



# Around Town Senior Magazine

**January 2017 Edition**



New Year  
Chapter One

*Happy New Year!!!*

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

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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](mailto: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,

On behalf of the Town Board, I would like to wish you and your family a Happy New Year! I hope you had a joyful holiday season celebrated with your loved ones. Please check out the 2017 Recycling Calendar that you received in the mail for information about properly disposing of your Christmas trees, as well as for garbage and recycling pickup for the rest of the year.

As winter continues, please remember to take the necessary precautions so that you are fully prepared in the event of a winter storm; make sure you have important supplies including batteries, water and blankets, and remember to bring your pets inside during these cold months. In the event of a storm, be cautious and only travel if you absolutely must. The Town of Babylon will issue out important storm alerts and emergency information on our website at [www.townofbabylon.com](http://www.townofbabylon.com), and be sure to check local news sources as well.

Please remember that Town Hall and the Town Hall Annex will be closed on Monday, January 16<sup>th</sup> in observance of Dr. Martin Luther King Jr. Day.

Have a happy and healthy January, and stay warm!

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 1 ¼ 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

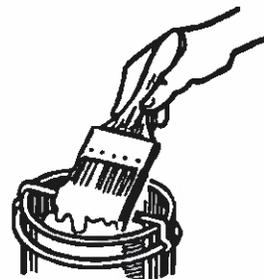


The Town of Babylon Residential Repair Program is offering residents (aged 60 and over ) minor home repairs. Residents must be incapable of maintaining their homes because of illness, incapacity, handicap or absence of a caretaker. Repairs are meant to remediate substandard, unsuitable or unsafe residences.

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*

- Mon-Jan 2 Center Closed
- Tue-Jan 3 Bingo  
Computer Class with Ms. Patty at 10:30 a.m.  
Senior Advocate Jacqueline Fleming-Mitchell
- Wed-Jan 4 Computer Class with Ms. Patty at 10:30 a.m.
- Thu-Jan 5 Dollar Tree  
Exercise with Jeanette at 11am
- Fri-Jan 6 Movie
- Mon-Jan 9 Shop Rite at 10:30am  
Computer Class with Patty at 10:30  
Exercise with Jeanette at 11am
- Tue-Jan 10 Bingo at 11am  
Computer Class with Ms. Patty at 10:30am
- Wed-Jan 11 Computer Class with Patty at 10:30 am
- Thu-Jan 12 New Year's Center Party at 11am
- Fri-Jan 13 Movie
- Mon-Jan 16 Center Closed
- Tue-Jan 17 Bingo at 11am  
Computer Class with Patty at 10:30am
- Wed-Jan 18 Computer Class with Patty at 10:30am
- Thu-Jan 19 Walmart Shopping Trip at 10:30 am  
Exercise with Jeanette at 11am



## UPCOMING EVENTS Continued

Thu-Jan 19 Walmart Shopping Trip at 10:30 am  
Exercise with Jeanette at 11am



Fri-Jan 20 Movie

Mon-Jan 23 Shop Rite Shopping Trip at 10:30am  
Exercise with Jeanette at 11am  
Computer Class with Ms. Patty at 11am



Tue-Jan 24 Bingo  
Computer Classes with Ms. Patty at 10:30am

Wed-Jan 25 Computer Class with Ms. Patty

Thu-Jan 26 Shopping Trip to Stew Leonard's  
Exercise with Ms. Jeanette at 11am



Fri-Jan 27 Movie

Mon-Jan 30 Exercise with Jeanette at 11am



Tue-Jan 31 Bingo at 11am  
Computer Classes with Patty at 10:30am



## SPECIAL MESSAGES

Senior Advocate (Ms. Jacqueline Fleming-Mitchell) 1<sup>st</sup> 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 every Monday and Thursday at 11:00a.m.

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

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

Dance Workshop with Ms. Kim Dudley every other Tuesday at 1:30 a.m.

**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, AVAIL-  
ABLE 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



## HAPPY BIRTHDAY



Delores Alves	Roslyn Coleman	Cynthia Jackson	Claudia Pretto	Roberta Turner
Alfred Bedford	Betty Dixon	Roland Johnson	Ann Paschall	Rose Waters
Maryse Bruse	Olive Douglas	Carol Mazyck	Calvin Rhodes	Delores Wright
Leila Teri Caldwell	Ida Ellis	Mary Nottingham	Charlene Rembert	Marie Woods
Courtney Carter	Yvonne Hicks	Maureen Pascucci	Robert J. Smith	
William Cooper	Deborah Holmes	Ruth Piper	Alexander Trollinger	



### Get Well Wishes

Cecil Bledman	Beverly Simpkins
Thomas Moss	Mary Ellis
Felicia Lane	Evelyn Evora
William Larragui	Linda Pryce



### 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

January 6, 2017 – Movies: Hidden Figures  
 January 12, 2017 – New Year's Center Party  
 January 16, 2017- Dr. Martin Luther King Jr. Day (Center Closed)  
 January 27, 2017 – New Year Jam Party

Please call the Center for reservations.  
Tel# (631) 789-3309



HAVE ALL THE FUN!



### PAST EVENTS

The North Amityville Senior Center had a wonderful holiday season! We started off with a trip to the Poconos on December 2<sup>nd</sup>! We traveled with 94 seniors to Pennsylvania and spent some time at the Mount Airy Lodge and Casino and had a lovely all you can eat lobster buffet at Hunts Landing at Best Western. This was one of the best and most attended trips we have ever done at the Center! On our next trip we will travel to Harlem USA for Amateur Night at the Apollo on February 22, 2017! The trip is presently sold out. This is becoming an annual trip and we look forward to all the fun and laughter!

Our new Committee was elected and announced December 7, 2016. Linda Marshall has been re-elected as Senior Committee President. Mary Hutley is now our Vice President. Helen Brown who has served as Secretary in the past has now been elected Secretary once again. Madge Campbell is our new Treasurer. Inez Lester ran unopposed for Trip Coordinator. Edna Campbell was re-elected as Chaplain. Our 2017 Senior of the Year is Duke "DJ Duke" Connor. Congratulations to the newly elected Senior Committee!

The Amazing Me Senior Buddies came to see us once again and as usual they showed up and showed out! It's always a treat to have them perform and Ms. Bridget does such a great job with the young people. Mr. Steve the soundman blessed us with a beautiful rendition of Amazing Grace. So many of our seniors were touched by his impromptu performance! Keep up the good work Buddies! 2017 is sure to be bigger and better for you. Keep reaching for the stars!

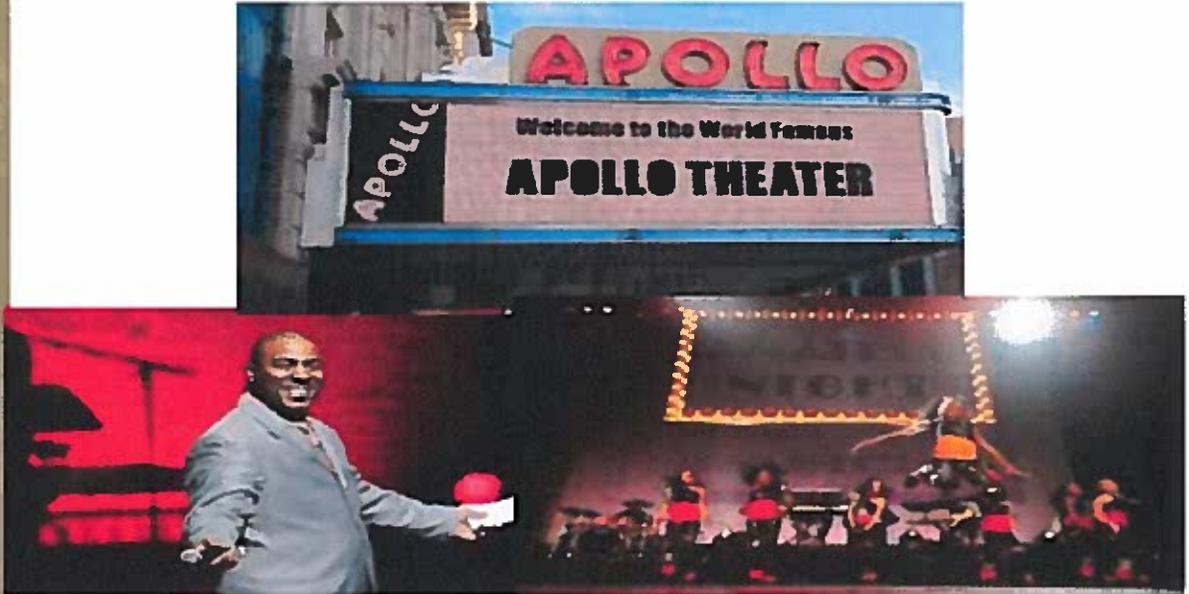
Special thank you to Copiague High School! Every year the Seniors host a dinner dance which has the High School Seniors catering to our Amityville and Copiague Seniors for the night! The seniors had a blast and the food was delicious! Thank you Copiague High School! We appreciate the invite every year!

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:  
“Amateur Night at the Apollo”  
Opening Night 2017**



**Wednesday February 22, 2017**

**\$70 per person**

**Includes, Transportation, Lunch and ticket to Amateur Night**

**Please arrive at Center at 2pm**

**\$30 deposit reserves your seat**



**North Amityville Senior Center**

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

**SOLD OUT**

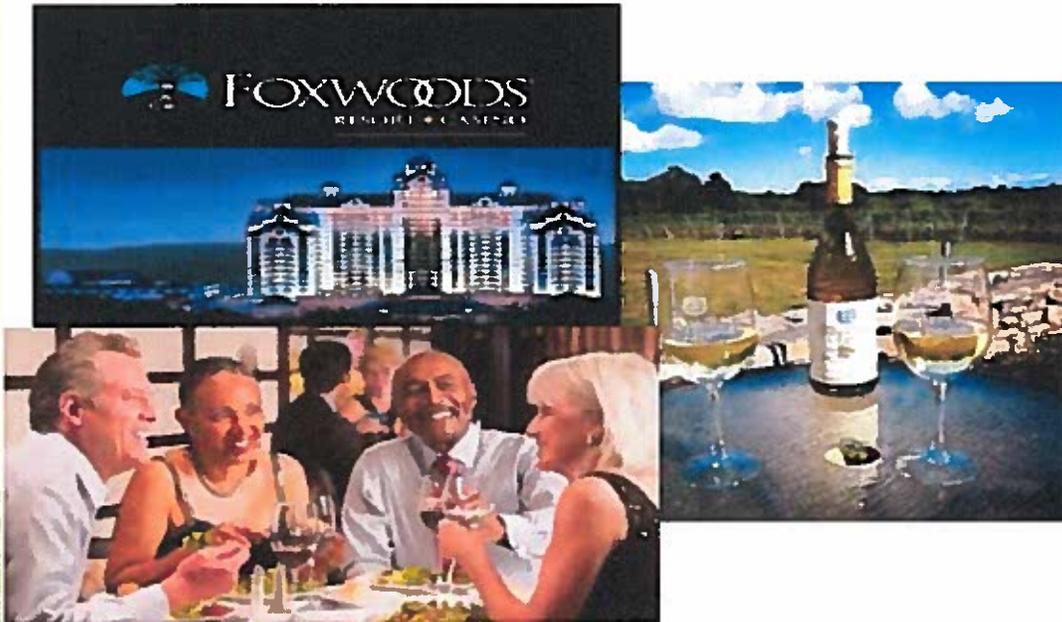
**SOLD OUT**

**SOLD OUT**

North Amityville Senior Center

*Seniors Having Fun!*

# North Amityville Senior Center Presents: Trip to Stonington Vineyards And Foxwoods Casino



Friday May 19, 2017

**Stonington Vineyards in Connecticut and Foxwoods Casino**

**\$75 per person. \$40 Deposit due by February 1, 2017.**

**Final Payment due by April 12, 2017.**

**Includes Transportation, Tour of Vineyard, Buffet Lunch, 5 hr Casino stay at Foxwoods Casino. Shopping is available.**

**Please arrive at Center by 7:30am.**



**North Amityville Senior Center**

48 Ceder Road  
Amityville, NY 11701  
631-789-3309



## *Director's Nook*

By Tanya Crocker, Director, North Amityville Senior Center



### *Greetings Seniors!*

The New Year is the perfect time to celebrate all that one cherishes. I celebrate all my seniors at the North Amityville Senior Center. Looking forward to a wonderful year with you all! Happy New Year!



