call for schedule availability.

Transportation for grocery shopping is available on Thursdays and Fridays, beginning at 9:15AM. Please call for further information.

Prior notice of 72 hours is required for the scheduling of all transportation appointments. Registration forms must be completed before transportation will be provided.

Town of Babylon Therapeutic Institute, Services for the Disabled, is solely responsible for the distribution of the New York State Department of Motor Vehicle Disabled Parking Permit and Meter Waving Permit only to Town of Babylon residents with appropriate documentation

The Babylon Therapeutic Institute, Inc., is a not-for-profit corporation funded by the Town of Babylon, County of Suffolk, and State of New York.



FOR YOUR INFORMATION



TO KEEP YOU UPDATED WITH IMPORTANT INFORMATION TO ASSIST YOU,
PLEASE USE THE FOLLOWING NUMBERS AS NEEDED.

AARP

General 1-888-687-2277; www.aarp.org

Food Stamps

Catholic Charities 631-789-9546

Social Services 631-854-6600 or 631-854-9935



Islip Hotline

Referral Services & Crisis Intervention Assistance
631-277-4700

Meals on Wheels/Amityville

631-789-5219



MEDICARE

800-633-4227; www.medicare.gov

Residential Energy Assistance Program (REAP)

Program to lower electric costs for income eligible families. 800-263-6786



Residential Repair/Home Chores

Offers Town of Babylon residents (60+) minor home repairs. 631-422-7680

SCAT

Suffolk County Accessible Transportation for Disabled. 631-853-8337/631-738-1150

Social Security

1-800-772-1213; www.socialsecurity.gov



Spangle Drive Senior Center 631-422-7610

Touro Law Center Senior Citizens' Law Program

Free legal services to Suffolk County Seniors
60 year of age or older. 631-761-7470

Veterans Information Center

Sgt. John Sardiello, Post 1634. 631-669-3931

Essential Transportation

Provides eligible Seniors with transportation to medical appointments, shopping and Town of Babylon Senior Centers. 631-422-7618/631-893-1056.

HEAP

Home Energy Assistance Program
631-853-8326



Long Island Housing Authority

Senior Housing & Subsidized Housing for Seniors
631-589-7100



MEDICAID

For eligibility information call 631-853-8730

North Amityville Senior Center 631-789-3524

Project Warmth

Provides qualifying families with a one-time grant to pay for fuel services. 631-940-3757



SafeLink Wireless

Free cell phone service to income eligible Seniors.
68 minutes/month. 800-378-1684

Senior Citizen ID Card

631-422-7680



Suffolk County Office for the Aging

631-853-8200

Tanner Park Senior Center 631-842-7773

Town of Babylon Reassurance Program

Homebound seniors can receive a friendly phone call each day at the same time.
631-422-7633

Wyandanch Senior Nutrition Center

631-491-4889



To all of our Seniors ... be very careful about giving personal information (credit card number, social security number, birthdate, etc.) over the phone! Please be sure to ask the assistance of a spouse or family member before giving anyone this type of family information.

North Amityville Senior Center

48-C Cedar Road, Amityville, NY 11701 - 631-789-3524



Director: Tanya Crocker

Daily Activities

9:00 AM – 10:30 AM
10:30 AM
11:00 AM Mon/Thu.
10:30 AM Mon/Wed/Fri
12:30 PM
1:30 PM Wed

Breakfast
Announcements
Arts & Crafts w/Ms. Lorraine
Move & Groove w/Jeanette Taylor
Lunch
Line Dancing



Bingo/Tuesdays.....Cards go on sale at 11:00 AM

Upcoming Events

- Thu-Sep 1 Dollar Tree at 11:00 a.m.
- Fri-Sep 2 Movie at 11:00 a.m.
- Mon-Sep 5 Labor Day (Center Closed)
- Tue-Sep 6 Bingo at 11:00 a.m.
Computer Classes with Ms. Patty at 10:30 a.m.
- Wed-Sep 7 Bible Study at 10:30 a.m.
Bethel AME Church Copiague, NY
Computer Classes with Ms. Patty at 10:30 a.m.
- Thu-Sep 8 Stew Leonard's at 10:00 a.m.
Exercise with Ms. Jeanette at 11:00 a.m.
- Fri-Sep 9 Movie at 11:00 a.m. "When the Bough Breaks"
- Mon-Sep 12 Computer Classes with Ms. Patty at 10:30 a.m.
Exercise with Ms. Jeanette at 11:00 a.m.
Shop-Rite at 10:30 a.m.
- Tue-Sep 13 Bingo at 11:00 a.m.
Computer Classes with Ms. Patty at 10:30 a.m.
- Wed-Sep 14 All White Party at 11:00 a.m.
- Thu-Sep 15 Wyandanch Center Party at 11:00 a.m.
- Fri-Sep 16 Movie at 11:00 a.m.
- Mon-Sep 19 Computer Classes with Ms. Patty at 10:30 a.m.
Exercise with Ms. Jeanette at 11:00 a.m.



DOLLAR TREE.



EXERCISE CLASS



UPCOMING EVENTS Continued

Tue-Sep 20 Bingo at 11:00 a.m.
Computer Classes with Ms. Patty at 10:30 a.m.



UPCOMING TRIPS 2016

Wed-Sep 21 Bible Study at 10:30 a.m.
Bethel AME Church, Copiague, NY
Computer Classes with Ms. Patty at 10:30 a.m.



Riu Palace, Palm Beach in Aruba
October 5, 2016 through October 9, 2016. 5 Days/4 Nights All Inclusive: Including airfare and all taxes. \$1,585 based on double occupancy. Cash deposit of \$200.00 is required. All remaining payments must be paid by check or money order. Roundtrip airport transportation available for \$60.00.

Thu-Sep 22 Walmart at 10:30 a.m.
Exercise with Ms. Jeanette at 11:00 a.m.

Fri-Sep 23 Movie at 11:00 a.m.



Mon-Sep 26 Computer Classes with Ms. Patty at 10:30 a.m.
Exercise with Ms. Jeanette at 11:00 a.m.
Shop-Rite at 10:30 a.m.

Please call Center for reservations at
631-789-3309

Tue-Sep 27 Bingo at 11:00 a.m.
Computer Classes with Ms. Patty at 10:30 a.m.

Wed-Sep 28 Caribbean Party at 11:00 a.m.



Thu-Sep 29 Exercise with Ms. Jeanette at 11:00 a.m.



2017 TRIPS COMING SOON!!!



SPECIAL MESSAGES

Senior Advocate (Ms. Jacqueline Fleming-Mitchell) 1st Tuesday of every month at 10:00 a.m.

Senior Center offers computer class Monday, Tuesday and Wednesday with Ms. Patty from 11:00a.m – 12:00p.m.

Exercise with Ms. Jeanette and Mr. Herbert every Monday and Thursday at 11:00a.m.

Arts & Crafts with Ms. Lorraine every Tuesday and Friday 10:30 a.m.

Bible Study at Bethel AME Copiague, NY. Every Wednesday at 10:30 a.m.

Entertaining music every day during lunch by D.J. Duke and D.J. Mike.

New for 2016

**Notary on Premises - Monday, Wednesday and Friday
9:00 a.m. to 1:00 p.m. (Please call for an Appointment).**

SENIOR ADVOCATE JACQUELINE FLEMING MITCHELL FROM THE SUFFOLK COUNTY OFFICE OF THE AGING, AVAILABLE TO PROVIDE ASSISTANCE WITH FILLING OUT MEDICAID, FOOD STAMPS & HEAP APPLICATIONS ON THE FIRST TUESDAY OF EVERY MONTH. PLEASE CALL THE CENTER TO SCHEDULE APPOINTMENTS. (631) 789-3524.





North Amityville Senior Center



Jorge Garrido	Lillie Holbrook	Levonía McDonald	Nancy Rogers	Armondo Torrez
Mary Gardner	Joyce Jenkins	Elijah McKelvin	Joan Rix	Annie Vaughn
Marion Gellineau	Beverly Lattimore	John Meehan	William Seiwan	Ethel Woodbridge
Mary K. Hutley	Glenda Lassiter	Effie Moore	Elijah Tate	Denise Woodbridge
Bernice Harris	Marcella M. La Gonterie	Mary Myhand	Jeanette Taylor	Brenda J. Williams
Fitzroy Hall	Merle McCracken	Dorothy Potter	Marie Thomas	



Missing You

Helen Brown
 Cecil Bledman
 Thomas Moss
 Felicia Lane
 William Larregui
 Bessie Jackson
 Beverly Simpkins
 Mattie Pearl Foulke



NORTH AMITYVILLE SUNSHINE COMMITTEE

The Committee's purpose is to provide care and concern to fellow center members in times of celebration as well as tribulation by sending wishes of congratulations, encouragement or sympathy.

*Sharon Bailey * Edna Campbell * Suzanne Harper
 Mary Hutley * Inez Lester * Grace Noel*

SAVE THE DATE

Monday September 5, 2016 Labor Day (Center Closed)
 Wednesday September 14, 2016 - All White Party at 11:00 a.m.
 Wednesday September 28, 2016 - Caribbean Party at 11:00 a.m.

Please call the Center for reservations.

Tel# (631) 789-3309



PAST EVENTS

We had a great time at the Town of Babylon Luncheon, which was held at Captain Bill's Catering Hall. The theme for the event was "Hollywood Glam" and everyone was dressed in their finery. Some dressed as their favorite Hollywood Star. We had a terrific lunch and enjoyed the fellowship of all the centers. Special thanks to Jim Ambrosio and The Little Big Band for keeping us entertained on the dance floor.

Our Cedar Beach Party was awesome. It was fun in the sun and the shade. Special thanks to Brenda McDonald for our brown bag lunches and Jim Ambrosio for keeping us on the dance floor.

The Backyard BBQ was fun. Special thanks to our Chef, Ms. Pamela Butts and staff for a great job at the Backyard BBQ as well as Family and Friends, where we served over a 150 people. Shout out to D.J. Duke who makes it happen all day every day!

The last planning meeting for Aruba went well. Everyone is so excited to take off October 5th to ARUBA!!!

THE TOWN OF BABYLON ASSUMES NO RESPONSIBILITY FOR ANY INJURY TO PERSONS OR ANY PROPERTY OR LOSS DURING TRANSPORTATION, AT THE ACCOMMODATION, OR DURING ANY OTHER PHASE OF THE TRIPS DESCRIBED WITHIN THIS BOOK. ALL CANCELLATIONS FOR TRIPS MUST BE DONE TWO WEEKS PRIOR OF TRIP. MONIES FOR BUSES IS NON-REFUNDABLE. PLEASE MAKE NOTE OF SUCH AGREEMENTS WHEN SIGNING UP.

*North Amityville Senior Center
Seniors Having Fun!*



North Amityville Senior Center Presents: Trip to Riu Palace Aruba October 5th—9th, 2016

The **HOTEL RIU PALACE ARUBA** is situated on the vast strand known as Palm Beach in Aruba, with white sand and crystal clear water. This magnificent palace offers you everything you need to relax and regain strength during your stay. You'll find two fresh water swimming pools, a Jacuzzi, sauna, gym, solarium-terrace and the health and beauty center with a range of treatments, not forgetting the warm ocean to be enjoyed on the beach. The hotel's range of cuisine includes a buffet restaurant and four themed restaurants with wide variety of dishes to satisfy all palates. By day you can enjoy the entertainment program for adults and by night you can listen to live music or try your luck at the casino.



North Amityville Senior Center
48 Cedar Road
North Amityville, NY 11701
631-789-3309

5 Days/4 Nights All Inclusive—including airfare, all taxes.

\$1958—Single Occupancy

\$1585—Double Occupancy

\$1565—Triple Occupancy

Cash deposit of \$200 is required.

All remaining payments may be made by check or money order.



Director's Nook

By Tanya Crocker, Director, North Amityville Senior Center



Greetings Seniors!

September 11 is Grandparents Day! This day has a 3 fold purpose:

1. To honor grandparents
2. To give grandparents an opportunity to show love for their children's children.
3. To help children become aware of the strength, information and guidance older people can offer.

This Grandparents Day commit to doing something "GRAND". Share your wisdom and values with those you love. Enjoy!

"Grandparents"

Are Family Historians

Believe in having fun

Cherish family get-togethers

Delight in telling stories

Encourage big dreams

Find ways to stay in touch

Give meaning to later life

Help any way they can

Inspire wonder and mystery

Just want what's best for you

Keep family traditions alive

Love to take pictures

Matter more than words can say

Never run out of hugs

Open their hearts to you

Provide roots and wings

Quickly come if needed

Remember special occasions

Share values and memories

Teach things no else can

Unconditionally love you

Value spending time together

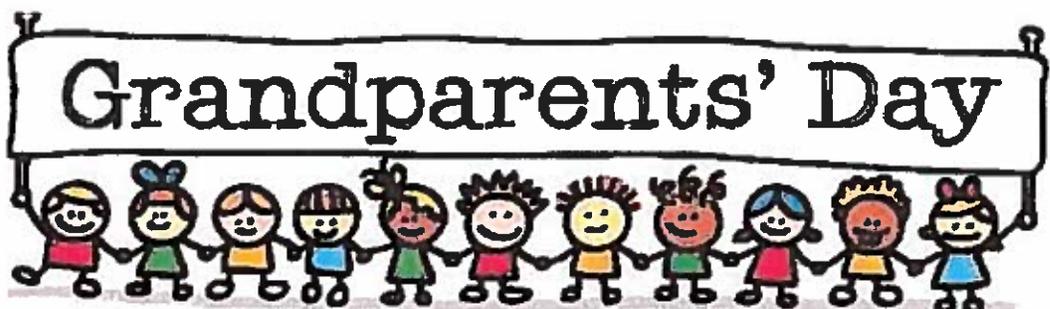
Write and call often

Xperience child hood again

Yearn for your happiness.

Zest to make a difference

*Love ya,
Tanya*



Spangle Drive Senior Center

438 Spangle Drive * North Babylon, N.Y. 11703
(631) 422-7610

Monday - Friday 9:00 a.m. - 4:00 p.m.