### **Enough Happiness to Keep You Happy**

During the year may you have  
Enough happiness to keep you sweet  
Enough trials to keep you strong  
Enough sorrow to keep you human  
Enough failure to keep you humble  
Enough success to keep you eager  
Enough friends to give you comfort  
Enough wealth to meet your needs  
Enough enthusiasm to make you  
Look forward to tomorrow.  
Enough determination to make  
Each day better than the day before.

*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**  
 Card Playing, Bingo, Billiards  
 & Ping Pong 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

Mon-Jan 2 Tue-Jan 3	<b>Closed Happy New Year</b> Bingo Ballroom Dancing with Vinny Crafts with Beth <b>HORSE RACING JOIN US!</b>	Morning 10:00-11:00 am All Day 12:30-1:00 pm
Wed-Jan 4	Bingo Ceramics/Arts & Crafts with Beth Trip to the Dollar Store Tony & the Boys Glee Club	Morning All Day 11:00 am-12:00 pm 12:30-2:30 pm 2:30 pm
Thu-Jan 5	K-Mart Store Computer Class with Betty Arts & Crafts with Beth Music & Dancing with Jim Tonight	All Day 11:00 am-12:00 pm 11:00 am All Day 5:30-8:30 pm
Fri-Jan 6	Arts & Crafts with Beth Movie	All Day 10:30 am
Mon-Jan. 9	Bingo Crafts with Beth Music & Dancing with Jim	Morning All Day 12:30 pm-2:30 pm
Tue-Jan 10	Bingo Ballroom Dancing with Vinny <b>BIG BINGO JOIN US!</b>	All Day 10:00 am-1:00 pm 1:00 pm All Day
Wed-Jan 11	Bingo Trip to Dollar Store Glee Club Crafts with Beth Jazz Band	All Day 11:00 am-12:00pm 2:30 pm All Day 12:30-1:30 pm
Thu-Jan 12	Bingo Computer Class with Betty Crafts with Beth Walmart	All Day 11:00 am-12:00 pm All Day 11:00 am-12:00 pm
Fri-Jan 13	Evening Music & Dancing with Jim Winter Party Celebrating <b>LAUREN'S RETIREMENT</b>	5:30-8:30  11:00 am-3:00 pm
Mon-Jan 16 Tue-Jan 17	Center Closed For Martin Luther King Jr. Bingo Ballroom Dancing with Vinny	Morning 10:00-11:00 AM



# Spangle Drive Upcoming Events

Tue-Jan 17	Crafts with Beth HORSE RACING JOIN US!	All Day 1:00 pm
Wed-Jan 18	Bingo Trip to the Dollar Store Arts & Crafts with Beth Tony & The Boy's	Morning 11:00 am-12:00 pm All Day 12:30 pm-2:30 pm
Thu-Jan 19	Bingo Computer Class with Betty join us! Crafts with Beth Trip to Christmas Tree Store Evening Music & Dancing with Jim	Morning 11:00 am-12:00 pm All Day 11:00 am-12:00 pm 5:30 pm-8:30 pm
Fri-Jan 20	MOVIE Trip to K-Mart Crafts with Beth	10:30 am 11:00-12:00pm All Day
Mon-Jan 23	Bingo Wii Bowling with Bea & Jerry Crafts with Beth Music & Dancing with Jim	Morning 11:00 am-12:00 pm All Day 12:30 pm-2:30 am
Tue-Jan 24	Bingo Ceramics/Arts & Crafts with Beth Ballroom Dancing with Vinny BIG BINGO - JOIN US!	Morning All Day 10:00 am-11:00 am 1:00 pm
Wed-Jan 25	Bingo Crafts with Beth Trip to Dollar Tree Store Glee Club	Morning All Day 11:00 am-12:00 pm 2:30 pm
Thu-Jan 26	Bingo Arts & Crafts with Beth Computer Class with Betty JOIN US! Evening Music & Dancing with Jim	Morning All Day 11:00 am-12:00 pm 5:30 pm-8:30 pm
Fri-Jan 27	Crafts with Beth Bingo Movie Trip to Walmart Karaoke with Dottie	All Day Morning 10:30 am 11:00-12:00 pm
Mon-Jan 30	Wii Bowling with Bea & Jerry Bingo Arts & Crafts with Beth Tony Grants music	11:00-12:00 pm Morning All Day
Tue-Jan 31	Bingo Ballroom Dancing with Vinny HORSE RACING JOIN US!	Morning 10:00-11:00 am 1:00 pm



## PAST EVENTS:

Congratulations to all our 50/50 Winners from Thanksgiving Party.

The Lucky Winners Are:

Tom Magire  
Charlene George  
Sharon Illions  
Auther Leone  
Lester Bishop  
Joyce Laporta

Carman Tirdo  
Virginia Renda  
Joan Murphy  
Jerry Shannon  
Tony Cacioppo  
Susen Bowe



# Spangle Drive Occasions *Happy Birthday!*

## HAPPY BIRTHDAY TO ALL OUR JANUARY CELEBRANTS!

Marie Anderson	Catherine DiDonna	Hermie Goldecker	Ralf Nemec	Virginia Rosano	Blanca Weissflog
Roger Arrigali	Cecilio Fernandez	Francis Groben	Margaret Parry	Ina Richards	Tony Zinna
Jeabbine Belford	Millie Fortune	Phil Henne	Marie Pedato	Elaine Scammacca	
Margaret Bruccoleri	Cynthia Gray	Billie Mass	Lucile Pepe	Esther Scaturro	
Rosalie Colassacco	Joan Gubitosie	Antoinette Mauceri	Woulita Riddick	John Slevin	
Dominick Cinquemani	Dan Gregorio	Isabella McGuire	Eloise Price	Steven Watnick	

happy  
birthday  
to you!



happy  
birthday  
to you!

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



Happy Anniversary!!!

## TO ALL OUR JANUARY LOVE BIRDS

*Please say a few prayers for some of our  
Seniors who are not feeling so well.  
Thank you.*

**Millie Logan  
Joan Farrell  
Sara Diaz  
Min Kang**



**Bunny Tagliaferri (Committee)  
Margaret David  
Pete Destafano  
Joan Murphy**



## **THE SWAN IN THE SNOW**

**By  
Joan Wormell**

As I look out my window  
At the swan in the snow  
It sits very quiet  
On the table below

Out in the cold  
With snow all around  
It looks very peaceful  
Not making a sound

Patiently it waits  
For spring to come  
To bloom again  
In the warmth of the sun



## From the Desk of Lauren Van Kirk

Dear Friends,

I would like to express my gratitude to; Supervisor Rich Schaffer, former Supervisor Arthur Pitts, County Executive Steve Bellone and Town Board members both past and present. They have given me the greatest gift of working for the residents of the Town of Babylon.

During my 30 years serving the residents this town, I have had the opportunity to assist in the post-Hurricane recovery process from Hurricane Gloria to Super Storm Sandy. I had the opportunity to assist in the expansion of our wonderful Parks and Recreation Dept as well as in the revitalization of the downtown areas of Wyandanch and Copiague.

But, I must say that my time as the Director of Spangle Drive Senior Center has been the most fulfilling and inspirational moment of my career.

The Spangle Drive staff is just amazing; Charlene George, Beth DeMarco, Christine Cotrone and Lenny Evans come to work every day with one goal in mind. What can we do to improve the quality of life of the seniors of the Town of Babylon?

I also cannot say enough about our 2016 Ujima intern of the year, Arslan Khurram. He has been an inspiration to me and I know he will succeed in life.

All of the seniors who I have met over the years have enriched my life in many ways and will be forever in my heart. I would like to mention a few seniors who have made coming to work every day a special treat; Sara Ameri, Bunny Tagliaferri, Pat Mayers and of course Marty and Rhoda Newman. From my first day at Spangle Drive they have made me feel like family.

I will miss Spangle Drive and the Town of Babylon. I will miss the monthly parties, Jim Ambrosio and the line dancers; I will miss the trips to Cedar Beach and our Opening Day Party. I have missed, and will continue to miss, those seniors who have passed away over the years. I hope that I have added a little fun and a lot of love to their lives and that I have also enriched the Town of Babylon with my thirty years of service.

Peace and love to you all!

**Lauren**



*Best Wishes*

# Spangle Drive Trips

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



## Join us! 2017 Woodloch Pines Hawley, PA

Monday – Friday, May 1<sup>st</sup> to May 5<sup>th</sup> 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 NOW.  
Refundable by December 15<sup>th</sup> if trip is cancelled

### Suites

Rooms are one-bedroom 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.

### 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



### ITALIAN FEAST OF ST. JOSEPH

Join us at Li Greci's in Staten Island, for an Italian celebration of the Feast of St. Joseph with great Italian food and entertainment starring the number one, Frank Sinatra stylist Steve Maglio. In addition to sounds of Sinatra, you'll have a laugh a minute with Italian-American comedian Chris Monty.