Director: Lauren Van Kirk **Goodbye Summer!**
Card Playing, Bingo, Billiards: Daily



NUTRITION LUNCHES: MUST BE ORDERED BY 11:00 A.M. OF THE SAME DAY OR A DAY AHEAD OF TIME. DONATION IS \$2.00 PER MEAL.

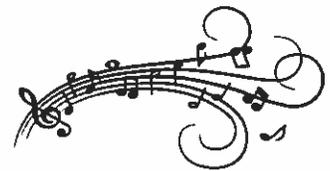
Upcoming Events

Thu-Sep 1	<p>THE First Session on "Stepping On" Workshop. Get professional advice From Physical Therapist, Pharmacist, Vision experts, & Specialist. A 7 week program, once a week. This program will improve your confidence, build your strength, balance, reduce fear of falling, and much more. There is no charge for this informative class.</p> <p>Computer Class w/Betty Dancing and Music w/Jim Tonight Movie @ Arts & Crafts w/Beth Bingo</p>	<p>10:30-12:30 pm 11:00-12:00 pm 5:30 pm-8:30 pm 10:30 am All Day Morning</p>
Fri-Sep 2	<p>CLOSED LABOR DAY Crafts w/Beth</p>	<p>All Day</p>
Mon-Sep 5	<p>Take a nice walk w/Tom Ballroom Dancing w/Vinny Horse Racing - Join Us!</p>	<p>About 10:30 am 10:00 am-11:00 pm 1:00 pm</p>
Tue-Sep 6	<p>Ceramics/Arts & Crafts with Beth Trip to the Dollar Tree Tony & the Boys Music & Dancing Glee Club with Jeanette LAST DAY FOR SIGN UP FOR PARTY</p>	<p>All Day 11:00 am-12:00 pm 12:30 pm-2:30 pm 2:30 pm</p>
Wed-Sep 7	<p>Computer Class with Betty Crafts with Beth</p>	<p>11:00 am-12:00 pm All Day</p>
Thu-Sep 8	<p>OUR FALL PARTY MUSIC & DANCING W/JIM</p>	<p>11:00 am-3:00 pm</p>
Fri-Sep 9	<p>Crafts with Barbara FLU SHOTS (Rite Aid) Wii Bowling w/Bea & Jerry Music & Dancing w/Jim Celebrating Sept. Birthdays</p>	<p>All Day 10:30 pm-12:30 pm 11:00 am-12:00 pm 12:30 pm-2:30 pm</p>
Mon-Sep 12	<p>Ballroom Dancing w/Vinny Big Bingo Join Us! Crafts w/Beth</p>	<p>10:00am-11:00 am 1:00 pm All Day</p>
Tue-Sep 13	<p>Ceramics/Arts & Crafts with Beth Dollar Tree Dixie-Jazz Band Glee Club with Jeanette</p>	<p>All Day 11:00 am-12:00 PM 12:30 pm-2:30 pm 2:30 pm</p>
Wed-Sep 14	<p>Computer Class with Betty Second Class for "Stepping On" Trip to K-mart</p>	<p>11:00 am-12:00 pm 10:30-12:30 11:00 am-12:00 pm</p>
Thu-Sep 15		



Spangle Drive Upcoming Events

Thu-Sep 15	Crafts with Beth Music & Dancing w/Jim	All Day 5:30 pm-8:30 pm
Fri-Sep 16	Bingo Movie Day	Morning 10:30 am
Mon-Sep 19	Crafts w/ Beth Bingo Wii Bowling	All Day Morning 11:00 am-12:00 pm
Tue-Sep 20	Ballroom Dancing with Vinny Bingo Flu Shot (Rite Aid) Horse Racing - Join Us!	10:00 am-11:00 am Morning 10:30 am-12:30 pm 1:00 pm
Wed-Sep 21	Ceramics/Arts & Crafts with Beth Dollar Tree Tony & the Boys Music & Dancing Glee Club w/ Jeanette	All Day 11:00 am-12:00 pm 12:30 pm-2:30 pm 2:30 pm
Thu-Sep 22	Computer Class with Betty Crafts with Beth 3 rd Class "Stepping On" Trip to the Christmas Tree Store	11:00 am-12:00 pm All Day 10:30 am-12:30 pm 11:00 am-12:00 pm
Fri-Sep 23	Movie Day Ceramics/Arts & Crafts with Beth	10:30 am All Day
Mon-Sep 26	Crafts with Barbara Wii Bowling Bingo Music & Dancing w/Jim Ballroom Dancing w/Vinny	9:30 am 11:00 am-12:00 pm Morning 12:30 pm-2:30 pm 10:00 am-11:00 pm
Tue-Sep 27	Arts & Crafts with Beth Take a nice walk w/Tom Big Bingo Join Us!	All Day About 10:30 am 1:00 pm
Wed-Sep 28	Bingo Trip to the Dollar Tree Store	Morning 11:00 am-12:00 pm
Thu-Sep 29	Crafts w/Beth 4 th Class "Stepping On" Computer Class w/Betty Trip to Wal-Mart	All Day 10:30 am-12:30 pm 11:00 am-12:00 pm 11:00 am-12:00 pm
Fri-Sep 30	Evening Music & Dancing w/Jim Bingo Movie Day Karaoke Join Us!	5:30 pm-8:30 pm Morning 10:30 am 1:15 pm



PAST EVENTS:

Congratulations to all our Winners at our August Anniversary Party:

Kathy May	Rhoda Newman
Ron Giacaelli	Pat Brody
Joan Wormell	Fran Gambacorta
Lorraine Petito	Bunny Tagliaferri
Lauren Van Kirk	Josephine Kern



Spangle Drive Occasions *Happy Birthday!*

HAPPY BIRTHDAY TO ALL OUR SEPTEMBER CELEBRANTS!

Jeanne Angiola	Thomas Braun	Marylou DeMeo	Frances Gambacorta	Margaret Horstman	Georgie Laudadio	Justine Ludrotsky
Joseph Arena	Francis Brush	Patrick Demery	Linda Gee	Nora Ingrisano	Barbara Kean	Deryl Malvo
Al Arena	Ulas Byrd	Al Domini	Ed Golda	Berdine Ivory	Helen Lehmann	Catherine Mastro Simone
Arthur Anneckelli	Antonio Cadana	Barbara Dunne	Camille Goldforb	Gloria Jansen	Macy Li	Kathy May
Julia Baatz	Jean Calano	Albert Eppers	Leonor Gomez	Aide Jimenez	Ceaser Litterini	Madeline Mccabe
Harriet Bennett	Kathy Chester	Grace Encalada	James Guidicie	Ellen Klebbe	Judy Loew	Jean McNamara
Beverly Beresford	Richard Ciminieri	Bea Eskenazi	Adam Graham	William KKhespler	Patrica Lodico	Sophia Nessim
Edward Bodnar	Connie Cornell	Pat Farrell	Douglas Grein	Amy Khespler	Monica Lorenzana	Helen Paolantonio
Lillian Borzone	Jean Daino	Dorothy Fearn	Margaret Haugen	Frances Kilfeather	Justine Ludrosky	Krzysztofa Pelc-Kokoszka
Antioinett Boylan	Margaret David	Patricia Ferrerira	Rosemarie Hoffman	Mary Krass	Concetta Lynch	Carmen Perdomo



Marilyn Peterson
 Richard Pezzoli
 Victoria Philmus
 Ronald Powell
 Linda Quinn
 Luz Rincon
 Gloria Rogalski
 Rose Rollino
 Frank Romeo
 Sylvia Roth
 Mary Vertullo
 Mary Whelan



Myrna Rothstein
 Philip Schmidt
 Russel Sciutca
 Nina Segarra
 Roberta Sharpe
 Theresa Shea
 Richard Sisson
 Gene Sinacore
 Antoinette Torres
 Ibrahim Tuzan
 Alice Waters
 Phyllis White
 Shirley White



If we miss anyone please let the front desk know. Thank you.

Joe & Marge Marino	September 11
Rocky & George Laudadio	September 18
Mario & Fannie Gurreri	September 23
Al & Mary Kleinaut	September 20
Fred & Mary Krass	September 20
Mike & Barbara Pepe	September 28
Sal & Carol Locrotundo	September 5



Happy Anniversary!!!

TO ALL OUR SEPTEMBER CELEBRANTS



Anna Acquafreda
Marcy De Maro
Joe Kalman
Arline Selby
Sara Diaz
Mary Petrosky



Our thoughts and prayers are with the family and friends of Sara Ameri. Sara recently passed on at the young age of 103 years old.
 We will all miss her!

RHYMING

BY Joan Wormell

Why do I write things that rhyme
Is it because I have the time
Or have an idea that comes to me
And then I just let it be.
Maybe the tempo of the line
Is what I have on my mind
Like the steps in a dance
I have an idea——
I take a chance!



Monthly Birthday Party 2016

The Committee will be holding a monthly birthday celebration for all whose birthdays are that month. The day will correspond with the first Monday that Jim Ambrosio is playing.

See dates below

January 11

February 29

March 14

April 11

May 9

June 6

July 11

August 15

September 12

October 3

November 7

December 12

Spangle Drive

6-6-2016



June Birthday Party

Spangle Drive

7-11-2016



July Birthday Party

Spangle Drive Trips

SPANGLE DRIVE DAY TRIPS 2016

Trip Coordinator: Lorraine Petito
Make checks payable to:
Babylon Senior Travelers

Join us!
2017 Woodloch Pines
Hawley, PA

Monday – Friday, May 1st to May 5th 2017
4 nights (Lake View, Springbrook or Mt Laurel rooms)
\$672 per person (double occupancy)
\$548 per person (triple occupancy)
\$730 per person (single)

\$50 deposit due by September 1, 2016
Refundable by December 15th if trip is cancelled

Suites

Rooms are one-bedroom suites featuring two queen beds in the bedroom and one queen pullout couch in the living room, complete with private balcony and view of the lake. Rooms have two televisions. Springbrook features two full baths while Mt Laurel features one bath & kitchenette. Both buildings provide indoor access to the pool and sports complex.

Price includes:

- Coffee & baked goods upon arrival
- 12 meals (start lunch, end breakfast)
- Nightly entertainment including Theme Show
- Days filled with activities and games
- Use of resort facilities/amenities
- Deluxe Motor Transportation leaving from Spangle Drive Center 7:30am
- Includes all gratuities including bus driver

Final payment due on or before March 15, 2017

Make checks payable to Babylon Senior Travelers
Make sure you put your phone number on the check please!

Mail to:
Lorraine Petito
75 Dollard Drive
North Babylon, NY 11703
631.667.5452



Sands Casino
Bethlehem PA
Wednesday, November 9, 2016

\$42

Includes:

\$30 slot play, \$5 food voucher and
bus driver gratuity!

**NOTE: Casino Bonus is subject to
change without notice by the casino.**

Make checks payable to:

Babylon Senior Travelers

Mail to:

Lorraine Petito
75 Dollard Drive
North Babylon, NY 11703

631.667.5452

Or look for me at

Spangle Drive Senior Center.

Bus leaves Spangle Drive Senior Center
parking lot 9am SHARP!



The Town of Babylon assumes no responsibility for any injury to persons or any property or loss during transportation, the accommodation, or during any other phase of the trips described within this book. However, claims can be made to the carrier or lodger. Please always check board for details and information and upcoming trips.

Your name on any list only indicates desire to go. Payment only guarantees your place. If you wish receipts or flyers mailed to you, please send a self addressed stamped envelope.

Tanner Park Senior Center

Baylawn Avenue, Copiague, NY 11726 * Tel# 842-7773

Director: *Nancy Delaney*

Center Hours: Monday - Friday 9:00am - 4:00pm

Billiards/Card Playing/Table Games



SEPTEMBER

Thu-Sep 1	Bingo game	12:00pm-2:00pm
Fri-Sep 2	Veterans Thrift Store	10:30am-12:00pm
Mon-Sep 5	Center Closed - Labor Day	
Tue-Sep 6	Tai-Chi with Mickie	10:30am-11:30am
	Computer Class with Betty	11:00am-12:00pm
	Music with Jim Ambrosio	11:30am
	Sign-up, Party sheets & money due for Fall Party	11:00am
Wed-Sep 7	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Walmart	10:15am
	Crafts with Committee	11:00am
Thu-Sep 8	Bingo game	12:00pm-2:00pm
	Evening Dance with Jim Ambrosio	5:30pm-8:30pm
Fri-Sep 9	Jim DePalo sounds 40's 50's	10:00am-12:00pm
Mon-Sep 12	Exercise Class with Maxine	10:30am-11:30am
	Shopping Sunrise Mall	10:15am
Tue-Sep 13	Tai-Chi with Mickie	10:30am-11:30am
	Computer Class with Betty	11:00am-12:00pm
	Musician Gregory Mulad	1:00pm
Wed-Sep 14	Visiting Nurse	9:30am-10:30am
	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Dollar Store	10:15am
Thu-Sep 15	Bingo game	12:00pm-2:00pm
Fri-Sep 16	Senior Olympics at Tanner Park and BBQ	11:00am
Mon-Sep 19	Exercise Class with Maxine	10:30am-11:30am
	Shopping South Bay Shopping Ctr	10:15am
Tue-Sep 20	Tai-Chi with Mickie	10:30am-11:30am
	Computer Class with Betty	11:00am-12:00pm
	Wii Bowling	1:00pm
Wed-Sep 21	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Walmart	10:15am
	SCOFA Senior Advocate	8:30am-12:30pm
	The Nostalgics - Oldies Music	1:00pm



Tanner Park Upcoming Events

Thu-Sep 22	Bingo game	12:00pm-2:00pm
Fri-Sep 23	Welcome Fall Party with Jim Ambrosio	11:00am-3:00pm
Mon-Sep 26	Exercise Class with Maxine	10:30am-11:30am
	Flu shots at Tanner Park	10:30am-11:30am
Tue-Sep 27	Shopping Christmas Tree Shop	10:15am
	Tai-Chi with Mickie	10:30am-11:30am
	Computer Class with Betty	11:00am-12:00pm
	Wii Bowling	1:00pm
Wed-Sep 28	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Dollar Store	10:15am
	Karaoke with Dotti and Charlie	1:30pm-3:30pm
Thu-Sep 29	Bingo game	12:00pm-2:00pm
Fri-Sep 30	Jim DePalo sounds 40's 50's	10:00am-12:00pm
	Horse Racing	1:00pm



ALL EVENTS SUBJECT TO CHANGE

Notary Public – Joan M. Masterson

Happy Birthday To All of our SEPTEMBER Celebrants!



Jim Ambrosio	Lori DeLuca (Staff)	George Gale	Anthony Lombardi	
Anthony Bonamo	Marylou DeMeo	Charles Gill	Jack Lopopolo	
Rosemarie Cain	Rusty Fairchild	Richard Havighorst	Elaine M. Muhr	Jean Pines
Dolly Cammarata	Josephine Falcone	Ellen Klebbe	Ellie Norton	Sal Prudente
Eugene Carbone	Carol Fischer	Georgie Laudadio	Helen Paolantonio	Rich Sisson
Alfred Catania	Vincenza Foto	Prudi Livoti	Anastasiol (Tom) Panagiotdis	John Spinosa
				Sue Vitale



Calogero & Elvira Orlando
celebrating 66 years on September 3rd

Rocky & Georgie Laudadio
celebrating their 50th Golden
Anniversary on September 18th

Ernest & Patricia Draude
celebrating 54 years on September 30th



Rose Barone
Dolly Calandrino
Linda Cirillo
Mary Finger
Odette Israel
Regina Karp
Gloria Marino
Joyce Sentoff
Mary Stillitano
Bob Staudt
Josephine Valdemira



DON'T FORGET!



Food Pantry
Donations Needed



Deepest Sympathy to the family of
BARBARA MCATEER
Deepest Sympathy to the family of
JANNETTE VECCHIONE
Deepest Sympathy to Martene & Walter
Karalis for the loss of their son
DOUGLAS KARALIS

Tanner Park Senior Center

From the Desk of
Nancy Delaney

Director



The older I get the faster summer leaves me.....I'm not ready to give up the Capri's and flip flops (weekends only of course)!



We had some really great trips to Cedar Beach this summer. A wonderful day at Breezy Point Yacht Club and great concerts every Wednesday and Friday at Tanner.

I had a wonderful summer with a trip with my family to Fire Island, plenty of barbeques and visits. I love spending time with my family as I am sure you all do. Although I don't look forward to leaving summer this year there is a pot of gold at the end of the rainbow. My daughter in law, son and grandson will rejoice on the birth of their new baby girl. I will keep you all posted.



I hope your life is joyous as we celebrate Labor Day, Patriot Day, National Grandparents Day, Citizenship Day and First Day of Autumn.

Come join us and make new friends.

Hello
AUTUMN

SCHOOLS ARE OPEN...PLEASE DRIVE CAREFULLY AND WATCH OUT FOR OUR CHILDREN. THEY ARE OUR BLESSINGS FROM ABOVE.

Love ya,

Nancy



Tanner Park Trips

Make Checks Payable to: Tanner Park Senior Travelers. For more information call Tanner Park Senior Center at (631) 842-7773 Monday through Friday 9:00 a.m. to 3:30 p.m.

*NEW PARKING REGULATIONS FOR TRIPS

Please park your cars to the far right of the Tanner Park Senior Parking Lot (when you face the front of the Senior Center the parking spots will be on your right hand side). Thank you

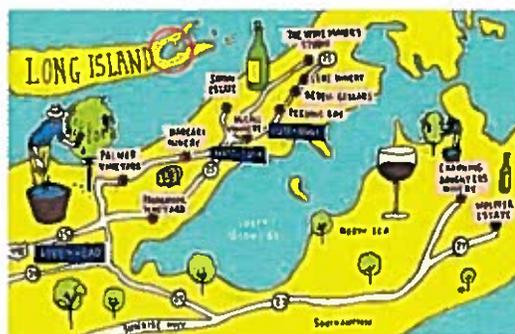
September 14, 2016 (Wed) NORTH FORK SAMPLER \$95.00 P/P Join Tanner Park for a delightful day as we visit some of the most interesting places on the North Fork. Trip includes transportation, lunch, snacks, horse rescue-vineyard tour and all gratuities. Bus departs 8:30am Bus returns 7:00pm. Full payment is due August 10, 2016. Check bulletin board for trip itinerary.

October 17-21, 2016 (Mon-Fri) WOODLOCH PINES-FALL 2016 \$659.00 P/P Double, \$729.00 P/P Single \$570.00 P/P Triple Quad. Trip Includes Round Trip transportation from Tanner Park, 4 Nights Lodging, 12 meals, Nightly Entertainment, Daily Activities & all gratuities including bus driver. \$50 P/P Deposit Due by December 14, 2015 (Refundable only if trip is cancelled) Meet at 7:30am - Bus Departs at 8:00am sharp. ***SOLD OUT***

November 15, 2016 (Tue) Mt. Airy Casino presents "BROADWAY TONIGHT" \$69.00 P/P Includes Show, \$20 Slot Play, Lunch Buffet & Driver's Tip!! Bus departs at 9:30am sharp. Returns at 9:30pm. Check bulletin board for further info.

November 30-Dec 1, 2016 (Wed-Thu) "SAMSON" at Sight & Sound w/Sands Casino \$229.00 P/P Double (\$284 Single; \$219 Triple/Quad) Includes: Bus, Lodging, Show, Dinner, Hot Breakfast, and ALL TIPS!! Each rider receives \$30 slot play & \$5 Food Voucher at Sands. \$100 Deposit due by August 1st. Balance due by October 15th. Bus Departs from Tanner Park 8:00am. Check bulletin board for itinerary.

Always check Trip board in the main lobby.



For More information

PLEASE Always check the trip board in the main lobby for details, information and upcoming trips. THANK YOU.

Your name on any list only indicates desire to go. Payment only guarantees your place.

Not Responsible for Typographical Errors.

THE TOWN OF BABYLON ASSUMES NO RESPONSIBILITY FOR ANY INJURY TO PERSONS OR ANY PROPERTY OR LOSS DURING TRANSPORTATION, AT THE ACCOMMODATION, OR DURING ANY OTHER PHASE OF THE TRIPS DESCRIBED WITHIN THIS BOOK. ALL CANCELLATIONS FOR TRIPS ARE NON-REFUNDABLE. MONIES FOR BUSES ARE NON-REFUNDABLE. PLEASE MAKE NOTE OF SUCH AGREEMENTS WHEN FIRST SIGNING UP. AFTER THOSE DATES ONLY MEDICAL SICKNESS (WITH DOCTORS NOTE), DEATH OR EMERGENCIES WILL BE ACKNOWLEDGED.

Wyandanch Senior Nutrition Center

28 Wyandanch Ave., Wyandanch, NY 11798 - 491-4889, Hrs: Mon. - Fri. 9 a.m. to 4 p.m.

Sponsored by the Town of Babylon Rich Schaffer, Supervisor
 Funded by the Office of the Aging of New York State and Suffolk County



Director: Alicia Portwine

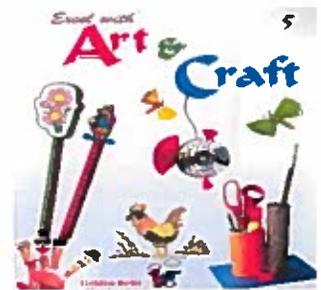


- HOT MEALS ARE SERVED DAILY AND TRANSPORTATION IS PROVIDED.
- RECREATIONAIDE:
- COMMUNITY DEVELOPMENT, FRAIL ELDERLY SERVICES M-F 9:00AM-2:30PM
PROGRAM COORDINATOR: KATHY PENDRELL
- SENIOR ADVOCATE FROM THE SUFFOLK COUNTY OFFICE OF THE AGING, AVAILABLE TO PROVIDE ASSISTANCE WITH FILLING OUT MEDICAID, FOOD STAMPS & HEAP APPLICATIONS: JACQUELINE FLEMING-MITCHELL, TWICE EACH MONTH - CALL CENTER FOR DATES.

Daily Events

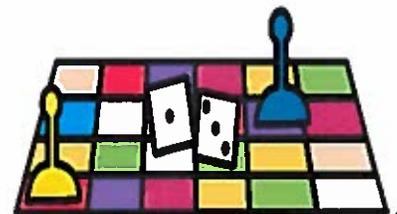
ARTS & CRAFTS WITH HERLINE, BINGO, BILLIARDS, CARD PLAYING, TABLE GAMES, MOVIES, EXERCISE AND A FULL COURSE MEAL (BREAKFAST=MEMBERS \$1.00 - NON-MEMBERS \$2.00; LUNCH=MEMBERS \$2.00 - NON-MEMBERS \$4.00)

Thu-Sep 1	Cedar Beach Trip Bingo at the Beach Computer Room Open Music	10:30AM - 2:00PM 11:00AM - 12:15PM 11:00AM - 2:00PM 1:00PM - 2:00PM
Fri-Sep 2	Bingo Shop Rite Grocery Store Computer Room Open Movie	11:00AM - 12:15PM 11:00AM - 12:00PM 11:00AM - 2:00PM 1:00PM - 2:15PM
Mon-Sep 5	LABOR DAY-CENTER CLOSED	
Tue-Sep 6	Bingo Computer Room Open Have a Little Talk with Kathy Beginners French Class Music	11:00AM - 12:15PM 11:00AM - 2:00PM 1:00PM - 2:00PM 1:00PM - 2:00PM 1:00PM - 2:00PM
Wed-Sep 7	Bingo Art Club with Herline Computer Room Open Advanced French Class Food Pantry Table Top Games	11:00AM-12:15PM 11:00AM - 12:15PM 11:00AM - 2:00PM 1:00PM - 2:00PM 1:00PM - 2:00PM 1:00PM - 2:00PM
Thu-Sep 8	Bingo Art Club with Herline Computer Room Open Bowling Trivia	11:00AM - 12:15PM 11:00AM - 12:15PM 11:00AM - 2:00PM 12:00PM - 1:00PM 1:00PM - 2:00PM
Fri-Sep 9	Bingo Shop Rite Grocery Store Computer Room Open Movie	11:00AM - 12:15PM 11:00AM - 12:00PM 11:00AM - 2:00PM 1:00PM - 2:15PM
Mon-Sep 12	Bingo Art Club with Herline Computer Room Open Choir Rehearsal	11:00AM - 12:15PM 11:00AM - 12:15PM 11:00AM - 2:00PM 1:00PM - 2:00PM
Tue-Sep 13	Bingo Rite Aid-Flu Shots Art Club with Herline Computer Room Open Beginners French Class	11:30AM-12:15PM 11:00AM-1:00PM 11:00AM - 12:15PM 11:00AM - 2:00PM 1:00PM - 2:00PM



Wyandanch Senior Nutrition Center *continued*

Tue-Sep 13	Have a Little Talk with Kathy Music	1:00PM – 2:00PM 1:00PM – 2:00PM
Wed-Sep 14	Bingo Art Club with Herline Computer Room Open Advanced French Class Table Top Games	11:30AM-12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM 1:00PM – 2:00PM 1:00PM – 2:00PM
Thu-Sep 15	Bingo FAMILY AND FRIENDS B-B-Q	11:00AM – 12:15PM 11:00AM – 2:00PM
Fri-Sep 16	SENIOR OLYMPICS @TANNER PARK Movie	11:00AM-2:00PM 1:00PM – 2:15PM
Mon-Sep 19	Bingo Art Club with Herline Computer Room Open Choir Rehearsal	11:00AM – 12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM 1:00PM – 2:00PM
Tue-Sep 20	Catholic Charities Bingo Computer Room Open Beginners French Class Have a Little Talk with Kathy	9:30AM – 12:30PM 11:30AM-12:15PM 11:00AM – 2:00PM 1:00PM – 2:00PM 1:00PM – 2:00PM
Wed-Sep 21	Music Bingo Library Music Computer Room Open Food Pantry Advanced French Class Table Top Games	1:00PM – 2:00PM 11:30AM-12:15PM 12:00PM – 1:00PM 11:00AM – 2:00PM 1:00PM – 2:00PM 1:00PM – 2:00PM 1:00PM – 2:00PM
Thu-Sep 22	Bingo Art Club with Herline Computer Room Open Bowling Music	11:00AM – 12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM 12:00PM – 1:00PM 1:00PM – 2:00PM
Fri-Sep 23	Senior Advocate Big Band Bingo Shop Rite Grocery Store Computer Room Open Movie	9:30AM – 1:00PM 10:00AM - 12:00PM 11:00AM – 12:15PM 11:00AM – 12:00PM 11:00AM – 2:00PM 1:00PM – 2:00PM
Mon-Sep 26	Bingo Art Club with Herline Computer Room Open	11:00AM – 12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM
Tue-Sep 27	Bingo Art Club with Herline Computer Room Open Beginners French Class Have a Little Talk with Kathy	11:30AM-12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM 1:00PM – 2:00PM 1:00PM – 2:00PM
Wed-Sep 28	Music Bingo Art Club with Herline Computer Room Open Advanced French Class Table Top Games	1:00PM – 2:00PM 11:30AM-12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM 1:00PM – 2:00PM 1:00PM – 2:00PM
Thu-Sep 29	Bingo Art Club with Herline Computer Room Open Bowling	11:00AM – 12:15PM 11:00AM – 12:15PM 11:00AM – 2:00PM 12:00PM – 1:00PM

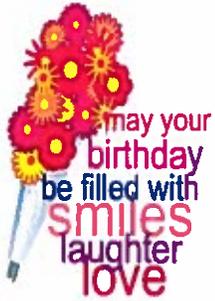


Wyandanch Senior Nutrition Center *continued*

Thu-Sep 29
Fri-Sep 30

Trivia
Bingo
Shop Rite Grocery Store
Computer Room Open
Movie

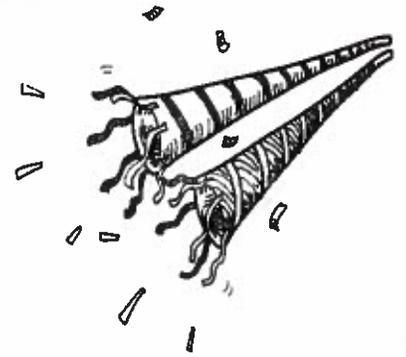
1:00PM – 2:00PM
11:00AM – 12:15PM
11:00AM – 12:00PM
11:00AM – 2:00PM
1:00PM – 2:15PM



SEPTEMBER BIRTHDAYS

JOE BROWN
JIMMY JOHNSON
JUANITA JONES
WILLIE MACK

CLARA MITCHELL
MARY MYHAND
CALVIN PALMER
AGNES WALKER



Get Well Wishes

Leona Washington
Stanley Allen
Joan Hufford
Georgina Newton
Miriam David



Thinking of You

Dorothy Hinde	Joseph Austin
King Lewis	Lonnie Batchelor
Violet Squillace	Annie Marsh
Marsha Shepard	Fran McCabe
Percy Motley	Carolyn Peterson



I do

AND I'D DO IT ALL OVER AGAIN.