MENU: Fresh Salad, Pasta or Soup,  
Chose one—Sirloin of Beef,  
Chicken Parmesan or Sole Oreganato,  
Dessert, Coffee or Tea

DATE: Wednesday, MARCH 29, 2017

COST: \$72.00 Includes, one hour Open Bar, lunch, Show and gratuities

PICK UP TIME: 9:15 AM

Make check payable to;  
BABYLON SENIOR TRAVELERS  
Put phone number on check and mail to:  
Lorraine Petito, 75 Dollard Drive, North Babylon, N.Y. 11703

SAVE THIS DATE  
OCTOBER 10<sup>TH</sup> TO 13<sup>TH</sup> 2017  
TRIP TO THE  
ROCKING HORSE RANCH  
MORE INFORMATION COMING  
SOON  
LORRAINE 631-667-5452



*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



## JANUARY

Mon-Jan 2	<b>Center Closed</b>	
Tue-Jan 3	Tai-Chi with Mickie	10:30am-11:30am
	Computer lessons by appt with Betty	11:00am-12:00pm
	Wii Bowling	1:00pm
Wed-Jan 4	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Dollar Store	10:15am
Thu-Jan 5	Bingo game	12:00pm-2:00pm
Fri-Jan 6	Jim DePalo sounds 40's 50's	10:00am-12:00pm
Mon-Jan 9	Exercise Class with Maxine	10:30am-11:30am
Tue-Jan 10	Tai-Chi with Mickie	10:30am-11:30am
	Computer lessons by appt with Betty	11:00am-12:00pm
	Wii Bowling	1:00pm
Wed-Jan 11	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Walmart	10:15am
	Craft with Committee	11:00am
	The Nostalgics - Oldies Music	1:00pm
Thu-Jan 12	Bingo game	12:00pm-2:00pm
Fri-Jan 13	Jim DePalo sounds 40's 50's	10:00am-12:00pm
Mon-Jan 16	<b>Center Closed - Dr. Martin Luther King Jr. Day</b>	
Tue-Jan 17	Tai-Chi with Mickie	10:30am-11:30am
	Computer lessons by appt with Betty	11:00am-12:00pm
	Wii Bowling	1:00pm
Wed-Jan 18	January Birthday's Celebration	
	SCOFA Senior Advocate	8:30am-12:30pm
	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Dollar Store	10:15am
Thu-Jan 19	Bingo game	12:00pm-2:00pm
Fri-Jan 20	Afternoon Dancing with Jim Ambrosio	11:00am-2:00pm
Mon-Jan 23	Exercise Class with Maxine	10:30am-11:30am
Tue-Jan 24	Tai-Chi with Mickie	10:30am-11:30am
	Computer lessons by appt with Betty	11:00am-12:00pm
	Jokesercise	1:00pm
Wed-Jan 25	Line Dancing with Eileen	10:00am-12:00pm
	Shopping Walmart	10:15am
	Karaoke with Dotti & Charlie	1:30pm-3:30pm
Thu-Jan 26	Bingo game	12:00pm-2:00pm
Fri-Jan 27	Jim DePalo sounds 40's 50's	10:00am-12:00pm
Mon-Jan 30	Exercise Class with Maxine	10:30am-11:30am
Tue-Jan 31	Tai-Chi with Mickie	10:30am-11:30am
	Computer lessons by appt with Betty	11:00am-12:00pm
	Wii Bowling	1:00pm



# Tanner Park Upcoming Events



## Happy Birthday To All of our JANUARY Celebrants!



AnneMarie Allen  
Josephine Battaglia  
Grace Burch  
Tonie Civello  
Leo D'Blasio

Joe Danaher  
Giovanni DiPietro  
Rosalind Escaldi  
Rosemary Grillo  
Dolly Grittani

Joan Hauser  
Robert Hendry  
William Hills  
Flo Intreglia  
Adrienne Lubrano

Frances Maher  
Antoinette Malagrega  
Carol Mazucci  
Bernard Millazzo  
Maureen Pascucci

Annie Pettit (Staff)  
Irene Rutherford  
Helen Sepulveda  
Angela Torres  
Grace Xirinachs  
Mary Zella

# HAPPY NEW YEAR



*Deepest Sympathy to Dolores Fontana for the  
loss of her son*

**ANTHONY FONTANA**

*Deepest Sympathy to the family of*  
**ROSEMARY FAUST**

### DON'T FORGET!



Food Pantry  
Donations Needed

**George & Helen Krug**   
celebrating 59 years on January 18th

**Salvatore & Christine Aprile**   
celebrating 63 years on January 31st



**Sarah Diaz  
Mary Finger  
Bruce Gaines (Staff)  
Odette Israel  
Fran Maher**

**Gloria Marino  
Joyce Sentoff  
Mary Stillitano  
Edith Uhrie  
Josephine Valdemira**



# KINDNESS

Kindness is a wonder  
So good to see it used

It makes problem times, disappear  
And anger to be diffused.

No one person should ever  
Prevent this to be shown

Do good things for everyone  
Even the plants you may have grown.

Now you know that kindness  
Brings good feelings to bear

Every person's actions  
Should never bring despair.

So show a kindness every day  
To stranger, family, friend

Simple acts that show you care  
And wish not to offend.



think kindness

By,  
Bill McAlvin  
August 18, 2015  
Creative Writing Class, Copiague Library  
Member, Tanner Park Senior Center



## Looking ahead...

### TANNER PARK 2017

- MARCH 15<sup>th</sup> MOHEGAN SUN CASINO (DAY TRIP) ~ \$40pp
- APRIL 5<sup>th</sup> BEAUTIFUL w/ Lunch @ TONY'S DiNAPOLI ~ \$179pp (est)
- MAY 3-4<sup>th</sup> NEW HOPE, PA - BUCKS COUNTY PLAYHOUSE ~ \$224pp DBL  
Mystery/Comedy "CLUE" w/ Lunch at Lambertville Station  
Light dinner at hotel, Hot Breakfast... Next day, Sands Casino
- JUNE 5-6<sup>th</sup> LOBSTERFEAST (2-DAY TRIP) POCONOS, PA  
Mt Airy Casino - Hudson River Cruise - Revised for 2017
- JUNE 28<sup>th</sup> SANDS CASINO DAY TRIP ~ \$40pp
- JULY 26<sup>th</sup> T.B.A. SUGGESTIONS?
- SEPT 6-7<sup>th</sup> DOVER DOWNS HOTEL & CASINO ~ \$175pp DBL  
Lodging, Dinner Buffet, Breakfast Buffet, \$50 slot play  
4-STAR Hotel!!
- OCTOBER WOODLOCH PINES RESORT - 4 nights (DATES TBA)
- NOV 7<sup>th</sup> MT AIRY CASINO - "Oh What a Night" ~ \$72pp  
A musical tribute to Frankie Valli and The Four Seasons  
One-hour Matinee show, \$10 Slots, Free Buffet
- NOV 30<sup>th</sup> 9-NIGHT BAHAMAS CRUISE



**SEE YOU ON THE BUS!!**

# Tanner Park Senior Center

From the Desk of  
Nancy Delaney  
Director



*A VERY HAPPY 2017 NEW YEAR*

*As the holidays wind down I think of all the good times we have here at Tanner Park Senior Center. We have so many new friends, old friends and friends we haven't seen in years.*

*Our committee just keeps the entertainment coming. We have learned to dance together, sing together and at times cry together. But at least we are together.*

*So as we start yet another New Year, I wish you all health, happiness and joy.*

*Love you all,  
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

**March 15, 2017 (Wed) MOHEGAN SUN \$40 PP** (includes Driver's gratuity) Each rider receives a \$15 food voucher and \$15 in free bets. Our trip includes a six hour stay at the casino. Lunch on your own options. Bus departs Tanner Park at 8:00am. Our estimated return time to Tanner Park is 8:00pm, depending on traffic. Full payment is due by February 1, 2017.

**April 5, 2017 (Wed) BEAUTIFUL-The Carol King Musical \$179.00 PP** Join Tanner Park Seniors as we head to Broadway for BEAUTIFUL the hit musical. Broadway's Beautiful tells the inspiring true story of Carole King's remarkable rise to stardom. Includes bus, lunch, orchestra seating, and driver's tip. A family style lunch is served prior to the show at Tony's DiNapoli Italian Ristorante. Our estimated return time to Tanner Park is 6:45pm, depending on traffic. \$100 deposit due by December 12, 2016 (Refundable only if trip is cancelled) Final Balance is due by March 1, 2017.

**May 3-4, 2017 (Wed-Thurs) DISCOVER NEW HOPE** featuring "Clue" at the Bucks County Playhouse. Lambertville, NJ - New Hope PA - and Sands Casino. \$224.00 PP DBL Single \$268.00 PP / Triple \$214.00 PP. \$100 deposit due at signup. Includes Lunch, Show Admission, Dinner, Lodging, Hot Breakfast, Bus transportation Taxes and Tips!! Sands Casino \$30 Slot play & \$5 Food. Departs Tanner Park 8:00am Wed. Returns 8:00pm Thurs.

**June 5-6, 2017 (Mon-Tues) MT AIRY CASINO, LOBSTER FEAST & RIVER CRUISE.** Join us as we travel to the Poconos and the Hudson Valley. \$249.00 PP Double (\$293 Single/\$238 Triple) Price includes bus transportation, lodging, seafood buffet, hot breakfast, Hudson River cruise, snacks, taxes, and gratuities including the bus driver. Each rider receives \$30 Slot play after earning 250 rewards points at Mt Airy. \$100 deposit due by March 1<sup>st</sup> - Final Balance due May 1<sup>st</sup>. Our bus departs Copiague at 8:00am Monday. Bus return to Tanner Park at approximately 7:45pm on Tuesday. See bulletin board for further info on this trip.



**September 6-7, 2017 (Wed-Thurs) DOVER DOWNS HOTEL & CASINO \$175.00 PP** (Includes Driver's gratuity and treats for the ride) Our trip includes overnight accommodations, Free Dinner Buffet, \$50 Slot play and a Free Breakfast Buffet. Bus departs Tanner Park at 9:00am. Our estimated return time to Tanner Park is 8:30pm, depending on traffic. \$75.00 deposit due by June 1, 2017

**November 7, 2017 (Tues) MT AIRY CASINO Presents... OH WHAT A NIGHT!** A musical tribute to Frankie Valli & The Four Seasons \$72.00 PP includes one hour Matinee Show, \$10 Slots for casino gaming, Lunch Buffet, Snacks & Driver's Tip!! Bus departs at 9:00am sharp - Returns at 9:00pm.

**November 30-December 9, 2017 (Thurs-Sat) 2017 EAST COAST & BAHAMAS CRUISE** - Royal Caribbean International 9 Nights on Grandeur of the Seas. Rates start at \$1,107.87 PP Including: Cruise, Port Charges, Taxes, Government Fees, Onboard Gratuities, Round-Trip Bus Transportation, Snacks and Refreshments for the outbound bus ride, Gratuities for the Bus driver and Ship Terminal Baggage Handlers, Trip Protection Insurance and more!! See Kerry in the office for an information kit.



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.

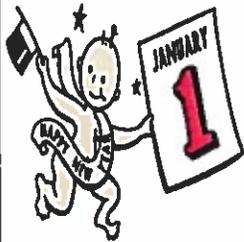
Not Responsible for Typographical Errors.