**HAPPY ANNIVERSARY
TO ALL
SEPTEMBER CELEBRANTS!**



Pending Trips

(Details to follow)

Wyandanch Senior Nutrition Center *continued*

A MESSAGE FROM ALICIA PORTWINE DIRECTOR, WYANDANCH SENIOR CENTER

It is hard to believe we are fast approaching the fall season. We honor those lives lost on 9/11/01 and always our service men and women. We also celebrate grandparents on September 14th and Hispanic Heritage Month September 15th – October 15th. It is also Awareness Month for Prostate Cancer, Pediatric Cancer, Sickle Cell, Healthy Aging and Ovarian Cancer. Remember schools are open so drive carefully.

D F A L L L A B T O O F M K
H R W T W I N T O W E R S Q W
C X G R A N D P A R E N T S Z
K I N D I A N S U M M E R G C
S S H W B R X O N I U Q E Y V
A Y A G N I T N A H C N E A S
P L R R E L A X I N G L I D E
P L V J W A R B I L R C D T P
H I E P E Y Q A U T U M N O T
I H S H V I R G O C H X T I E
R C T C H A N G I N G L W R M
E A M L K O S E V A E L J T B
K K O A J L A B O R D A Y A E
O B O H U R R I C A N E S P R
Y S N O S A E S D F G S Z O L

VIRGO
LEAVES
EQUINOX
LIBRA
HARVEST MOON
LABOR DAY
PATRIOT DAY
FALL
CHILLY
AUTUMN
TWIN TOWERS
GRANDPARENTS
FOOTBALL
SEPTEMBER

*Peace & Grace,
Alicia*



Wyandanch Senior Nutrition Center
 28 Wyandanch Avenue
 Wyandanch, New York 11798
 631 491-4889

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SALISBURY STEAK SEASONED BOWTIES GREEN BEANS & CARROTS WHEAT BREAD BAKED APPLES MILK	2 FRIED FISH SPINACH SALAD SEASONED ROASTED RED POTATOES WHEAT BREAD DICED PEACHES SHORT BREAD COOKIES APPLE JUICE MILK	
4 	5 LOW SODIUM TURKEY & CHEESE MINISTRONE SOUP WINTER BLEND W/ CHERRY TOMATOES KAISER ROLLS FRUITED JELLO MILK	6 BEEF STEW EGG NOODLES MIXED VEGETABLES WHEAT BREAD TAPICOA PUDDING ORANGE JUICE MILK	7 SPINACH QUICHE MACARONI SALAD MUSCLINE SALAD CAKE GRAPE JUICE MILK	8 SMOTHERED PORK CHOPS MASHED POTATOES TURNIP GREENS WHEAT BREAD MANGO APPLESAUCE ORANGE JUICE MILK	9 SALMON CAKES SUCCOTASH MUSTARD GREENS WHEAT BREAD MELON SALAD MILK	10 
11 	12 BEEF & BROCCOLI EGG NOODLES MIXED ITALIAN VEGETABLES WHEAT BREAD MELON SALAD MILK	13 BAKED ZITI W/ CHEESE TOSSED SALAD W/ NUTS & RAISINS GARLIC BREAD TROPICAL FRUIT SALAD APPLE JUICE MILK	14 BAKED CHICKEN GRAVY BROWN RICE MIXED VEGETABLES BISCUITS APPLE PIE PINEAPPLE JUICE MILK	15 SPAGHETTI W/ MEAT SAUCE ROMAINE SALAD GARLIC BREAD APRICOTS ORANGE JUICE MILK	16 TUNA FISH SALAD ON ROMAINE LETTUCE & BEAN SALAD TOMATOES & ONIONS PITA BREAD BUTTERSCOTCH PUDDING ORANGE JUICE MILK	17 
18 	19 CHICKEN W/ BROCCOLI PIGEON PEAS & RICE MIXED GREENS WHEAT BREAD FRESH FRUIT MILK	20 STUFFED CABBAGE TRI-COLOR PASTA ROMAINE SALAD GARLIC BREAD MIXED FRUIT CUP GRAPE JUICE MILK	25 BREADED CHICKEN GRAVY BROWN RICE SPINACH DINNER ROLLS SWEET POTATO PIE ORANGE JUICE MILK	22 BROCCOLI QUICHE MACARONI SALAD MUSCLINE SALAD VANILLA PUDDING CRANBERRY JUICE MILK	23 FRIED FISH MASHED SWEET POTATOES STEWED CABBAGE WHEAT BREAD MELON SALAD MILK	24 
25 	26 SWEDISH MEATBALLS SEASONED SPAGHETTI BROCCOLI & TOMATOES WHEAT BREAD APRICOTS MILK	27 BEEF & BROCCOLI RICE PILAF ORIENTAL VEGETABLES WHEAT BREAD FRUITED JELLO MILK	28 SLICED BBQ FORK BAKED BEANS COLESLAW DINNER ROLLS OATMEAL RAISIN COOKIES ORANGE JUICE MILK	29 LASAGNA ROLLS ROMAINE SALAD W/ CHIC PEAS GARLIC BREAD MANDARIN ORANGES GRAPE JUICE MILK	30 SEAFOOD SALAD BLACK BEANS & CORN SALAD PICKLE BEETS PITA BREAD FRESH FRUIT SALAD MILK	

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.
 If you would like to visit the Center for lunch, you must call one day in advance before 12:00 noon to advise us at (631) 491-4889.

MENU SUBJECT TO CHANGESEE YOUR CENTER MANAGER FOR UPDATES***

Manor Park Seniors

215 Carlls Path
Deer Park, 667-4356

Sandy Ferreiro - President
Eileen Hasbroiuich - Vice-President
Ann McDonagh - Secretary
Eleanor Nistico - Treasurer
Bob Langhans - Sgt. at Arms
Meetings: 2nd Thursday at 7:00p.m



**HAPPY BIRTHDAY &
ANNIVERSARY TO ALL OUR
SEPTEMBER
CELEBRANTS!!**

Our Lady of Grace Widows & Widowers Club

Our Lady of Grace Parish Center
666 Albin Avenue, West Babylon, NY 11704
Evelyn Jalbert, President
(631) 661-3439

MONTHLY MEETINGS
Third Friday of the month, 12noon, Room 109
Our Lady of Parish Center-Refreshments served



ACTIVITIES

BINGO

Luncheons, Chinese Auctions, Bingo
Silent Auctions, Excursions



UPCOMING EVENTS

Hawaiian Luau/Lunch – Swan Club – August 2nd



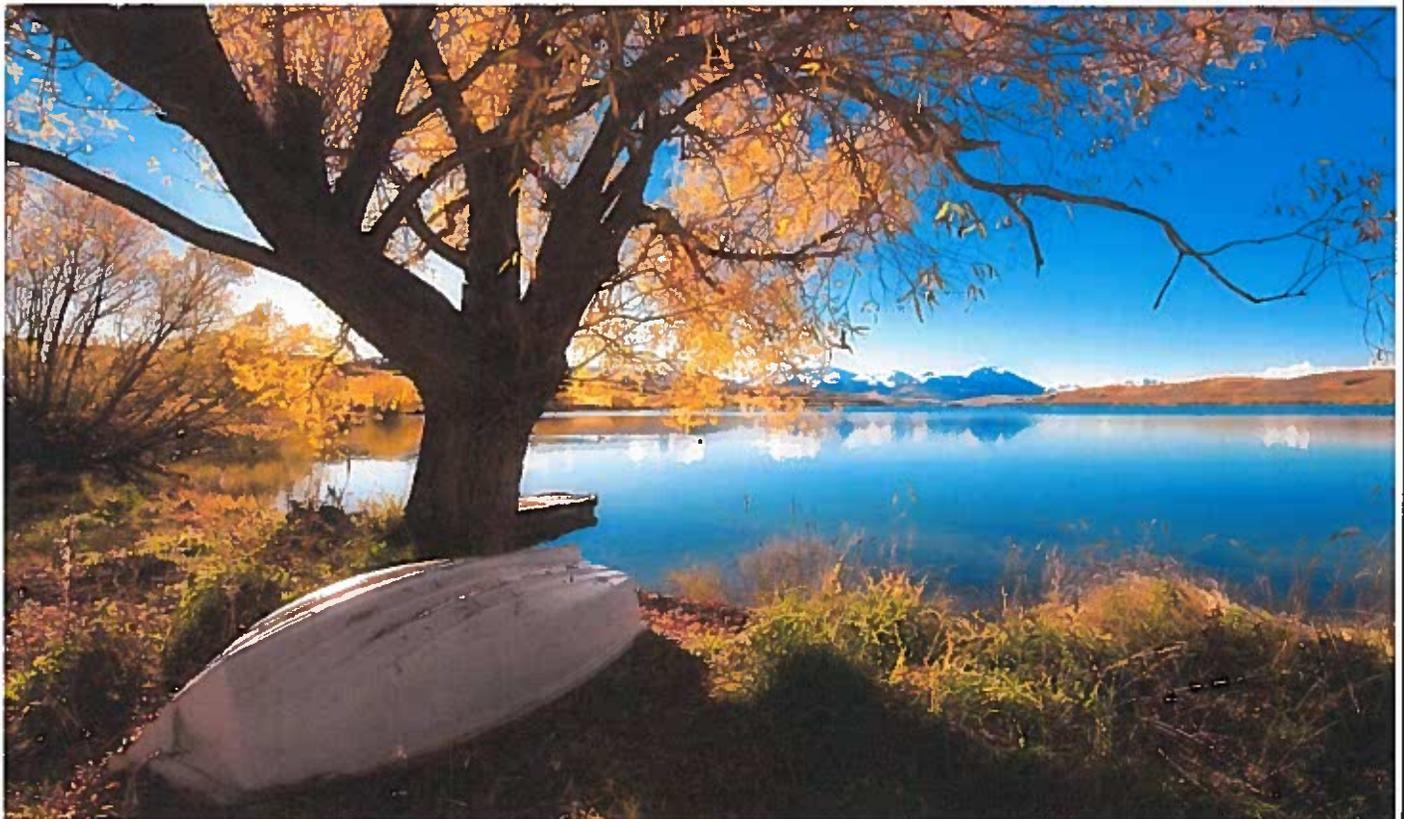
Taste of Italy – Gargiulo's Lunch & Show
Coney Island – October 10th



Radio City Rockettes Christmas Show
Lunch at Carmine's - December 6th



For information on upcoming trips,
call Joan Moran (631) 669-0584



Seniors of St. Cyril & Methodius Church

Senior Center, 125 Half Hollow Road
Deer Park, New York 11729 661-2998

- Mary Indelicato - President
- Marilyn Winans- Vice President
- Carol Palma- Treasurer
- Rose Gatto - Financial Secretary
- Pauline Sganga- Correspondence Secretary
- Connie Catalano - Trip Chairperson
- Maureen Neder - Sunshine Lady
- Richard Kirschenheiter - Publicity
- John Winans-Sentinel

Monthly Meetings: 1st Tuesday at 2 P.M.

ACTIVITIES: Art, Crafts, Exercise, Tai-Chi,
Bingo & Line Dancing.

INSTRUCTORS:

Sue Sganga, Annette Campbell, Clemie Gagliardi
& Marge Pasqualone

HAPPY BIRTHDAY TO ALL OUR
SEPTEMBER CELEBRANTS!

Inspiration Station

"I AM NOT WHAT HAS
HAPPENED TO ME. I
AM WHAT I CHOOSE
TO BECOME."

— CARL JUNG

Amityville Village Senior Citizens

Park North School

Park Ave. & Ireland Place, Amityville (enter at rear parking lot)

Phone: 264-5353

Pat O'Neill- Director

Terry Smith, Theresa Cardinale, Janice Soares
Christine Schulze, Jessica Bernius-Liaison

Directions: Rte. 110 South-Bear right at the Gazebo. At blinking
light turn right onto Ireland Pl. Make a left into
parking lot behind red brick building. Enter at rear-
door, up ramp.



- Monday** 10am Bridge
- Tuesday** 10am Scrabble (If you can spell, you can play) Rummicub
- Thursday** 10am Mexican Train Domino Game
- Friday** 10am Canasta - beginners welcome/Mahjong - beginners welcome

Activities:

- Wed. 9/7 - Movie - WOODLAWN
- Wed. 9/14 - Luncheon - Pizza (Members only)
- Wed. 9/21 - Movie - THE MARTIAN
- Wed. 9/28 - Movie - EYE IN THE SKY



BIRTHDAY GREETINGS
TO ALL SEPTEMBER CELEBRANTS!!!!

Trips:

Call Pat for information at 631-264-5353

Young at Heart Seniors

Sally DeBlasi-	President
Terry Sofia-	Vice President
Lydia Santangelo-	Secretary
Tillie Amendola-	Treasurer
Helen Paolantonio-	Sunshine
Margaret Lawler-	Publicity
Betty Russo-	Hospitality
Meetings:	Tuesday - 10:00 AM - 2:00 PM
Activities:	Canasta, Poker, Michigan Rummy, Bridge, May I



HAPPY
BIRTHDAY
to our
SEPTEMBER
BABIES





Rainbow Senior Center



293 Buffalo Avenue, Lindenhurst 631-957-7526
 Funded by Incorporated Village of Lindenhurst
 Barbara Poldino - Director
 Dawn Shipsey - Assistant Director
 Weekly Hours - 10:00 am-4:00pm

Mon & Wed - Exercise Class 10:30 am
 Tuesday - Bingo 11:30 am
 Thursday - Quilt Class 10:00 am - 2:00 pm
 Friday - Art Class 10:00 am - 2:00 pm
 Monday - Friday Card Room & Pocket Billiard



SEPTEMBER 2016



~ THE RAINBOW SENIOR CENTER IS NOW A NUTRITION SITE ~
 IN CONJUNCTION WITH THE TOWN OF BABYLON. HOT MEALS ARE SERVED
 EVERY MONDAY - THURSDAY. FOR INFORMATION PLEASE CONTACT OUR OFFICE AT 957-7526.

OUR REGULAR WEEKLY EVENTS

QUILTING CLASS - 10:00 AM - 2:00 PM **MONDAYS**

INTERESTED? COME ON IN AND JOIN OUR QUILTING CLASS WITH INSTRUCTOR MARYELLEN RANSOM. ALL AGES ARE WELCOME. QUILTS ARE FOR DONATION, PERSONAL USE AND WALL HANGINGS.

EXERCISE CLASS - 10:30 AM **MONDAYS & WEDNESDAYS**

START YOUR MORNING WITH INSTRUCTOR IRENE SYZJKO. THIS EXERCISE GROUP IS A SIT DOWN CLASS WITH PLENTY OF BENDING & STRETCHING. OUR GROUP HAS FUN WHILE GETTING HEALTHY!

BINGO - 11:00 AM **TUESDAYS**

SHARE A FUN AFTERNOON OF BINGO. ONE MYSTERY WEEK PER MONTH WILL FEATURE A SURPRISE FROM CENTURY 21 AA REALTY. WE CAN NOT THANK THEM ENOUGH FOR THEIR GENEROSITY ALL YEAR LONG.

COFFEE, COLORING AND CONVERSATION CLUB - 10:30 AM **THURSDAYS**

BRING YOUR PENCILS/MARKERS & CONVERSATION. COLORING PAGES & COFFEE WILL BE PROVIDED.

ART CLASS - 10:00 AM **FRIDAYS**

JOIN THIS EXCITING ART CLASS WITH INSTRUCTOR JUDITH DAVIDSON. BEGINNERS TO ADVANCED STUDENTS ARE WELCOME. ANYONE INTERESTED IN BEING A MODEL, STOP BY THE OFFICE TO SIGN UP.

OUR MONTHLY EVENTS

HORSE RACING - 11:30 AM **THURSDAY ~ SEPTEMBER 1 & 15**

COME CHEER ON YOUR FAVORITE HORSE, LOTS OF FUN & EXCITEMENT.

SUFFOLK COUNTY SENIOR ADVOCATE - 8:30 AM - 10:30 AM **WEDNESDAY ~ SEPTEMBER 7**

IF YOU NEED TO SEE SENIOR ADVOCATE FANCHEA PASCARELLA PLEASE CALL OFFICE FOR AN APPT.

BLOOD PRESSURE SCREENING - 10:00 AM **TUESDAY ~ SEPTEMBER 27**

PLEASE STOP BY TO SEE THE VISITING NURSE FOR BLOOD PRESSURE SCREENING.

THE RAINBOW CENTER is seeking Knitters & Crocheters to join the Rainbow Center donation team, please call 957-7526 for more information.

FOOD & CLOTHES DRIVE Please Support Families In Need. Drop off at the Rainbow Center.

Essential Services provided to Incorporated Village of Lindenhurst Residents
 Free Van Service from your home to the Rainbow Center Mon - Thurs. Call for details.
 Taxi Voucher Books available for discounted taxi rides.

Rainbow Senior Center



CHECK OUT OUR NEW INDOOR SHUFFLEBOARD COURT & WALKING MILE PROGRAM

OUR SPECIAL EVENTS

PAINT DAY

WEDNESDAY ~ SEPTEMBER 7

10:00 AM – 12:00 PM. COME CREATE YOUR OWN BEAUTIFUL AUTUMN SCENE. Step by step instructions provided by a "Key to My Art" artist. Sign up in the office. \$20 fee. Coffee & cookies will be served.

KARAOKE

THURSDAY ~ SEPTEMBER 8

WEDNESDAY ~ OCTOBER 5 & NOVEMBER 2

Starts at 10:30 AM. COME SING ALONG WITH DOTTI & CHARLIE. Join us for a fun morning of karaoke.

RAINBOW CENTER OKTOBERFEST @ FIREMAN'S PAVILION

WEDNESDAY ~ SEPTEMBER 28

PLEASE JOIN US FOR OUR ANNUAL OKTOBERFEST @ THE FIREMAN'S PAVILION. Lunch includes choice of bratwurst or 2 hot dogs, German & classic potato salad, knish, potato pancake, bean salad & applesauce. Dessert to follow. Music & dancing featuring Tony Grant. Huge Chinese Auction with many great prizes from local businesses. \$10 pp. Must purchase tickets in advance @ The Rainbow Center.

MOVIE DAY

THURSDAY ~ SEPTEMBER 22

12:30 PM START TIME. POPCORN & DRINKS WILL BE SERVED. MOVIE TBA.

FLU SHOT CLINIC

WEDNESDAY ~ OCTOBER 5

10:00 AM. PRESENTED BY RITE AID PHARMACY. No cost for Medicare/Medicaid members. Must show I.D. Please sign up by Monday, Sept. 26th.

RAINBOW TRIPS

NOW BOOKING UPCOMING TRIPS:

A TASTE OF ITALY

MONDAY ~ OCTOBER 10

An Italian celebration at Gargiulo's, Coney Island. Learn how to make the perfect gravy (I mean sauce). Choice of appetizer: tri colored salad, homemade pizza or rigatoni marinara. Choice of entrée: veal piccata, chicken parm or filet of sole. Red & white wine. Dessert, brewed coffee, tea & soda. Music, dancing & live entertainment with singer Tony B. Deluxe motorcoach transportation. \$94 pp.

VILLA ROMA RESORT TRIP

TUESDAY 10/18 – FRIDAY 10/21

In the beautiful Catskill Mountains of Callicoon, NY. Full American meal plan which includes three meals daily. Nightly music and top variety entertainment. Gala Caesar's night extravaganza, San Gennaro street feast luncheon, Italian cooking class & Italian activities including tournaments, movies, dance lessons, BINGO and more. Full resort amenities including indoor swimming pool and jacuzzi. Contact Joan for prices.

SANDS CASINO

FRIDAY ~ OCTOBER 28

Take a chance @ Sands Casino in Bethlehem, PA. Includes current casino package. \$37 pp.

EMPIRE CITY CASINO

FRIDAY ~ NOVEMBER 18

Roll those dice @ Empire City Casino, Yonkers. Includes current casino package. \$29 pp.

The Rainbow Center will be closed Monday September 5th in observance of Labor Day



SEPTEMBER HAPPY BIRTHDAY CELEBRANTS



Jeanette Barile ~ Rosemary Faust ~ Bill Felicciardi ~ Rose Pezzanite ~ Joseph Rhodes

Rosezella Schmatz ~ Barbara Selg ~ Greg Taylor ~ Jean Taylor ~ Phyllis White

THE INCORPORATED VILLAGE OF LINDENHURST ASSUMES NO RESPONSIBILITY FOR ANY INJURY TO PERSONS OR ANY PROPERTY OR LOSS DURING TRANSPORTATION, AT THE ACCOMMODATION, OR ANY OTHER PHASE OF THE TRIPS DESCRIBED WITHIN THIS BOOK.

Deer Park Community Center Members Club



Come be a part of our Members Club at the new Town of Babylon Deer Park Community Center. Here you can enjoy arts & crafts, card and board games, classic movie day, and so much more!

You will also be able to enjoy complimentary coffee, tea, and snack cakes! Please feel free to bring your own snacks and lunch too!

We are open Tuesdays & Thursdays from 10:00AM—2:00PM

If you have any questions or would like more information please feel free to contact 631-422-7626 during regular business hours or stop down during program operating hours!



Town of Babylon Deer Park Community Center

41 Homer Avenue

Deer Park, NY 11729

Center Phone Number: 631-940-7661

Business Office Number: 631-422-7626

Email: tob.dpcc@gmail.com



The Town of Babylon Deer Park Community Center is a part of the Town of Babylon Youth Institute, a not for profit organization funded by the Town of Babylon, County of Suffolk and State of New York.

September is National Cholesterol Education Month



Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. September is National Cholesterol Education Month—a good time to resolve to get your cholesterol screened.

How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by:

- Eating a healthy diet.
- Exercising regularly.
- Maintaining a healthy weight.
- Not smoking.



Source: www.cdc.gov



OLPH Golden Age Senior Citizen Social Club New School Building

High Street, Lindenhurst - Room #24

PRESIDENT – DOLORES BARONE (613) 957-3432

VICE PRESIDENT – CECELIA PASTORE

SECRETARY – ANTOINETTE DELUCA

TREASURER - NETTI DEASY

Meetings - 1st & 3rd Thursday of the month
11:30 AM - 3:00 PM

******Refreshments & Bingo******



DRIVERS WANTED

The Town of Babylon is hiring
On-call Senior Van Drivers

This position requires that you have a CDL License with "P" endorsement.
\$13.58/hour

Contact: Department of Human Services at 631.464.4340

OUR LADY OF MIRACULOUS MEDAL SENIORS "SPICE OF LIFE" CLUB

Age 55+

MEETINGS: 1st & 3rd Tuesday of the Month

TIME: 11:30 A.M.

PLACE: Parish Hall, corner of Levey Blvd./24th Street
1434 Straight Path

PRESIDENT: Josephine Giganti

VICE PRESIDENT: Andrienne Morgano

RECORDING SECRETARY: Mary Payerle

PETTY CASH: Mary Scarpitta

TREASURER: Gerry Marcor

For information call Josephine at 422-6938

**HAPPY BIRTHDAY AND ANNIVERSARY TO ALL OUR
SEPTEMBER CELEBRANTS**



Advertisement



AMERICAN LEGION

BABYLON POST # 94

22 GROVE PLACE, BABYLON

(631) 669-0094



americanlegionpost94NY@gmail.com

www.americanlegionbabylon.com

SUNDAY BREAKFAST

from \$5.50, 9 am to 12 pm

Includes, Eggs, Pancakes, French Toast,
Bacon, Sausage, Potatoes, Toast,
Coffee, Tea, Juice Is Available.

Yes, we are returning after our summer break and look forward to serving you on September 11th, after first day back. We hope you all had an enjoyable summer and we have reserved seats for you, see you soon.

FRIDAY, SEPTEMBER 9TH, 7 PM – 11 PM

Auxiliary Country Western Ho Down \$30.00

Includes Open Bar, Dinner and Dessert

Music by Rich and 50/50 Raffle

Call Rose 631 901-5698 or Linda at 917 549-0887

Advertisement



10th Annual Chinese Auction

Come and Celebrate with Dominican Village
Friday, October 7th
Helen Butler, O.P. Hall
Located on Dominican Village Property
At
565 Albany Avenue
Amityville, New York 11701



No cost to attend the Public Viewing
Friday, October 7th
12:00-4:00 p.m.

Remember bring self address labels!

Winners will be called that evening during dinner -winners need not be present.

If you are interested in joining us for dinner from 6:30 p.m. to 10:00 p.m. in the Helen Butler, O.P. Hall
Call us for dinner ticket price and reservation

Golden prizes include;
65" flat screen TV

*Hopper passes to Walt Disney in Orlando,
Two vouchers for a 7-Night Western Caribbean Cruise,*

Basket Items Include:

*Restaurant gift certificates,
Autographed sports memorabilia,
Wine and Liquor baskets*



*Baskets valued at \$50 and more are \$20 for 25 tickets.
Golden prizes valued at \$150 or more chances are \$20 for 6 tickets.*

*Monetary Raffle chances are \$5.00 per ticket or 5 for \$20.00.
1st prize: \$1000.00; 2nd Prize: \$750.00; 3rd Prize: \$500.00.*

For more information please call (631) 842-6618
565 Albany Avenue Amityville, NY 11701

Advertisement



Your parents want to stay in the place they call home. We can help.

Whether you are looking for someone to help an aging parent a few hours a week, or need more comprehensive assistance, Home Instead can help.

Services Include:

- Companionship
- Meal Preparation
- Shopping and Errands
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Respite Care
- Grooming and Dressing
- Alzheimer's and Dementia Care

Call for a free,
no-obligation appointment
631.421.3655

150 Broadhollow Rd., #90
Melville, NY 11747

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Instead
SENIOR CARE®

To us, it's personal.

HomeInstead.com/559

Each Home Instead Senior Care® franchise office is independently owned and operated.
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Advertisement



**HOME COMFORT
ASSISTANCE, INC.**
A home companionship provider

MISSION STATEMENT

We, at Home Comfort Assistance, Inc. are dedicated to enhancing the quality of life of all senior citizens by enabling independent living in one's own home, facilitating daily activities with compassionate hearts, gentle and steady hands, and caring and watchful eyes, and providing quality, personalized service to those in need.

Our companions are screened, placed and actively supervised by the senior management of Home Comfort Assistance, Inc. We are also fully insured for your protection and peace of mind.

For more information, a FREE consultation, or a COMPLIMENTARY in-home intake visit, call or email us today. We would be pleased to discuss how Home Comfort Assistance, Inc. can assist you and your loved one.

Billy Alba, Eucharistic minister at St. Martin of Tours, Amityville will bring Communion on request.

FLEXIBLE HOME COMPANIONSHIP SERVICE OPTIONS

24 Hour Live-in Home Assistance (our specialty)
Home Comfort Assistance provides for companionship, socialization, and respite for family members.
Our caregivers offer:

PERSONAL CARE

- Bathing and Showering
- Washing Hair
- Grooming
- Getting Dressed
- Oral Hygiene
- Incontinence Care
- Medication Reminders
- Mobility Assistance

MEALS

- Meal Planning
- Prepare Grocery List
- Food Preparation
- Cooking
- Serve Meals
- Feeding Assistance
- Special Diet Management
- Online Grocery Delivery

HOMEMAKING

- Light housecleaning
- Laundry
- Making Beds/Changing Linens
- Washing Dishes
- Vacuuming
- Dusting
- Plant Care
- Trash Removal
- Routine Maintenance

COMPANIONSHIP

- Friendly Conversation
- Socialization
- Going for Walks
- Recreation
- Religious Accommodations
- Accompany to Doctor or Other Appointments
- Inform Family Members of Daily Care Experiences

Call us! 516.477.1381 | PO Box 515, Amityville, NY 11701 | info@homecomfortassistance.com | Monday-Friday 10 am - 6 pm
References and testimonial available on request.