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)

Mon-Jan 2  
Tue-Jan 3

### NEW YEAR'S DAY CENTER CLOSED

Bingo 11:00AM - 12:15PM  
 Computer Room Open 11:00AM - 2:00PM  
 Have a Little Talk with Kathy 1:00PM - 2:00PM  
 Beginners French Class 1:00PM - 2:00PM  
 Music 1:00PM - 2:00PM



Wed-Jan 4

Bingo 11:00AM-12:15PM  
 Art Club with Herline 11:00AM - 12:15PM  
 Exercise with Geraldine 11:00AM - 11:30AM  
 Computer Room Open 11:00AM - 2:00PM  
 Advanced French Class 1:00PM - 2:00PM  
 Table Top Games 1:00PM - 2:00PM



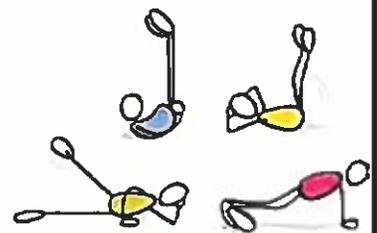
Thu-Jan 5

### NEW YEAR'S PARTY MUSIC BY JIM

11:00AM - 2:00PM

Fri-Jan 6

Bingo 11:00AM - 12:15PM  
 Shop Rite Grocery Store 11:00AM - 12:00PM  
 Computer Room Open 11:00AM - 2:00PM  
 Movie 1:00PM - 2:15PM



Mon-Jan 9

Bingo 11:00AM - 12:15PM  
 Art Club with Herline 11:00AM - 12:15PM  
 Exercise with Geraldine 11:00AM - 11:30AM  
 Computer Room Open 11:00AM - 2:00PM  
 Jewelry Making with Maria 1:00PM - 2:00PM

Tue-Jan 10

Pinelawn Presentation 10:30AM - 11:00AM  
 Bingo 11:00AM - 12:15PM  
 Computer Room Open 11:00AM - 2:00PM  
 Beginners French Class 1:00PM - 2:00PM  
 Have a Little Talk with Kathy 1:00PM - 2:00PM  
 Music 1:00PM - 2:00PM



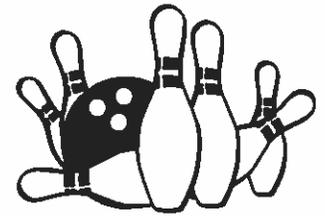
Wed-Jan 11

Bingo 11:00AM-12:15PM  
 Art Club with Herline 11:00AM - 12:15PM  
 Exercise with Geraldine 11:00AM - 11:30AM  
 Computer Room Open 11:00AM - 2:00PM  
 Food Pantry 1:00PM - 2:00PM

# Wyandanch Senior Nutrition Center *continued*

Wed-Jan 11	Food Pantry	1:00PM – 2:00PM
	Advanced French Class	1:00PM – 2:00PM
	Table Top Games	1:00PM – 2:00PM
Thu- Jan 12	Bingo	11:00AM – 12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Computer Room Open	11:00AM – 2:00PM
	Bowling	12:00PM – 1:00PM
	Music	1:00PM – 2:00PM
Fri-Jan 13	Bingo	11:00AM- 12:15PM
	Shop Rite Grocery Store	11:00AM – 12:00PM
	Movie	1:00PM – 2:00PM
Mon-Jan 16	<b>CENTER CLOSED-DR. MARTIN LUTHER KING BIRTHDAY</b>	
Tue-Jan 17	Catholic Charities	9:30AM – 12:30PM
	Bingo	11:00AM-12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Computer Room Open	11:00AM – 2:00PM
	Beginners French Class	1:00PM – 2:00PM
	Have a Little Talk with Kathy	1:00PM – 2:00PM
	Music	1:00PM – 2:00PM
Wed-Jan 18	The Arbors Assisted Living	10:30AM – 11:00AM
	Bingo	11:00AM-12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Exercise with Geraldine	11:00AM – 11:30AM
	Computer Room Open	11:00AM – 2:00PM
	Advanced French Class	1:00PM – 2:00PM
	Table Top Games	1:00PM – 2:00PM
Thu-Jan 19	Bingo	11:00AM – 12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Computer Room Open	11:00AM – 2:00PM
	Bowling	12:00PM – 1:00PM
	Music	1:00PM – 2:00PM
Fri-Jan 20	BIG BAND	10:00AM – 12:00PM
	Music	1:00PM – 2:00PM
Mon-Jan 23	Bingo	11:00AM – 12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Exercise with Geraldine	11:00AM – 11:30AM
	Computer Room Open	11:00AM – 2:00PM
	Jewelry Making with Maria	1:00PM – 2:00PM
Tue-Jan 24	Bingo	11:00AM-12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Computer Room Open	11:00AM – 2:00PM
	Beginners French Class	1:00PM – 2:00PM
	Have a Little Talk with Kathy	1:00PM – 2:00PM
	Music	1:00PM – 2:00PM
Wed-Jan 25	Bingo	11:00AM-12:15PM
	Art Club with Herline	11:00AM – 12:15PM
	Exercise with Geraldine	11:00AM – 11:30AM
	Computer Room Open	11:00AM – 2:00PM
	Food Pantry	1:00PM – 2:00PM
	Advanced French Class	1:00PM – 2:00PM
	Table Top Games	1:00PM – 2:00PM

J'❤️  
le français



# Wyandanch Senior Nutrition Center *continued*

Thu-Jan 26	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-Jan 27	Bingo Shop Rite Grocery Store Movie	11:00AM-12:15PM 11:00AM – 12:00PM 1:00PM – 2:00PM
Mon-Jan 30	Bingo Art Club with Herline Exercise with Geraldine Computer Room Open Jewelry Making with Maria	11:00AM – 12:15PM 11:00AM – 12:15PM 11:00AM – 11:30AM 11:00AM – 2:00PM 1:00PM – 2:00PM
Tue-Jan 31	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



## JANUARY BIRTHDAYS

**LEONARD DAVIS  
EVA LORRAINE GALIBER  
JACQUE JULMIS**

**FREDDIE COBBS  
DOROTHY CRAWFORD  
MIRIAM DAVID**

**DOLORES KEITH  
EDDIE MORNING  
HECTOR MARRERO**

**JEANNE PIERRE  
LAWRENCE WILEY  
ERNEST WILLS**



### Condolences

Our prayers and thoughts are with Leona Washington's family as they celebrate the home going of their beloved Leona.



### Thinking of You

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



*I do*

AND I'D DO IT ALL OVER AGAIN.

**HAPPY ANNIVERSARY  
TO ALL  
JANUARY CELEBRANTS!**



### Pending Trips

(Details to follow)

# Wyandanch Senior Nutrition Center *continued*

## **A MESSAGE FROM ALICIA PORTWINE DIRECTOR, WYANDANCH SENIOR CENTER**

**HAPPY NEW YEAR!!! HAPPY BIRTHDAY DR. KING!!!**

### **Happy New Year Wish**

My Happy New Year wish for you  
Is for your best year yet,  
A year where life is peaceful,  
And what you want, you get.

*Peace*

A year in which you cherish  
The past year's memories,  
And live your life each new day,  
Full of bright expectancies.

*Memories*

I wish for you a holiday  
With happiness galore;  
And when it's done, I wish you  
Happy New Year, and many more.

*be happy*

*-By Joanna Fuchs*

Peace and blessings,

Alicia, the Staff and Seniors  
at the Wyandanch Senior Nutrition  
Center



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

# JANUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  NEW YEAR'S DAY	2 CENTER CLOSED  HAPPY NEW YEAR	3 HAM & CHEESE VEGETABLE SOUP MACARONI SALAD KAISER ROLL PINEAPPLE CHUNKS MILK	4 MEATLOAF W/ GRAVY MASHED POTATOES MIXED GREENS WHEAT BREAD DICED PEARS MILK	5 B-BQ CHICKEN POTATO SALAD GREEN BEANS CORN BREAD POUND CAKE ORANGE JUICE MILK	6 FRIED FISH MACARONI & CHEESE SPINACH WHEAT BREAD FRUIT MELODY MILK	7 
8 	9 SPINACH QUICHE BLACK BEANS & CORN SALAD TOMATO & ONION SALAD BUTTERSCOTCH PUDDING PINEAPPLE JUICE MILK	10 SMOTHERED PORK CHOPS W/ GRAVY BROWN RICE MIXED GREENS WHEAT BREAD APPLE SAUCE MILK	11 TURKEY & CHEESE TRI-COLOR PASTA TOSSED SALAD WHEAT BREAD DRANGES APPLE JUICE MILK	12 BREADED CHICKEN YELLOW RICE COLLARD GREENS DINNER ROLLS TROPICAL FRUIT SALAD MILK	13 TUNA FISH SALAD CHICK PEA SALAD BEET SALAD RYE BREAD MANDARIN ORANGES MILK	14 
15 	16 CENTER CLOSED  MARTIN L. KING JR. DAY	17 BEEF & BROCCOLI BROWN RICE MIXED VEGETABLES WHEAT BREAD APPLE MILK	18 B-BQ RIBS POTATO SALAD TURNIP GREENS DINNER ROLLS BANANA CAKE ORANGE JUICE MILK	19 STUFFED CABBAGE EGG NOODLES WINTER BLEND WHEAT BREAD OATMEAL RAISIN COOKIES GRAPE JUICE MILK	20 BROCCOLI QUICHE MACARONI SALAD 3 BEAN SALAD DICED PEARS MILK	21 
22 	23 PEPPER STEAK W/ GRAVY YELLOW RICE COLLARD GREENS WHEAT BREAD VANILLA PUDDING CRANBERRY JUICE MILK	24 STUFFED SHELLS ROMANE SALAD GARLIC BREAD APRICOTS APPLE JUICE MILK	25 ROAST BEEF W/ GRAVY GARLIC MASHED POTATOES GREEN BEANS DINNER ROLLS APPLE PIE ORANGE JUICE MILK	26 COUNTRY CHICKEN DINNER EGG NOODLES MUSTARD GREENS BISCUITS BANANAS MILK	27 SEA FOOD SALAD TOMATOES & ONIONS TOSSED SALAD WHEAT PITA BREAD FRUIT MELODY MILK	28 
29 	30 SWEDISH MEATBALLS SEASONED SHELLS TURNIP GREENS WHEAT BREAD RICE PUDDING CRANBERRY JUICE MILK	31 SPINACH QUICHE ROMANE SALAD PASTA SALAD FRUITED JELLO PINEAPPLE JUICE 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 CHANGE\*\*\*SEE 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  
JANUARY  
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



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



## Inspiration Station



*Wishing you*

*Beautiful moments,  
Treasured memories,  
And all the blessings  
A heart can know!  
Happy New Year!*

# 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: 1<sup>st</sup> 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  
JANUARYCELEBRANTS!**



## DEER PARK HOMEMAKERS

*Come for:*

- ❖ Crafts, Games, Speakers
- ❖ Community Service Projects
- ❖ Outings to Local Off-Broadway Plays And Places of Interest
- ❖ Fun, Conversation and Refreshments

Ladies come check us out for a  
free trial before joining



**When:** First Monday of Month 10 am

**Where:** Community Presbyterian Church  
1843 Deer Park Ave (corner of Lake Ave)

**Contact:** Sue Cotter at 631-669-8312

*(Note: Not affiliated with any church denomination)*



## 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.



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

\*\*\*\*\*

### Activities:

Wed. 1/4/17 -	Movie - ME BEFORE YOU
Wed. 1/11/17 -	Movie - JOY
Wed. 1/18/17 -	Luncheon - GO GO CHICKEN
Wed. 1/25/17 -	Movie - WILD OATS



**CLOSED: Monday, 1/2/17; Monday, 1/16/17**

### Trips:

**BIRTHDAY GREETINGS  
TO ALL JANUARY CELEBRANTS!!!!**

# 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  
JANUARY  
BABIES

Happy New Year  
2017



# 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

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



## JANUARY 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 - 10:30 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 OUR INSTRUCTOR. BEGINNERS TO ADVANCED STUDENTS ARE WELCOME. ANYONE INTERESTED IN BEING A MODEL, STOP BY THE OFFICE TO SIGN UP.

### OUR MONTHLY EVENTS

**HORSE RACING - 12:00 PM** **THURSDAY ~ JANUARY 5 & 19**

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

**SUFFOLK COUNTY SENIOR ADVOCATE - 8:30 AM - 10:30 AM** **WEDNESDAY ~ JANUARY 4**

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

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.  
Support the Lindenhurst Rotary w/the donation of a gently used coat or winter apparel.

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.

THE LINDENHURST CAMERA CLUB MEETS THE 1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> THURSDAY EVENING OF EACH MONTH 8 PM

# Rainbow Senior Center



CHECK OUT OUR INDOOR SHUFFLEBOARD COURT AND JOIN OUR RAINBOW MILE CLUB  
Participate in our incentive based walking program. Be rewarded while getting healthy!

## OUR SPECIAL EVENTS

### PAINT DAY

WEDNESDAY ~ JANUARY 4

10:00 AM – 12:00 PM. PAINT A BEAUTIFUL WINTER 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.

### RAINBOW CENTER LUNCHEON

WEDNESDAY ~ JANUARY 18

PLEASE JOIN US FOR OUR BRING – YOUR – OWN LUNCH(EON) w/MUSIC & DANCING FT. TONY GRANT. This month our luncheon will be bring your own style. \$3 will be for dessert and music. Luncheons require reservations & payment 1 week in advance. We cannot accommodate last minute additions going forward. So don't miss out, get your reservations in and join us!

### JOKESERVICES

TUESDAY ~ JANUARY 24

9:45 AM. HOWARD RETURNS TO OUR CENTER FOR ANOTHER COMEDY FILLED MORNING OF EXERCISE. Laughter is the spark of the soul.

### MOVIE DAY

THURSDAY ~ JANUARY 26

12:30 PM START TIME. POPCORN & DRINKS TO BE SERVED. Feature Movie: "My Fair Lady"  
~ Have a movie in mind you'd like to see? Share it with the office. ~

### TAI CHI FOR SENIORS

MONDAY'S & WEDNESDAY'S ~ MONTH OF APRIL & MAY

11:00 AM. ENHANCE YOUR MENTAL & PHYSICAL WELLNESS w/our new Tai Chi workshop series provided by the Suffolk County Office for the Aging. Tai Chi is fun, easy to learn and provides numerous health and healing benefits. Registration required in office or call (631) 957-7526.

## RAINBOW TRIPS

### NOW BOOKING UPCOMING TRIPS:

#### EMPIRE CITY CASINO

FRIDAY ~ MARCH 24

Roll those dice @ Empire City Casino, Yonkers. Includes current casino package.

#### BERMUDA BREAKAWAY

SUNDAY, APRIL 30 – SUNDAY, MAY 7

The Rainbow Center presents a cruise to Bermuda aboard the beautiful *Norwegian Breakaway*. Pkg. includes onboard cabin credit, balcony stateroom, all taxes and insurance, unlimited drink pkg. & paid weekly gratuities. Call Joan Carenza for more info.

#### SIGHT & SOUND

TUESDAY ~ JUNE 13

Set sail on an exhilarating journey with "Jonah" a sweeping musical with powerful themes of love, mercy, obedience & second chances. Same great seats as last year. Includes lunch at Miller's Smorgasbord. See Joan for tickets.

THE RAINBOW CENTER WILL BE CLOSED MONDAY, JANUARY 2<sup>nd</sup>  
AND MONDAY, JANUARY 16<sup>th</sup> in observance of MLK Jr. Day

## JANUARY HAPPY BIRTHDAY CELEBRANTS

Grace Cosillo ~ Doug Madlon ~ Rita Marvin ~ Ann McGronan ~ Barbara Poldino



## 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](mailto: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.



**MLK**  **Day of Service**  
A DAY ON, NOT A DAY OFF



## Martin Luther King Jr. Day of Service

### Day On, Not a Day Off!

The Martin Luther King Jr. Day of Service is a way to transform Dr. King's life and teachings into community service that helps empower and strengthen local communities. Through [www.serve.gov](http://www.serve.gov), tools and resources are provided for organizations and individuals to become engaged in service activities to honor Martin Luther King Jr. on the federal holiday, including grants to organizations to support volunteer projects across a state or throughout a multi-state area.

Visit the MLK Day of Service website for more information on how you can get involved and make the King Day of Service, "A Day On, Not a Day Off!"

### What is the MLK Day of Service?

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'" Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities.

The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. Log onto [www.serve.gov](http://www.serve.gov) for more information on how you can get involved.

[www.serve.gov](http://www.serve.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

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## **OUR LADY OF MIRACULOUS MEDAL SENIORS**

### **"SPICE OF LIFE" CLUB**

Age 55+

MEETINGS: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the Month  
TIME: 11:30 A.M.

PLACE: Parish Hall, corner of Levey Blvd./24<sup>th</sup> 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  
JANUARY CELEBRANTS**



## Advertisement



### **AMERICAN LEGION BABYLON POST # 94**

22 GROVE PLACE, BABYLON  
631 669-0094



#### **BREAKFAST SUNDAY'S \$5.50 and Up**

9 am to 12 noon

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

#### **SUFFOLK COUNTY AMERICAN LEGION ORATORICAL CONTEST, JANUARY 7<sup>TH</sup>, DECEMBER 17 9A.M. – 12:00 PM**

Hear students competing for scholarships provided by the American Legion.

#### **LIFE LINE SCREENING, FRIDAY, JANUARY 27<sup>TH</sup> 9 A.M. – 5 P. M.**

Sponsored by North Shore Vascular Surgery

To register use screening code 17-0127\_LIS, 1  
and go online to:

[www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners)

#### **NORTHEASTERN ARMS COLLECTORS ASSOCIATION INC.**

SUNDAY, JANUARY 29<sup>TH</sup> 9 A.M. TO 4 P. M.

Browse, purchase, view antique and modern military and civilian items. Buy  
shirts, books, ammunition, antiques, breakfast and lunch available

# Advertisement



*When you're here, you're home...*

## **INDEPENDENT RETIREMENT COMMUNITY ASSISTED LIVING RESIDENCE RESPITE CARE**



Conveniently located on a sprawling,  
13-acre campus,  
**Dominican Village**  
is a non-sectarian, not-for-profit  
**Rental Retirement Community**  
offering outstanding programs,  
all-inclusive services &  
bountiful amenities.

**Tours available seven days a week by appointment**

Please join us for an OPEN HOUSE

1:00 ~ 3:00pm

<b>January</b>	<b>2017</b>	<b>February</b>	<b>2017</b>
Thursday	12 <sup>th</sup>	Thursday	9 <sup>th</sup>
Thursday	26 <sup>th</sup>	Thursday	23 <sup>rd</sup>

To schedule a tour at your convenience, or for more information,  
contact us today at 631-842-6091 or [info@dominicanvillage.org](mailto:info@dominicanvillage.org)

**Visit us online at [www.dominicanvillage.org](http://www.dominicanvillage.org)**

*Dominican Village*  
565 Albany Avenue, Amityville, NY 11701  
Phone: 631-842-6091 Fax: 631-842-6131  
Sponsored by the Sisters of St. Dominic



## 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 Care
- Assist to Daily Living
- Meals & Nutrition
- Household Duties
- Medication Reminders
- Transportation
- Alzheimer's and Dementia Care
- Hospice Care Support Services

Call for a free,  
no-obligation appointment  
**631.421.3655**

Each Home Instead Senior Care® franchise office is independently owned and operated.  
©2016 Home Instead, Inc.

150 Broadhollow Rd., #315  
Melville, NY 11747

  
**Home  
Instead**  
SENIOR CARE®

*To us, it's personal.*

[HomeInstead.com/559](http://HomeInstead.com/559)

# 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**

# Advertisement



## Friends For Life Homecare

5501 Merrick Rd., Massapequa  
(516) 586-6941  
(516) 586-6942

**We Provide Kind & Trusted  
Non-Medical Low Cost Home  
Assistance.**

Our goal is to help people  
maintain full lives, keep their  
independence & remain in their  
own homes.

### **NON-MEDICAL SERVICES WE OFFER:**

- Live-in Home Care  
(Our Specialty)
- Hourly Services
- Companionship
- Light Cooking and Clean-Up  
(Meal Preparation)
- Laundry
- Local Transportation - To Doctor  
Appointments, Errands & Shopping
- Medication Reminders

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

We Accept  
All Major  
Credit Cards



### **First Time Clients -**

with this coupon receive

**\$50 OFF\***

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

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](http://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