Advertisement



**SGT. JOHN SARDIELLO POST 1634
OF THE AMERICAN LEGION
10 BRUCE STREET
WEST BABYLON, NEW YORK 11704-7711
Phone: (631) 669-3931 Fax: (631) 422-2663**



FOR GOD AND COUNTRY

OUR BEAUTIFUL HALL IS AVAILABLE TO RENT FOR ALL OCCASIONS (7 DAYS A WEEK)

**WE OFFER FREE NOTARY SERVICES FOR ALL POLICE OFFICERS ,
FIREFIGHTERS , E.M.S. AND EDUCATORS . . .**

=====

**OUR POST IS ALSO HOME TO VFW POST 2192 , LADIES AUXILIARY UNIT 1634 , SONS OF THE AMERICAN
LEGION SQUADRON 1634 AND SPONSOR BOY SCOUT TROOP 1634 , CUB SCOUT PACK 1634 AND OUR
WEST BABYLON LITTLE LEAGUE TEAM (2015 CHAMPIONS) THE LIL PIRATES**

**Please bring your unwanted Cell phones , Eye glasses and New or lightly used
clothing (Men , Women and Children) to our Post and we will deliver them to
homeless Veterans in our community or to Veterans overseas.**

**If you have any old torn or faded American Flags , please bring them to the Post
and we will retire them with the proper respectful ceremony.**

We also have beautiful indoor / outdoor 3x5 American Flags for sale at the Post for only \$5.00

**WE SPONSOR AN OPEN HOUSE (VALUBLE VETERAN INFORMATION) AT THE
POST EVERY SATURDAY MORNING FROM 10:00 A.M. - 1:00 P.M.**

YOU DO NOT HAVE TO BE A MEMBER OF THE POST . . .

EVERY VETERAN AND THEIR FAMILY MEMBERS ARE ALWAYS WELCOME !!!

**For more information , please feel free to contact our Public
Relations Officer Joe Regina @ (631) 422 - 5221 or**

Post Commander Charlie Volpe @ (631) 456 - 0836

FOLLOW US ON TWITTER @ 1634LEGION

LIKE US ON FACEBOOK Sgt. John Sardiello Post 1634 of the American Legion

FREEDOM IS NOT FREE

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Friends For Life Homecare

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**We Provide Kind & Trusted
Non-Medical Low Cost Home
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Our goal is to help people
maintain full lives, keep their
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own homes.

NON-MEDICAL SERVICES WE OFFER:

- Live-in Home Care (Our Specialty)
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- Medication Reminders

All Companions Are Diligently Screened, Background Checked, Insured & Bonded.



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with this coupon receive

\$50 OFF*

*Limit To One Per Client.
Minimum Of \$100 Services

We Accept
All Major
Credit Cards



Friends for Life Homecare - 516-586-6941 • 516-586-6942 • 5501 Merrick Road, Massapequa

Life is a journey, we make caring & compassion a part of it.

Visit Our Website: friendsforlifeny.com

Advertisement

FINDING SENIOR HOUSING CAN BE COMPLEX, *but it doesn't have to be.*

*"You can trust
A Place for Mom
to help you"*

- Joan Lunden



Call A Place for Mom. Our Advisors are trusted, local experts who can help you understand your options. Since 2000, we've helped over one million families find senior living solutions that meet their unique needs.



A Free Service for Families.
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www.APlaceforMom.com

*A Place for Mom is the nation's largest senior living referral information service.
We do not own, operate, endorse or recommend any senior living community.
We are paid by partner communities, so our services are completely free to families.*

Advertisement

An American flag is shown in the background, waving and partially obscured by the text. The stars and stripes are clearly visible.

MEDICARE HELP

DID YOU LOSE YOUR PLAN LAST YEAR?
WONDERING IF YOU WILL LOSE YOUR
PLAN AGAIN? DO YOU HAVE ALL OF THE
BENEFITS YOU ARE ENTITLED TO? I CAN
HELP! CALL ME TO SET AN APPOINTMENT
OR FIND OUT SEMINAR DATES AT YOUR
LOCAL CENTER, GET THE HELP AT NO COST
TO YOU! CALL TODAY.....

Vincent Boccanfuso Local Agent

631-392-7126 Office 631-888-4920 Cell

I work for consumers, not the
insurance company, call today

Lindenhurst NY 11757



Create a Healthy Plate

The Deal with Dried Fruit



Dried fruits are enjoyed by many for their sweet taste, convenience and long shelf life. In fact, if stored properly, dried fruits can last up to 6 months and even longer. Dried fruits date back to the early Mesopotamian cultures. It is important to keep in mind that one serving of fruit is equal to $\frac{1}{4}$ cup of dried fruit. *Did you know; however, that not all dried fruits are created equal?*

Benefits of Dried Fruits

- ❖ Provide essential nutrients such as vitamin A, vitamin K; as well as, key minerals such as calcium, potassium and magnesium
- ❖ Good source of fiber
- ❖ Rich source of antioxidants

Words of Wisdom when Considering Dried Fruits

- ❖ Many brands add a significant amount of added sugar; along with preservatives
- ❖ Check the label closely for added sugars or added juice concentrates
- ❖ Ideally, the label should list just the fruit, like “raisins”
- ❖ If you have sulfite sensitivities, there is a chance that sulfites were used in processing
- ❖ Some manufacturers may use very high heat in processing which may reduce nutrient content
- ❖ Stick with the portion size of $\frac{1}{4}$ cup or a “handful” so as to control your intake of total natural sugars

Why not try out your creativity with your own dried fruit mix? Here is our favorite creation....

Fall Fiesta

Mix together the following and enjoy!

- ✓ $\frac{1}{2}$ cup golden raisins
- ✓ 1 cup unsalted sunflower seeds
- ✓ 1 cup diced dried apples
- ✓ 1 cup diced dried pears
- ✓ 1 cup diced dried figs

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. USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out how to check your eligibility for a range of benefits and apply for SNAP, go to myBenefits.ny.gov or call 1-800-342-3009 for more information. *Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.*

West Babylon Public Library

211 Route 109 West Babylon, NY 11704 (631) 669-5445



You may register @=online, by ☎=telephone or ♿=in-person. Each attendee may sign up three (3) other attendees.

Non-residents may register 14 days prior to the program. Please have your Library Card handy!

FUN & GAMES Wednesdays, September 7, 14, 21 & 28, 1-4 pm

Join others in games of Scrabble or Mah Jongg, or start a different game! Sign up at the Circulation Desk. All players and walk-ins are welcome.

ABBOTT & COSTELLO Saturday, September 10, 10:30 am-12:30 pm WBA308 @ ☎ ♿

Bud Abbott and Lou Costello were stars of burlesque, radio, films and television and provided the country with laughter when it needed it most. Good, clean comedy never goes out of style and Abbott and Costello continue to provide us with laughs today! Join us as Larry Wolff, lecturer of film history and comedy, presents an entertaining lecture on this unique comedy team complete with slides showing some of their live television appearances, music clips from their films and a display of memorabilia and autographs. A question and answer session will follow. Registration is underway.

TRADITIONAL COUNTRY MUSIC WITH RICH SISSON Saturday, September 10, 2-3:15 pm WBA312 ♿

Enjoy the memorable music of country legends including: Johnny Cash, Hank Williams, Jim Reeves, Eddy Arnold, Willie Nelson and more. All ages welcome! Required tickets are available. Each attendee may sign up three other attendees.

JOB FAIR Monday, September 12, 10 am-1 pm

Looking for work? Want to explore new opportunities? Meet job recruiters and receive employment information from organizations representing various industries. Be sure to bring your resume and dress for success. No appointments necessary.

BLOOD PRESSURE SCREENING Wednesday, September 14, 11 am-12 pm

The *Visiting Nurse Service of Suffolk County* will provide blood pressure screening on a first come, first served basis. No registration necessary.

CROCHETING & KNITTING CLUB Thursday, September 15, 7-8:30 pm WBA150 @ ☎ ♿

Knitting and crocheting expert Joan will assist and advise patrons on projects and provide instruction to beginners. Registration is underway.

RHYTHM AND STRINGS Saturday, September 17, 2-3:30 pm WBA346 ♿

Don't miss out on this afternoon of wonderful music from the 60's through the 90's. Don Caffey, Law Falco and Ray Montecalvo will entertain you with songs from Elvis Presley, Neil Diamond, The Box Tops, The Eagles and Jimmy Buffet, as well as a few country hits. Required tickets are available. Each attendee may sign up three other attendees.

SHOPPING, SAFETY AND SECURITY ONLINE Monday, September 19, 6:30-8:30 pm WBA245 @ ☎ ♿

Safely surf, shop and use the Internet without fear of identity theft, hackers, viruses, spyware, and pop up advertising. Registration is underway.

MEDICAID ENROLLMENT ASSISTANCE FOR THE AGED, BLIND AND DISABLED Wednesday, September 21, 10am-1 pm

Nassau-Suffolk Hospital Council will have facilitated enrollers trained by NY State Department of Health and stationed here at our Library to assist the aged, blind and disabled populations enroll into the following programs: Medicaid, Medicaid Buy-In for Working People with Disabilities (MBI-WPD), Medicaid Spend-down, Medicare Savings (MSP), and Medicaid for Institutional Care in a Nursing home. Enrollment will run on a first-come, first-served basis and is free of charge.

CARDIAC HEALTH Monday, September 26, 4-5 pm WBA24 @ ☎ ♿

Join Cardiac Electrophysiologist Dr. Saverio Barbera from the Northwell Health System for this program on all matters related to cardiac health. There will be a brief question and answer session following the program. Registration is underway.

ROAD SCHOLAR Tuesday, September 27, 2-3 pm WBA18 @ ☎ ♿

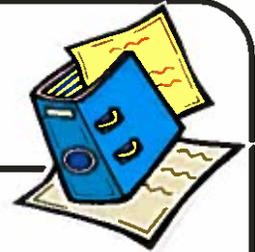
Road Scholar is a not-for-profit organization dedicated to inspiring adults to learn, discover and travel. Join Frances La Duca, a Road Scholar Ambassador, for this presentation that discusses the range of programs and services available. She will discuss the programs she has attended, answer questions, and distribute sample catalogs and sign-up sheets for the Road Scholar mailing list. In addition, a gift certificate from Road Scholar will be raffled off at the end of the presentation. This certificate can be used for a future Road Scholar program/trip. Registration is underway.

SENIOR ADVOCATE Wednesday, September 28, 12-3 pm

A representative from *Suffolk County Office for the Aging* will visit the Library and be on hand to help with Medicaid, Senior ID Cards, food stamps and re-certifications. Patrons will be helped on a first come, first served basis.

Copiqague Memorial Public Library

50 Deauville Blvd, Copiague NY 11726 (631) 691-1111; Fax (631) 691-5098



Living Healthy with Diabetes

Mondays, September 12, 19, 26 October 3, 17, 24 - 1:00 - 3:30 PM

Join the educators from Cornell Cooperative Extension for this six week workshop about managing diabetes. Start learning new and practical ways to live better and healthier while gaining tools to manage and take control of your health. Call Cornell Cooperative at 631-727-7850 ext. 340 to register.

Public Health Insurance

Thursday, September 15 - 4:00 - 7:00 PM

A representative from the Nassau/Suffolk Hospital Council will be at the library to assist with enrollment in public health insurance programs including Family Health Plus and Child Health Plus. They will assist you in enrolling in plans via the health insurance marketplace in accordance with the Affordable Care Act and also provide information on Medicaid, Healthy NY, the NY Bridge program and sliding scale clinics. **No registration necessary.**

Shed the Meds

Tuesday, September 20 - 10:00 AM - 1:00 PM

The Suffolk County Sheriff's Office will be collecting any type of drugs or medications for disposal. Proper disposal is essential to protect the environment and to ensure that old prescriptions don't end up in the wrong hands. **No registration necessary.**

X-Rays: From Rontgens Discovery to the Use in Modern Science

Monday, September 26 - 7:00 - 7:45 PM

Fall for science in this talk about x-rays! More than just a way to look for broken bones, x-rays have a wide range of uses in science. Brookhaven National Laboratory's new facility, NSLS-II, is one of the world's brightest x-ray light sources. Scientist and Stony Brook University Professor Juergen Thieme will explain the science of x-rays and their vital use in scientific research.

Free Breast Cancer Screening from Project Renewal

Wednesday, September 28 - By Appointment Only

Project Renewal, in conjunction with the Office of Senator Michael Venditto, will provide free breast cancer screening at the library. Mammogram screenings are available to women 40 and older who have not been screened in the past year. All insurance plans are accepted and co-payments and deductibles are waived. Screenings are free for uninsured women 40 and older. **Space is limited and appointments are required. Call 800-564-6868 to schedule an appointment.**

Dealing with Alzheimer's and Dementia for Caregivers

Wednesday, September 28 - 6:30 - 8:00 PM

Learn how to care for loved ones with Alzheimer's or Dementia in this informational program. Mary Calder, RN and Theresa Pulido, LPN will lead this support group discussion focused on behavioral problems and practical information for caregivers. With over 30 years of experience working with Alzheimer's and Dementia patients Mary and Theresa have a wealth of knowledge to share that caregivers can benefit from.

Concert: Celebration of Hispanic Music and Flamenco Dance

Friday, September 30 - 7:00 - 7:45 PM

In honor of Hispanic Heritage Month join us for a performance that will celebrate different Hispanic cultures in song and dance. Be captivated by Maria Tylek, Professional Flamenco Dancer, as she performs the Flamenco, an art form native to Andalusia, Spain. Singer Cecilia Tenconi will perform songs from many different Hispanic genres.

Registration is required for all programs unless otherwise stated.

Please call the library for more information.