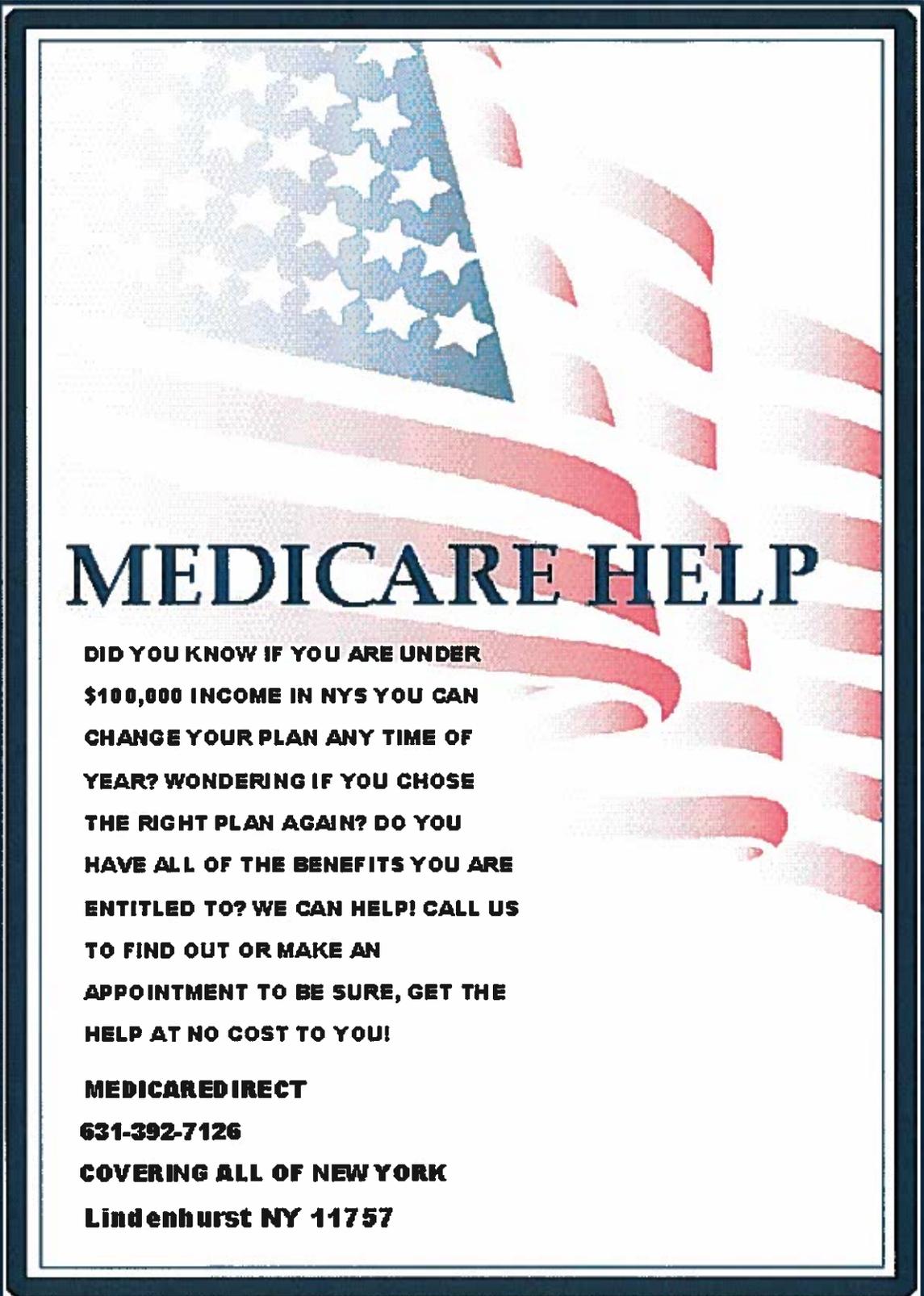
Call A Place for Mom. Our Advisors are trusted, local experts who can help you understand your options. Since 2000, we've helped over one million families find senior living solutions that meet their unique needs.



A Free Service for Families.  
**LONG ISLAND: (516) 307-0293**  
[www.APlaceforMom.com](http://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

A large, stylized graphic of the American flag, featuring the stars and stripes, serves as the background for the advertisement. The flag is positioned diagonally, with the stars in the upper left and the stripes extending towards the bottom right.

# MEDICARE HELP

**DID YOU KNOW IF YOU ARE UNDER  
\$100,000 INCOME IN NYS YOU CAN  
CHANGE YOUR PLAN ANY TIME OF  
YEAR? WONDERING IF YOU CHOSE  
THE RIGHT PLAN AGAIN? DO YOU  
HAVE ALL OF THE BENEFITS YOU ARE  
ENTITLED TO? WE CAN HELP! CALL US  
TO FIND OUT OR MAKE AN  
APPOINTMENT TO BE SURE, GET THE  
HELP AT NO COST TO YOU!**

**MEDICARE DIRECT**

**631-392-7126**

**COVERING ALL OF NEW YORK**

**Lindenhurst NY 11757**

# Advertisement



Lift Chairs



## ALL AMERICAN Medical Supply Corp.

"A Small store with an endless inventory"

We have a wide selection of items in stock and can special order almost any item right to your door!



Socks



The HandyBar



Seat Lifts



Slippers



Knee Braces



TENS Units

### We carry:

- Compression socks
- Catheter supplies
- CPAP masks/tubing
- Incontinence supplies
- Orthopedic Bracing
- Lift chairs
- Rollators/walkers
- Therapeutic shoes
- And much More!



# 10 % off

May be used on any singular item. Excludes Medicare items and insurance purchases. Valid Through 1/31/2016

5493 Merrick Road Massapequa, NY 11758

[allamericanmedsupply.com](http://allamericanmedsupply.com)

(516) 216-1707

Follow us on Facebook & Twitter



## TOWN OF BABYLON COMMUNITY DEVELOPMENT PROGRAM



Town of Babylon Supervisor Rich Schaffer announces that applications are being accepted by the Department of Community Development for its Home Improvement Program. Applications are available to Town of Babylon Residents whose homes are in need of repair. Program funds are provided by the U.S. Department of Housing and Urban Development (HUD).

### PROGRAM HIGHLIGHTS

- No-Interest, deferred payment loan to qualified low and moderate income homeowners in the Town of Babylon
- Ongoing program for income eligible homeowners to bring their homes to current Town of Babylon building codes. "First come, first served" basis until funds have been exhausted.
- Addresses home improvements affecting health, safety and weatherization issues (not expansion or redecorating), replacement on a kind to kind basis.
- Examples:
  - Roof, and/ or Window replacement, Vinyl Siding
  - Plumbing and electrical repairs or upgrades
  - Carpentry, Heating, Hot water system replacement
  - Energy efficient upgrades
  - Modifications for the Physically Handicapped

### REQUIREMENTS

- Town of Babylon resident with valid deed
- Mortgage, taxes and homeowners insurance paid up to date
- Household income not to exceed HUD maximum income guidelines:

Family Size	Maximum Income	Family Size	Maximum Income
1	\$59,450	5	\$91,750
2	\$67,950	6	\$98,550
3	\$76,450	7	\$105,350
4	\$84,950	8	\$112,150

- Must have no more than one mortgage/lien existing on home (Including Home Equity Loans)
- Owner occupied (at least 1 year), cannot have rentals/accessory apartments
- One time only participation

The Town of Babylon Home Improvement Program is run through the Long Island Housing Partnership.  
For applications, additional information and program requirements please call:  
Long Island Housing Partnership, Inc. at (631) 435-4710 Ext. 331.



## Create a Healthy Plate

Avoiding the Seasonal **Bulge** and Winter Blues



It's that time of the year again where the holidays have come and gone. We have snacked and nibbled our way through many mouth watering temptations and perhaps we have already struggled to keep our resolutions for the new year. The best advice is to not retaliate with some crazy diet or cleanse promising to jump start your weight loss plans. Studies show that diets don't work and nearly 95% of those who diet, do gain their weight back and then some.

Practicing healthful lifestyle strategies like drinking more water, routine physical activity and preparing your own healthy foods are likely to head us in the right direction toward weight loss and mental wellbeing. During the cold winter months, we are typically forced indoors to stay warm and safe. As a result, we may take refuge and comfort in munchies and goodies in our pantries. The lack of sun during the winter can result in emotional eating; typically referred to as SAD (seasonal affective disorder). When we eat, our bodies experience some thermogenic effect, meaning our bodies do "warm up". The trick is to eat foods that will not simply pack on the pounds, but leave us feeling satisfied and energetic.

The suggestions below can help you to maintain a happy mood rather than battling the effects of SAD.

**Plenty of Water.** Water is so important to help with flushing out toxins that can trigger depression or emotional eating. Studies demonstrate that often we may think we are hungry, when in fact we are thirsty. Drink at least 6-8 glasses of water a day. Try having a glass right before your meal.

**Give Whole Grains a Go.** Whole grains have been known to assist the body to produce more serotonin ("a feel good chemical") in the brain. Try a hot bowl of oatmeal to not only warm you up, but keep you feeling full. Try adding a spoonful of dried fruits and a dash of cinnamon to spice it up. Other whole grain choices: quinoa, brown rice, whole grain cereals and pastas.

**Pleasurable Proteins.** Nuts and seeds such as almonds and sunflower seeds, are a great source of healthy protein. Fish such as salmon, mackerel and tuna are known for their being good sources of omega 3 fats, helping to avoid drying skin during the winter months. An added plus is that protein also supports our body to produce dopamine, another "chemical" that triggers us to have an upbeat mood.

**Vitamin D The Sunshine Vitamin.** Vitamin D has been known to help balance out our mood, minimizing depression and strengthen our bones and support immune health. Since winter months offer us less sun, it's important to insure proper intake of this important vitamin. Why not try a fresh glass of low fat milk, low fat yogurt or even a hard boiled egg.

**Physical Activity.** Exercise triggers yet another "chemical", known as endorphins. Ever heard of the term "runner's high"? Well, you do not have to run to experience the many benefits of exercise. Exercise is great for stress reduction, reduction of pain perception and triggers a "positive feeling". So don't just sit there, go for a walk and grab that handful of almonds while you are at it.

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](http://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!

## **CHANGE YOUR THINKING, CHANGE YOUR LIFE** Saturday, January 7, 2-3 pm WBA95 @ ☎ 🚶

Join Glenn Poveromo for an afternoon of insight and empowerment. This presentation is designed to teach you how to use the inherent power of your mind to create desired outcomes in your life. Participants will become aware of ways to improve concentration, increase self-confidence, reduce stress and anxiety, and accomplish goals with greater focus and ease. Registration is underway.

## **DEMENTIA SUPPORT GROUP** Monday, January 9, 6:30-7:30 pm WBA91 @ ☎ 🚶

Join a representative from *The Willing Hearts, Helpful Hands Caregiver Support Program* for this support group that will link caregivers, family and friends of individuals with Alzheimer's disease or dementia with other caregivers. Registration is underway.

## **SOUP AND SAVINGS WITH CHEF ROB** Tuesday, January 10, 6:30-8:30 pm WBA611 \$ 🚶

The New Year is here and everyone wants to warm up with a healthy winter Tuscan vegetable soup, and learn many ways to save more and spend less - from travel, insurance, food, credit cards and more! **Patrons must bring: a pen and notepad.** Registration is underway. **Non-refundable materials fee: \$5.**

## **BLOOD PRESSURE SCREENING** Wednesday, January 11, 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.

## **COLON CANCER AWARENESS** Thursday, January 12, 6-7 pm WBA07 @ ☎ 🚶

Join a representative from the Northwell Health System and learn about gastrointestinal health, common diseases, treatments and the need for colon cancer screenings. Colon cancer is a highly treatable cancer when found early. Learn about who should be screened and when, what is involved in the process and new approaches to surgery. Registration is underway.

## **TRASH OR TREASURE ANTIQUES ROADSHOW** Saturday, January 14, 2-4 pm WBA322 🚶

Join Eddie Costello and learn how to identify today's hottest antiques. The first 40 patrons to register may bring one item and are guaranteed a free appraisal. However, all patrons are invited to attend this educational and entertaining program. Please do not bring coins, bills, stamps, sports cards or ammunition. Required tickets are available. Each attendee may sign up three other attendees.

## **SONNY AND CHER TRIBUTE** Sunday, January 15, 2-3:30 pm WBA318 🚶 (Required tickets are available).

Rob & Patty will resurrect the chemistry of this famous husband and wife duo. Enjoy Sonny and Cher's hits, such as "I Got You Babe," "The Beat Goes On," "Be My Baby," and many others. Each attendee may sign up three other attendees.

## **MEDICAID ENROLLMENT ASSISTANCE FOR THE AGED, BLIND AND DISABLED** Wednesday, January 18, 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.

## **THE NY EXCEPTIONS** Saturday, January 21, 2-3:30 pm WBA323 🚶 (Required tickets are available).

Dave Scotti and his doo-wop band will captivate you, playing favorite oldies music from the 50s, 60s, and 70s. Spend an afternoon listening to all your favorites, reminiscing about the good old days of rock & roll. Each attendee may sign up three other attendees.

## **SMARTER SOCIAL SECURITY** Tuesday, January 24, 7-8:30 pm WBA65 @ ☎ 🚶

Daniel G. Mazzola, CFA, CPA will give a broad overview of the Social Security program as it relates to retirees and their beneficiaries while emphasizing spousal benefits. Spousal benefits will be examined plus how married couples can optimize their collective payouts using two simple strategies. Registration is underway.

## **SENIOR ADVOCATE** Wednesday, January 25, 1-3 pm

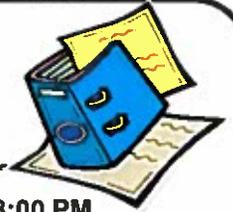
A representative from *Suffolk County Office for the Aging* will visit the Library and be on hand to help with Medicaid, Senior ID Cards, food stamps and re-certifications. Patrons will be helped on a first come, first served basis.

## **CHINESE CULTURE PRESENTATION: THE YEAR OF THE ROOSTER** Saturday, January 28, 2-3 pm WBA44 @ ☎ 🚶

Enjoy a fascinating presentation on Chinese culture and tradition just in time for the Chinese New Year. Explore aspects of Chinese history, dance, music, martial arts, Chinese medicine and much more. Registration is underway.

# Copiapue Memorial Public Library

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



## **Traditional Chinese Culture & the Spring Festival**

**Wednesday, January 25 - 7:00 - 8:00 PM**

Discover the culture and traditions of China just in time for Chinese New Year. Lecturer LanDing Liu was born in China and will share her experiences of Chinese New Year, also known as the Spring Festival. Learn about the origin of the Spring Festival, the Chinese Zodiac and various customs and taboos in this fascinating lecture.

## **Gypsy Music: A Dazzling Journey**

**Saturday, January 28 - 3:00 - 4:00 PM**

Acclaimed international concert violinist David Podles will showcase the music of the mystical gypsy campgrounds of Romania, Russia, Poland, Latvia, India, Hungary and former Yugoslavia. David's virtuoso violin has delighted audiences across the globe, drawing inspiration from this exotic culture rich in tradition.

## **Tax Information Seminar**

**Wednesday, February 1 - 6:00 - 7:00 PM**

Stay up-to-date on recent tax changes with CPA Judy Francis. Ms. Francis will discuss individual, small business, retirement and estate taxes and will suggest possible tax saving opportunities. Ms. Francis will answer all of your questions!

## **Linda Miller in Concert**

**Saturday, February 4 - 2:00 - 3:00 PM**

Celebrate African American History Month with a special performance by talented singer Linda Miller. This concert honors talented and influential African American vocalists throughout American history. Linda will pay tribute to amazing African American singers from Ella Fitzgerald to Nat King Cole as well as early Jazz artists and singers of Gospel spirituals.

## **Whaling on Long Island**

**Tuesday, February 7 - 6:30 - 8:00 PM**

The story of whales, and the whalers who followed them, is tied to Long Island's rich maritime history. Join Nomi Dayan, the Executive Director of The Whaling Museum & Education Center, and author of the new book *Whaling on Long Island*, in a pictorial presentation exploring the local whaleship fleets which traveled to the far corners of the world and the personalities behind local enterprises. Be transported to a time when whalers roamed the streets between journeys, shipbuilders worked in the harbors and captains charted their expeditions in Long Island's pursuit of the largest creatures in the world. Artifacts from the museum's collection will be on display. Books will be available for purchase for \$20.00 each (cash only).

## **George Washington's Culper Spy Ring**

**Wednesday, February 15 - 7:00 - 8:00 PM**

At the request of General George Washington, a spy ring was assembled on Long Island during the Revolutionary War. Learn about the history of the Culper Spy Ring and its members from historian Bev Tyler of the Three Village Historical Society.

## **The Secrets to Getting Published**

**Saturday, February 18 - 11:30 AM - 1:00 PM**

Have you ever wanted to write a book and see it published? Gain an insider's view of book publishing at this lecture with literary agent, Jan Kardys. Jan has over 40 years of publishing experience and will discuss helpful topics for the writing process such as manuscript writing, correct formatting and editing. Ms. Kardys will then explain how to find a literary agent and negotiate a publishing agreement. Learn about self-publishing vs. traditional book publishing, subsidiary rights, how to market and utilize the most cutting-edge technologies and social media services to increase visibility to literary agents, publishers and readers alike.

## **Abraham Lincoln and the Gettysburg Address**

**Wednesday, February 22 - 6:30 - 7:30 PM**

Celebrate Presidents' Day with local historian Gene Horton as he explores Lincoln's early life, his path to the presidency and his time in office. Learn more about the famous ten sentences contained in the Gettysburg Address and how they continue to be relevant today.

*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](http://www.amityvillepubliclibrary.org)



## All About the Kindle Fire (AMA7)

Monday, January 9, 6 to 8 p.m.

Get started with your Kindle Fire! Learn how to access your email, get online, find apps, and more. Learn how to transfer library eBooks. You will learn many tips and tricks and much more. Bring your device and your questions.

## Nina et Cetera (AMA85)

Saturday, January 14, 2 to 3 p.m.

"Hotter than a Pepper Sprout: America's Music". The program focuses on traditional American music and includes music by Johnny Cash, Elvis, The Carter Family, Jimmie Rodgers, Leadbelly, Woody Guthrie, Hank Williams, Patsy Cline, Peggy Lee, Gershwin and many others

## Managing Diabetes (AMA123)

Tuesday, January 17, 7 to 8:30 p.m.

Dr. Joshua D. Miller will provide the knowledge, skills and tools people living with diabetes need to know in order to manage their chronic condition successfully and avoid the many associated complications.

## AARP Defensive Driving

Saturdays of Jan 21, Feb 11 and Mar 11, 9:30 a.m. to 4 p.m.

A separate check or money order is required for each attendee. NO CASH WILL BE ACCEPTED. Limit: 32 participants. Fee: \$25.00 (\$20.00 for all AARP members with an AARP membership card) check, or money order, made payable to AARP is required at the time of registration. *Registration for Amityville cardholders will begin Tuesday, January 3. Registration for all non-Amityville cardholders will begin Tuesday, January 10<sup>th</sup>.*

## Intermediate Mahjongg

Tuesdays of Jan 24, 31, Feb 7 and 14

Continue to play Mah Jongg with Jacqui Palatnik and focus on strategies to select winning hands and play more defensively. This class is designed for novice players who are comfortable reading the card. Fee: \$5.00 check, or money order, made payable to the Amityville Public Library is due at registration.

## To Possess a Human Soul:

### Slavery and the American Presidency (AMA760) Monday, February 6, 7 to 8:30 p.m.

The history of slavery is largely anonymous and the stories of the enslaved are often relegated to a footnote in history. Because of their proximity to American presidents, the histories of those enslaved by these men are well documented although not widely known. The goal of this presentation by Marilyn Carminio is to tell their stories and "hear their voices." Through vivid portraits we will learn about their daily lives and how they made sense of their existence as human beings. During our journey you will meet a Revolutionary War hero; relive dramatic escapes; become acquainted with the first African American celebrity athletes; attend an important White House dinner and much more. Their stories are sure to inform and inspire you!

### Depression and Anxiety Screenings (AMA222) Thursday, February 9, 3 to 6 p.m.

South Oaks Hospital's clinical staff will be conducting free and confidential depression and anxiety screenings at the Library. If you have any questions regarding the screenings, please contact Maureen Pecorella, Director of Community Relations at 631-608-5111.

## One-on-One Live-brary.com eBook and eAudiobook Download Help (AMA888)

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.





# Deer Park Public Library



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

## **AARP Tax-Aide Foundation**

**Registration starts Friday, January 6<sup>th</sup> (no phone appointments taken before 11 am)**  
Come in person starting January 6<sup>th</sup> to reserve a date and time for tax preparation with an AARP volunteer. Appointments will be on Mondays (when the Library is open) beginning February 1<sup>st</sup> through April 12<sup>th</sup>, from 10am – 1pm. **APPOINTMENTS IN FEBRUARY WILL BE RESERVED ONLY FOR THOSE WHO ARE APPLYING FOR THE Enhanced STAR Exemption**, all others may reserve appointments in March or April. Bring a copy of last year's return and a voided check to your appointment so direct deposit may be set up. If filing jointly, both parties must be present. At this time we will be making appointments for Deer Park Residents ONLY. Beginning Saturday, February 4<sup>th</sup>, we will allow non-residents to fill any open slots.

## **Cooking With Charlie**

**Wednesday, January 4<sup>th</sup>, 6:30pm January: Soups**

**Wednesday, February 1<sup>st</sup>, 6:30pm February: Small plates and tapas**

Adult Deer Park Residents with a Library Card ONLY - no children please. You may register for one session only. Chef Charlie returns to present a delicious tasting program. Watch him 'create' delicious dishes, hear shortcuts and time-saving approaches to great cooking, and taste the food that is prepared before your eyes. Buon appetito!

## **Quilting**

**Saturday: January 7<sup>th</sup> and Sunday, February 5<sup>th</sup>, 10am**

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!

## **Pierogis with Chef Rob Scott**

**Sunday, January 8<sup>th</sup>, 1-2pm**

In this hands-on presentation you will prepare delicious pierogis. You will make the dough from scratch and fill them with potato and cheese. Everyone will go home with 20 pierogis ready to brown in a pan. Patrons must bring a rolling pin, baking tray, large bowl and a 3" cookie cutter.

## **Book Discussion**

**Monday, January 9<sup>th</sup>, 7-8:45pm**

Join us in discussing *The Quartet: Orchestrating the Second American Revolution, 1783-1789* by Joseph J. Ellis. Prizewinning author of *Founding Brothers* and *American Sphinx* now gives us the story of why the colonies, having just fought off the imposition of a distant centralized governing power, would decide to subordinate themselves anew.

## **20/30 Book Discussion**

**(Adults ages 21-30 something) Location, Time, and Date TBA**

*The Thirteenth Tale* by Diane Setterfield

## **Zumba**

**Wednesdays: January 11<sup>th</sup>, 18<sup>th</sup>, & Thursday, January 26<sup>th</sup>, 7-8pm**

Barbara Henke returns with another Zumba series—a fitness program designed to bring exciting Latin dance and international rhythms to beginners, active older adults, and other special populations that may need modifications for success. Dress comfortably and bring a water bottle if desired.