(631) 691-1111

Amityville Public Library

Corner of Oak and John Streets

(631) 264-0567 www.amityvillepubliclibrary.org



Lisa Berman Trio: Berman Does Merman

Saturday, September 10, 2 p.m. to 3 p.m.

Ruthe McKeown, an Amityville resident, has written a show highlighting the life and times of Tony and Grammy award winner Ethel Merman. You will be treated to wonderful renditions of signature show tunes that she originated on Broadway; among them: *Girl Crazy*, *Anything Goes*, *Gypsy*, *Annie Get Your Gun* and more. There will be wonderful stories, anecdotes, and information about Ethel Merman showing just how unique she really was! Her audiences were loyal fans for over 50 years and adored her through a depression and three wars until she died in 1984. The trio has been performing together for more than ten years, delighting audiences all over the tri-state area. This is their fourth show date at the Amityville Library. *The Music of Amityville Concert Series* is made possible with funds from the Decentralization Program, a regrant program of the New York State Council on the Arts with the Support of Andrew Cuomo and the New York State Legislature and is administered by the Huntington Arts Council, Inc.

A Basket Full of Fall

Thursday, September 15, 6:30 to 8 p.m.

Come join Irene Conte Morgan and create an autumn arrangement of fresh flowers with leaves and autumn fun!

Fee: \$5.00 check, or money order, made payable to the Amityville Public Library is due at registration to cover supplies. This fee is nonrefundable and nontransferable for any reason.

Healthy Girl's Guide to Breast Cancer (AMA120)

Thursday, September 22, 6 to 8:30 p.m.

Christine Egan, author of *The Healthy Girl's Guide to Breast Cancer*, will be sharing how she maintained her health even through cancer. Come down, listen and be inspired to take steps to redefining healthy!

North Shore-LIJ Health Plan

Friday, September 23, 11 to 12:30 p.m.

A representative from the North Shore-LIJ Health Plan program will be here to discuss what Medicaid is, the applications process and the types of services you can receive for free through Medicaid. The North Shore-LIJ Health Plan provides home care services to seniors and individuals with disabilities. All services are free through Medicaid. Come learn more about what Medicaid can do for you!

Senator Michael Venditto & Northport Veterans' Outreach Program Monday, September 26, 10 a.m. to 1 p.m.

Northport Veterans' Outreach Program is coming to the Amityville Public Library to enable veterans to speak with an Eligibility Specialist to review their personal veteran benefits and entitlements. This program will cover enrollment assistance for new applicants, update current users of VA Healthcare information, explain healthcare programs available to eligible veterans, review medical benefits as well as eligibility, and answer questions regarding eligibility benefits. Please bring a copy of your DD214 or Separation Papers. No registration is necessary. First come, first served.

National Student Loan Center: Loan Forgiveness & Other Assistance Monday, September 26, 7 to 8:30 p.m.

Struggling with debt from your student loans? There are programs available to help! A representative from the National Student Loan Service will be here to discuss the programs available, loan consolidation, analysis of your student loan portfolio to determine eligibility, and application assistance.

Introduction to the iPad and iPhone

Monday, October 3, 6 to 8 p.m.

Learn all about Apple's hottest gadgets. In this class, you will get an intro to the hardware, learn how to access the Internet and your e-mail, understand the settings, use the apps and learn how to get new ones, discover many tips and tricks and much more. Bring your iPad or iPhone or just come and listen.

One-on-One Live-brary.com eBook and eAudiobook Download Help on Saturdays from 3 to 3:45 p.m. or 4 to 4:45 p.m.

Registration is required. Limited to Amityville cardholders.

Please bring your mobile device, USB cable, power cord, and your laptop if you own one. When registering, please indicate what type of device you want to download to and if you want to download eBooks, eAudiobooks or magazines. Please make an appointment ahead of time.



Programs require advance registration

Movies for Adults

Fridays at 1:00 PM (residents only)

Fridays at 3:30 PM (non-residents)

The Library will be showing the latest released movies on Friday afternoons. The list of the month's selections will be available at the Library. Doors will open at 12:40 PM for the 1:00 PM show. Light refreshments will be served.

Evening Book Discussion

Thursday, September 1, 7:00PM

We will be reading *Between the World and Me* by Ta-Nehisi Coates. Please register and pick up your book at the Circulation Desk. New members are always welcome.

One-on-One Medicare Counseling and Enrollment

Wednesday, September 7, 9:30 AM

Meet individually with an RSVP Suffolk volunteer from the Health Insurance Information, Counseling and Assistance Program to get information about Medicare health insurance and benefits. By appointment only; call the Reference desk for a half-hour appointment. Registration 8/31 for residents, 9/1 for non-residents.

Crochet Club

Thursdays, September 8 and 22, 7:00PM

Whether you're an experienced crocheter or have always wanted to learn, this is the club for you. Bring your projects and questions to crochet expert Roberta.

Knitting Club

Mondays, September 12 and 26, 10:00AM

Join our Knitting Club with local knitting expert Roberta. All beginning to advanced knitters welcome.

Health Insurance Questions and Enrollment

Monday, September 12, 2:30 PM

A Certified Application Counselor will be in the library to answer questions and help you enroll in any private health insurance plan available on the NYS Marketplace as well as Medicaid and Child Health Plus. Everyone is welcome; no registration required.

Game Club

Mondays, September 19 and 26, 1:00PM

We provide the space, tables and chairs. You bring your friends and board or card games to play. Coffee and tea will be served. No registration required.

Morning Book Discussion

Tuesday, September 27, 10:00AM

We will be reading *What Alice Forgot* by Liane Moriarty. Please register and pick up your book at the Circulation Desk. New members are always welcome.



Deer Park Public Library



44 Lake Avenue • Deer Park, NY 11729 • (631) 586-3000 • Fax (631) 586-3006

Knitting Group

Whether you are a novice or an expert, join other knitters for an informal get-together sharing patterns, problems, tips, etc. All are welcome—you need not register.

20's and 30's Year Olds: Yoga w/Jessica

Unwind, breathe, and get the most out of your spiritual practice! *Mandatory, please register early to reserve a spot.*

Thursdays: Sept 8th & 22nd & Oct 13th & 27th, 2-4pm

Thursday, Sept 8th, 6-7 pm; Saturday, Oct 1st, 2:30-3:30 pm

Session concludes with singing bowl meditation. *Space is limited and*

St. Francis Hospital's Community Outreach Program

Friday, September 9th, 10-2pm

Free Screenings

Screenings include a brief cardiac history, blood pressure, simple blood test for cholesterol and diabetes with the appropriate patient education and referrals. Open to anyone over the age of 18 years old. In addition to their free cardiac screening, they are proud to offer PSA screening, education on self-breast exam and breast health, and flu (if available at this time) and pneumonia vaccines. No appointment necessary.

Bus Trip – Bronx Zoo

September 10th, \$58pp

Trip includes: transportation, driver tip, and "Total Experience" ticket to the Zoo. Lunch is on your own. Trip will go rain or shine. Children welcome but must be accompanied by a responsible adult. Registration is underway.

Defensive Driving

Saturday, September 10th OR October 8th, 9-3:30pm

\$25 check payable at registration

The Driver Safety Program is back for this non-AARP defensive driving class that may reduce your insurance costs and points on your license. Remember to bring your license and a pen/pencil to class. Feel free to bring a brown-bag lunch to class. *Seating is limited and mandatory, please register early to reserve a spot.*

ESL Classes

Mondays: Sept 12th, 19th, 26th & Oct 3rd, 17th, & 24th, 9-11am

Material's Fee: \$25— A certified instructor will teach a Beginner's ESL course that introduces students to basic structures and vocabulary of the English language through the skills of reading, writing, speaking, and listening. Students will utilize level-appropriate conventions of grammar and punctuation to write complete sentences. Fee includes the book *Side by Side Plus* used in classes. *Seating is limited and mandatory, please register early to reserve a spot.*

Book Discussion

Monday, September 12th, 7-8:45pm

Join us in discussing Mitchell Zuckoff's *Lost in Shangri-La: A True Story of Survival, Adventure, and the Most Incredible Rescue Mission of World War II*—Describes the 1945 odyssey of three plane crash survivors in New Guinea who endured a harrowing journey through the jungle to seek help, their encounter with a primitive tribe who had never seen white people, and their eventual rescue by a band of paratroopers.

Quilting

Sunday, Sept 18th, 12-2pm & Saturday, Oct 1st, 10-12 noon

Professional, expert quilter Gloria Bleidiner will instruct novice and experienced quilters on techniques of scrap quilting! Curves, angles, fat quarters, colors, shapes, blocks, squares—try your hand at scrap quilting. Take the challenge and have some 'colorful' fun and deplete your material stash! Registration is not required.

College Application Essays

Monday, September 19th, 7-8:30pm

Let writing consultant, Samantha Desmond, relieve you of the stress and frustration of creating your college application essays. She'll lead you through the brainstorming process via journals and various writing instruments. Join us for a very informative seminar! Teens grade 9-12 welcome. *Seating is limited and mandatory, please register early to reserve a spot.*

20's and 30's Year Olds-Adult Coloring Night

Wednesday, Sept 21st, 6pm & Tuesday Oct 25th, 6pm

Coloring offers that relief, mindfulness and much-needed therapy for the inner child in all of us. Just bring yourself, perhaps a friend, and a fun attitude. We will provide the supplies, (and coffee and tea!) but feel free to bring your own. Registration not required.

AARP Smart Driver Course

Wednesday, Sept 21st, OR Saturday, Oct 22nd, 9-3:30pm

check made payable to AARP—\$20 members/\$25 non-members, due at registration

AARP's course curriculum has been updated and enhanced with new instructional materials. This defensive driving class should reduce your insurance costs and points on your license. Remember to bring your license and a pen/pencil to class. Feel free to bring a brown-bag lunch to class. *Seating is limited and mandatory, please register early to reserve a spot.*

Senior Advocate

Friday, September 23rd, 9-11am

A Senior Advocate from the *Suffolk County Office of the Aging* will be available to assist seniors with complicated forms and applications, and answer questions regarding county programs and services for seniors. Come in with your questions and concerns. No need to register.

Long Island Beverage Bottles

Saturday, September 24th, 1-2pm

George William-Fisher will be discussing soda, beer, and mineral water bottles right here on Long Island—companies in operation from 1840 – 1970! Learn some fascinating history and see superb examples of Long Island bottles including early pontiled beverage bottles, handmade "blob-tops" produced from 1860-1910 and crown-tops dating from 1930s, and colorful "painted label" bottles of the 1940s and 50s. Patrons are invited to bring in a mineral or medicine bottle for a free appraisal. *Seating is limited and mandatory, please register early to reserve a spot.*

Harvest Apple Brownies with Chef Rob Scott

Sunday, September 25th, 1-2:15pm

Please bring 2 medium mixing bowls and 1 rubber spatula

In this *hands-on* presentation you will prepare delicious and very dense apple brownies. You won't miss the chocolate! Be sure to have vanilla ice cream ready for these brownies when they come out of your home oven. Patrons will go home with one dozen brownies ready to bake! *Seating is limited and mandatory, please register early to reserve a spot—no walk-ins.*

Mason Jar Diffuser

Monday, September 26th, 6:30-8:30

Material's Fee: \$10

Shirley Ruby will demonstrate how to create a hand-painted mason jar diffuser. No prior painting experience needed—join us for this unique 'scented' project! *Seating is limited and mandatory, please register early to reserve a spot.*

Artist's Craft Circle

Thursday, September 29th, 6:30-8:30pm

Bring a project you are working on (painting, crochet, poetry, graphic design, scrapbooking, coloring books and crayons, whatever you want!) Hang out, work, talk.... Or get lost in the zone! Learn about each other's crafts/art, network, make friends, and INSPIRE one another. Feel free to bring in your own refreshments!

Babylon Public Library

24 South Carl Avenue, Babylon, NY 11702 (631) 669-1624

Please use our parking lot located on Thompson Avenue behind Astoria Federal Savings Bank.



- Gentle Yoga** Mondays, September 12, October 3, 17, 24, 31 11:00 AM – 12:00 Noon
Five week course primarily aimed at beginners and active seniors is comprised of standing, sitting and prone positions that focus on body awareness, stretching and alignment. **There is a non-refundable fee of \$20.00 due at registration.** Please consult a physician before beginning any exercise program. Registration for Babylon patrons begins at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25. No online registration.
- Adult Games in the Afternoon** Mondays, September 12, 19, 26 1:00 – 4:00 PM
Afternoons will continue to be set aside during the month of July for library patrons to get together with their friends to play cards or board games. Participants need to bring their own games. New participants are always welcome.
- Yogalates** Wednesdays, September 14, 21, October 5, 19, 26 10:00 – 11:00 AM
Five week course combining Yoga & Pilates. **There is a non-refundable fee of \$20.00 due at registration.** Please consult a physician before beginning any exercise program. Registration for Babylon patrons begins at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25. No online registration.
- Autumn By the Bay** Thursday, September 15 2:00 – 4:00 PM
Artist Christine Weyer will be here to help you create your own tranquil painting, reflecting autumn by the bay. **A non-refundable fee of \$5.00 is due at registration.** Registration for Babylon patrons begins at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25. No online registration. No walk-ins.
- Introduction to iPad and iPhone** Thursday, August 15 6:30 – 8:30 PM
Learn how to access the Internet and email, understand settings, use apps, and much more on Apple's hottest gadgets. Bring you iPad or iPhone or just come to listen. Registration for Babylon patrons begins online, by phone, or at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25.
- Yoga** Mondays, September 19, 26, October 17, 24, November 5 6:00 – 7:00 PM
Five week course. **There is a non-refundable fee of \$20.00 due at registration.** Please consult a physician before beginning any exercise program. Don't forget your Yoga Mat. Registration for Babylon patrons begins at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25.
- Book Discussion** Wednesday, September 21 7:00 – 8:00 PM
This month we will be discussing The Nest, by Cynthia D'Aprix Sweeney. All are welcome.
- Bonzai Workshop** Wednesday, September 21 6:30 – 8:30 PM
(Rescheduled from a previous date) Horticulturist Giacomo Mule will teach you how to transform a standard nursery plant into a beginning bonsai, using the techniques of pruning, wiring, shaping, and transplanting. Learn the philosophy, history, principles, and care of this ancient art form and bring home your own creation at the end of the class. **A non-refundable fee of \$5.00 is due at registration.** Registration for Babylon patrons begins at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25. No online registration. No walk-ins.
- Genealogy Root Cellar** Thursday, September 22 2:30 – 3:30 PM
Whether you just stumbled upon genealogy and need help starting off, or are an old hand who wants to discuss new discoveries, join us for this fun and informative group. All are welcome. While registration is encouraged, it is not necessary to attend the program.
- Mnthly Movie** Thursday, September 22 1:30 PM
This month's movie is "Ricki and the Flash" starring Meryl Streep and Kevin Kline. A guitar heroine who gives up everything for her dream of rock n' roll stardom, now returns home to make things right with her family. Rated PG-13. Runs 101 minutes.
- Long Island's Jewish Heritage** Thursday, September 22 7:00 – 8:30 PM
Local resident and author Rhoda Miller will be here to speak about her recent publication "Jewish Community of Long Island". The lecture will be followed by a book signing, sponsored by the Friends of the Babylon Library. Registration for Babylon patrons begins online, by phone, or at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25.
- National Student Loan Service Assistance** Thursday, September 22 7:00 – 8:30 PM
A National Student Loan Service Center representative will be hear to discuss available programs, loan consolidation, eligibility, and to help with applications. Registration for Babylon patrons begins online, by phone, or at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25. Registration deadline for this program is Monday, September 19.
- Weave an Autumn Basket** Saturday, September 24 12:00 – 4:00 PM
Learn the art of basket weaving as you create your own 6"x7" basket, then take it home and fill it with berries or a small plant. **A non-refundable fee of \$5.00 is due at registration.** Registration for Babylon patrons begins at the Circulation Desk Thursday, August 11. Out of district residents may begin to register Thursday, August 25. No online registration. No walk-ins.
- Medicare Basics** Thursday, September 29 10:00 AM -12:00 Noon
Join our new Afternoon Book Discussion, where we'll be focusing on non-fiction titles. Book copies will be available at the Reference Desk beginning Wednesday, September 14. Title to be announced.

Lindenhurst Memorial Library

One Lee Avenue, Lindenhurst, NY 11757

(631) 957-7755



Happy Fall!

**Please call the Library directly for a complete listing
of their September programs.**



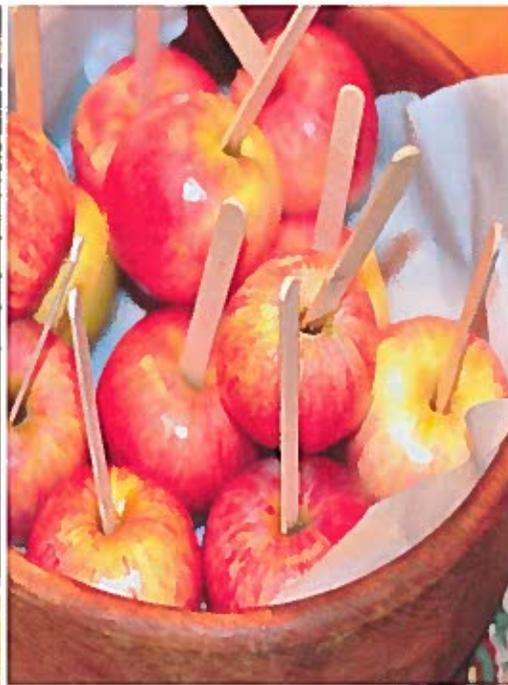
Wyandanch Public Library

14 South 20th Street, Wyandanch, NY 11798

(631) 643-4848; (631) 643-9664 fax wyanlib@suffolklib.ny.us



Library Hours: Monday-Thursday 10a-9p
Friday 10a-6p
Saturday 10a-5p
Sunday 1-5p



Please call the Library directly for a complete listing of their September programs.



Madeline A. Quintyne



Commissioner's Corner

Dear Seniors,

Let me start out by saying that we are thankful that your faith is flourishing and you are all growing in love for each other. What a true statement. There are absolutely no shortcuts when it comes to life. To all of you who have a birthday in September, I send you a hearty Happy Birthday. Since your birthstone is sapphire, go out and treat that special someone with that precious stone. Perhaps a bouquet of your beautiful flower Aster, nice idea! The whole month is yours to do whatever you want. Once again this month we recognize several major issues that are important to all. It's National Hispanic Heritage Month, National Prostate Cancer Awareness Month, Pediatric Cancer Awareness Month and Self Improvement Month. I will always keep you abreast of the issues that surround us all every month. We must continue to support these issues in ways that make a difference in all of our lives. A sound body of course will always enhance a sound mind. With that said if you're eating habits are sporadic and your exercise routines are problematic, well guess what? It undermines the mind. Think about all the health issues. Most if not all of them are related to poor eating and no exercise. Let's do everything we can to keep our bodies in top shape. It's unfortunate when you lose interest in something that's out of focus. Just remember when you start your day with the expectation that nothing will occur, you won't be disappointed. Your biggest success is when you strive to be the best you can and only we can succeed at that. So choose things that will give you a better quality of life. Bottom line it's not that we need more. What we need is better. Oh and one more thing! Life will be more peaceful and more productive if we learn how to prioritize. ☺

Please save the date for the Town of Babylon Department of Human Services Hispanic Heritage Month Celebration on Saturday, October 15, 2016. It will be hosted this year at Lindenhurst High School. Come out and celebrate this outstanding program. The program starts promptly at 11:00am. Finally I want to thank Alicia, Nancy, Lauren, Tanya and Barbara, our Senior Center Directors for their coordination of the Senior Anniversary Luncheon at Captain Bill's. Each Center had its own theme and I was extremely impressed with how everyone put such pride into their individual themes. The music by Jim and company was outstanding. This is our best outing each year and we are strong together as one. Again, I thank you! It was a magnificent affair.

Oh, the wonders of His love. Actually, I never knew that I could be loved so much. Maxine L. Thomas

Madeline's Tips of the Month

- What a relief it is to lay down my heavy burdens.
- I exhale every thought and attitude so that it doesn't hinder me.
- This day, I receive the fullness of your glory and purpose.
- Be excited about life.
- I exhale worry and all of it's fruit-including suffering, depression and fear.
- In this resting moment, I exhale thoughts of peace and trust.
- I deliberately release self-centeredness as I aspire to lift others higher.
- When you experience beauty in nature, praise the Creator.

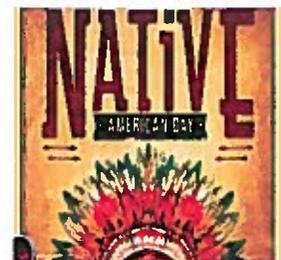


Dates to Remember

- 9/5/16 Labor Day
- 9/11/16 Grandparents Day
- 9/15-10/15/16 National Hispanic Heritage Month
- 9/21/16 International Day of Peace
- 9/22/16 Autumn begins
- 9/23/16 Native American Day

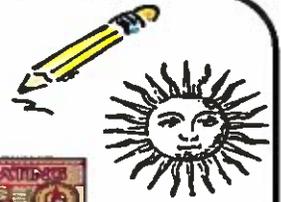


Happy Birthday to all September celebrants!





Editor's Note



May the stars carry your sadness away,
May the flowers fill your heart with beauty,
May hope forever wipe away your tears,
And, above all, may silence make you strong.
**Chief Dan George, Tseil-Waututh Nation,
North Vancouver, British Columbia, Canada**
Author, poet, actor



Seasonal changes...fall is on it's way Seniors. One of my favorite seasons of the year. Kids are going back to school, the weather begins to change, leaves change from deep green to yellow, orange and brown. Our minds and bodies also must adapt to change as well. Food choices will begin to change as we begin to prepare more warming foods for our families. The days will begin to shorten as we see less daylight, so many of us will alter our activities and sleep patters to compensate for daylight savings time. We are fortunate enough to live in a region where we can take full advantage of every season available to us, and enjoy it's splendor. So as you adjust to the seasonal changes, be kind to yourself and others. Take a deep breath and welcome fall! Allow it to settle in comfortably and enjoy it.

I just want to take a minute to thank all of our Senior Center Directors and Staff and our Senior Transportation Drivers. Each and every day you coordinate activities, assist in any way possible, transport our seniors to and from the centers and prepare and serve meals with so much love and care. And I want to just say THANK YOU for giving of your hearts to our Seniors! We appreciate all that you do each and everyday. And a special thank you also to all of our Department of Labor and Urban League Mature Worker staff. Your presence is truly a blessing. Thank you!

As we begin the fall season, we still ask that you please be mindful of the need to serve our community through our Food Pantry. Although we received quite a large number of donations at the beginning of the summer, our pantry is now in need of restocking. Any donation, no matter how big or small would be appreciated. We can be reached Monday through Friday from 9:00am to 4:30pm at (631) 464-4340. Donations can be delivered to our office at 1 Commerce Boulevard, Amityville, New York.

As always, if you have any suggestions that may enhance the Around Town, feel free to forward them to aroundtown@townofbabylon.com. Did you know that you can view a color version of the Around Town on the web? Log onto www.townofbabylon.com and click the Around Town link on the hone screen and there we are! And be sure to check out our Parks and Recreation Guide there also for all of the Town's upcoming fall activities.

Seniors, continue to motivate, inspire and uplift the hearts and minds of your family and friends in all that you do!

Be Well!
It starts with you...
PAY IT FORWARD
Traci
SEPTEMBER IS
National Yoga Month



SEPTEMBER IS
Healthy Aging
MONTH

responsibility freedom tolerance research integrity
education inclusion comprehension shared values philosophy Respect
Non-violence global citizenship capacity building justice norms
Mutual understanding diversity critic Freedom of expression
conflict prevention humanity values Harmony self-reliance Openness Conviviality Culture
Social cohesion contemporary youth engagement
bridge modernity scientific cooperation exchange
art pluralism interconnectedness
Cultural diversity commitment Creativity self-empower Heritage
Reconciliation memory Intercultural dialogue
Human rights rapprochement consciousness ethics
Mediation peace building universal Interdependency
Sharing dignity acceptance
Unity

NATIONAL & COMMUNITY SERVICE
SERVE.GOV

SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE

International Day of Peace
9/21/16

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

L O N G E R N I G H T S N A A U C N
 T O R U E S T U N Y R O K C I H R I
 M S O A Y Q E N I S I A O T R W O K
 R C Y H N E U V S T E R F H E O P P
 C E A A C G K I A S N O A A B R S M
 K N D N D S E R N E D S R N M C O U
 S C Y L N R G L U O L P M K E E C P
 Q R A K E I E R E T X G I S V R T S
 U Y D T M A N T S A E F N G O A O E
 A D Y D S I V G R T V S G I N C B P
 S N R N G Y W E H O E E N V W S E T
 H I E L P P A E S P H A S I V O R E
 B W T Y L L I H C T E S P N R F L M
 F T S E V R A H Y E L O I G C R E B
 A A U H A L L O W E E N E F I O S E
 A F L S E V A E L W O L L E Y S L R
 L O B L W E C H E S T N U T S T R D

- | | | | |
|----------------|---------------|---------------|----------------|
| ACORN | EQUINOX | NOVEMBER | SEPTEMBER |
| APPLE | FALL | OCTOBER | SHORTER DAYS |
| BIRD MIGRATION | FARMING | ORANGE LEAVES | SQUASH |
| BLOWING LEAVES | FEAST | PIE | SWEET POTATOES |
| BLUSTERY DAY | FROST | PUMPKIN | THANKSGIVING |
| CANNING | HALLOWEEN | RAKE | TURKEY |
| CHESTNUTS | HARVEST | RED LEAVES | WINDY |
| CHILLY | HAYSTACK | SCARECROW | YELLOW LEAVES |
| COLD | HICKORY NUTS | SCHOOL | |
| CROPS | LONGER NIGHTS | SEASON | |



URGENT!
PLEASE DONATE TO THE
TOWN OF BABYLON
FOOD PANTRY



The Town of Babylon Food Pantry, now located on Commerce Boulevard in Amityville, is in desperate need of donations! In these tough economic times, more and more families in our community are having difficulty making ends meet. Please help them put food on their tables.

Please bring non-perishable food items to:

Town of Babylon Department of Human Services
1 Commerce Boulevard
Amityville, NY 11701

Town Hall Council Office
200 East Sunrise Highway
Lindenhurst, NY 11757

Old Town Hall
47 West Main Street, Suite #3
Babylon, NY 11702

Thank you for your concern for the families
who are less fortunate!

BABYLON TOWN SERVICES

Office of Citizen Services.....957-7474
Long Island Green Homes Program.....422-4411
Town Animal Shelter.....643-9270
Residential Garbage Collection.....491-3200
Commercial Garbage Collection.....422-7670
Parks, Recreation & Cultural Affairs.....893-2100
Services for the Disabled893-1050

Human Services

Human Services Office.....464-4340
Residential Repair.....422-7680
Drug & Alcohol Counseling.....422-7676

Town of Babylon Senior Nutrition Centers

North Amityville Senior Center.....789-3309
Rainbow Senior Center, Lindenhurst957-7526
Spangle Drive, North Babylon.....422-7610
Tanner Park, Copiague.....842-7773
Wyandanch Senior Nutrition Center.....491-4889

Youth Services

Youth Bureau422-7660
Youth Institute.....422-7658

Local Hospitals

Southside Hospital, Bayshore.....968-3352
Good Samaritan Hospital, West Islip.....376-3000

Other Useful Numbers

Long Island Poison Control Center....(516)542-2323
Babylon Breast Cancer Coalition.....893-4110
Cancer Help Line, University Hospital...(800)UMC-2215
Stony Brook

Incorporated Villages

Amityville Village Hall.....264-6000
Babylon Village Hall.....669-1500
Lindenhurst Village Hall.....957-7500



Rich Schaffer, Town Supervisor

Tony Martinez, Deputy Supervisor

Thomas Donnelly, Councilman

Jacqueline A. Gordon, Councilwoman

Lindsay P. Henry, Councilman

Carol A. Quirk, Town Clerk

Corinne DiSomma, Receiver of Taxes