## **Chair Yoga**

**Thursdays: January: 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>, 11-12 noon**

Rochelle Devore returns to help you achieve physical and mental fitness with chair yoga. Yoga has helped those with many health issues including depression, chronic pain, arthritis, and more. Wear comfortable clothes and feel free to bring a water bottle.

## **Knitting Group**

**Thursdays: January 12<sup>th</sup> and February 23<sup>rd</sup>, 2-4pm**

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.

## **Defensive Driving**

**Saturday, Jan 14<sup>th</sup> OR Feb 11<sup>th</sup>, 9am sharp \$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.

## **20/30's Yoga w/Jessica**

**(Adults aged 20/30 something) Thursdays: January 19<sup>th</sup> & February 16<sup>th</sup>, 6-7pm**

(18 & 19 year olds invited too) Learn the powerful practice of yoga, and how to get the most out of your spiritual practice! This all levels class concludes with meditation singing bowls. Space is limited, so register early to insure a spot. Wear comfortable clothes and feel free to bring a water bottle and yoga mat.

## **Senior Advocate**

**Friday, January 20<sup>th</sup>, 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.

## **Concert: Country Music at its Finest**

**Sunday, January 22<sup>nd</sup>, 1-2:15pm**

Join us as Rich Sisson belts out classics of Johnny Cash, Willie Nelson, Eddie Arnold, Jim Reeves, and many other favorite performers—and even Elvis! Rich has performed all over Long Island and had a starring role in Theater Three's adaption of "Ring of Fire, the Music of Johnny Cash"—in a sell-out engagement! Come on down for a special musical presentation!

## **20/30's Wood Painting**

**Tuesday, January 24<sup>th</sup>, 6:30pm (Adults aged 20/30 something)**

Paint a wood plank, choosing from 2 different sayings. Step-by-step instructions provided for any skill level. Please give choice when registering. Light refreshments will be provided.

## **AARP Smart Driver Course**

**Monday, January 23<sup>rd</sup> OR Friday, February 17<sup>th</sup>, 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.

# Babylon Public Library

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

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



- |  |  |                              |
|--|--|------------------------------|
| <b>Adult Games in the Afternoon</b>  | <b>Mondays, January 9, 23, 30</b>                    | <b>1:00 – 4:00 PM</b>        |
| Afternoons will continue to be set aside during the month of January 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.   |  |                              |
| <b>Yogalates</b>   | <b>Wednesdays, January 4, 11, 18, 25, February 8</b> | <b>10:00 – 11:00 AM</b>      |
| Five week course, combining Yoga & Pilates. <b>A non-refundable fee of \$20.00 is due at registration.</b> Please consult a physician before beginning any exercise program. Registration for Babylon patrons begins at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29. No on-line registration and no walk-ins.  |  |                              |
| <b>Thursday Afternoon Movies</b>   | <b>Thursday, January 5</b>                           | <b>1:30 PM</b>               |
| Today's movie is "NINE LIVES", starring Kevin Spacey, running time 87 minutes. Rated PG.   |  |                              |
|  | <b>Thursday, January 19</b>                          | <b>1:30 PM</b>               |
| Today's movie is "THE MEDDLER", starring Susan Sarandon, running time 103 min. rated PG-13   |  |                              |
| <b>Blood Pressure Screening</b>  | <b>Saturday, January 7</b>                           | <b>10:00 AM – 12:00 Noon</b> |
| Screenings by Registered Professional Nurse Marilyn Herrera Pegello. No registration, first come/first served basis.   |  |                              |
| <b>Non-Fiction &amp; Noshes</b>  | <b>Wednesday, January 11</b>                         | <b>1:00 – 2:00 PM</b>        |
| This month's book will be "Zelda" by Nancy Milford. Everyone is welcome to join this fun group.  |  |                              |
| <b>Wintry Wine Glasses</b>   | <b>Wednesday, January 11</b>                         | <b>2:00 – 4:00 PM</b>        |
| Paint this set of wine glasses with wintry birch branches and colorful cardinals. Each attendee goes home with two glasses they have decorated themselves. <b>A non-refundable fee of \$5.00 is due at registration.</b> Registration for Babylon patrons begins at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29. No on-line registration and no walk-ins.  |  |                              |
| <b>Home Cooking For Your Dog &amp; Cat</b>   | <b>Thursday, January 12</b>                          | <b>6:30 - 8:30PM</b>         |
| Happier, healthier and better behaved pets start with an appropriate diet. Fresh and homemade is optimal. Learn how easy it is to make your own pet food and treats from certified canine and feline nutritionist, Christine M. Filardi, author of "Home Cooking for Your Dog". <b>This program is co-sponsored by Friends of the Babylon Public Library.</b> Registration for Babylon patrons begins online, by phone, or at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29. |  |                              |
| <b>Adult Book Discussion</b>   | <b>Wednesday, January 18</b>                         | <b>7:00 – 8:00 PM</b>        |
| This month's book will be "Stiff: The Curious Lives of Human Cadavers" by Mary Roach. Everyone is welcome to join this fun group.  |  |                              |
| <b>While the Garden Sleeps</b>   | <b>Wednesday, January 18</b>                         | <b>7:00 – 8:00 PM</b>        |
| In this multimedia presentation, Barbara Goldstein will discuss various methods of constructing beautiful glass flowers to decorate your winter garden. Learn what glue to use and how to choose the right glass as Barbara demonstrates how to create a one of a kind garden of your own. Registration for Babylon patrons begins online, by phone, or at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29.  |  |                              |
| <b>How To Use Your Android Tablet or Phone</b>   | <b>Saturday, January 21</b>                          | <b>11:00 AM – 1:00 PM</b>    |
| In this class, you will get an introduction to Android devices, learn how to access the internet and email, understand settings, use apps and learn how to get new ones, and much more. <b>Bring in your device or just come to listen. (This class does not cover iPads or iPhones)</b> Registration for Babylon patrons begins online, by phone, or at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29.  |  |                              |
| <b>Gentle Yoga</b>   | <b>Mondays, January 23, 30, Feb. 6, 27, March 6</b>  | <b>10:00 AM – 12:00 Noon</b> |
| Five week course aimed primarily at beginners and active seniors, is comprised of standing, sitting, and prone positions that focus on body awareness, stretching and alignment. <b>A non-refundable fee of \$20.00 is due at registration.</b> Please consult a physician before beginning any exercise program. Registration for Babylon patrons begins at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29. No on-line registration and no walk-ins.                         |  |                              |
| <b>Rustic Birch Tree Painting</b>  | <b>Wednesday, January 25</b>                         | <b>7:00 - 8:30 PM</b>        |
| Enjoy crafting this rustic birch tree themed painting using wooden sticks and paint. Then take it home and show off your artwork in the included wood picture frame. <b>A non-refundable fee of \$5.00 is due at registration.</b> Registration for Babylon patrons begins at the Circulation Desk Thursday, December 15. Out of district residents may begin to register Thursday, December 29. No on-line registration and no walk-ins.  |  |                              |
| <b>African-American Authors Book Group</b>   | <b>Wednesday, January 25</b>                         | <b>7:00 – 8:00 PM</b>        |
| Book Discussions on titles by African – American writers. This month's title is "Salvage the Bones" by Jesmyn Ward. Place a hold on a copy now. No registration required. Come join this new group, everyone welcome.  |  |                              |

**Lindenhurst Memorial Library**  
**One Lee Avenue, Lindenhurst, NY 11757**  
**(631) 957-7755 January 2017**



**Nassau-Suffolk Hospital Council**

January 14, February 11 2:00 pm

The Nassau-Suffolk Hospital Council will have insurance navigators on site to assist individuals and families in obtaining health insurance through the New York State Health Benefit Exchange. Insurance plans include Family Health Plus, Child Health Plus, Medicaid, and others.

**Live @ LML Winter Entertainment**  
**New York Exceptions**

Sun., January 8 at 2:00 pm

It's a blast from the past, as the New York Exceptions perform music from the 50s and 60s.

Reg. is underway. LNA115

**Cavalcade of Stars ~ Steve Charles**

Sun., January 15 at 2:00 pm

Solo entertainer Steve Charles returns to perform music from Frank Sinatra, Bobby Darin, Dean Martin and many more! Reg. is underway. LNA212

**Prime Players of Long Island**

Sun., January 22 at 2:00 pm

Prime Players perform old vaudeville routines and other popular skits. Reg. is underway. LNA213

**More Library Programs**

**Chair Yoga Workshop ~**

Tuesdays, January 10-January 31, 10:00-11:00 am. Join certified instructor Sandra Rovira for this 4-session chair yoga workshop. \$20 pp fee, cash or check to LML. Reg. is underway. LNAME0104

**Genealogy 101 ~ Wed., January 11, 7:00 pm.**

This simple genealogy workshop will show you how to find information about your ancestors. Rhoda Miller, instructor. Reg. is underway. LNA105

**Marketing Your Own Business ~**

Wed., January 18, 7:00 pm. Join an instructor from SCORE to learn how to make your business as successful as possible. Reg. is underway. LNA106

**Paint Night-Winter Scene**

Wed., January 25, 7:00 pm. Learn to paint a lovely winter scene, step-by-step, with artist June Long-Schuman. \$10 pp includes all. 1ST WEEK LML CARD-HOLDERS. Reg. begins January 7. LNAME0123

**HAPPY NEW YEAR!**



**New Release Movies**  
**Thursdays at 1:30 p.m.**

January 5 - *Sully* PG13, 96 min.

January 19 - *Florence Foster Jenkins*  
 PG13, 110 min.

January 26 - *The Dressmaker*  
 R, 119 min.

February 2 - *Deepwater Horizon*  
 PG13, 107 min.

**Defensive Driving Courses**

**AARP Smart Driver -**

Fri., January 6, 2017

Reg. began 12/17. \$20 pp AARP members/\$25 pp non-members. Checks only.

**Empire Safety Council -**

Sat., January 21, 2017

Reg. begins 1/7. Open to all. \$27 pp. Checks only.

**Medicaid Enrollment Assistance for the Aged, Blind and Disabled**

January 14, February 11, 2:00 pm

The Nassau-Suffolk Hospital Council will have staff trained by the NYS Department of Health stationed at the library to assist the aged, blind, and disabled with enrollment 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, free of charge, the second Thursday of every month. No appointment is necessary. For more information, please call the Nassau-Suffolk Hospital Council at (631) 435-3000.

**Classic Movie January**  
**Thursdays at 1:30 p.m.**

# Wyandanch Public Library

14 South 20th Street, Wyandanch, NY 11798

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



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



**GED Prep Classes**— Assistance with GED testing will be available in the Adult Learning Center. For more information contact Dottie Telling (631) 643-5325. **Monday – Friday, 10:00 am -2:00 pm**

**Crochet Club**— Come learn and share awesome crochet patterns. Register at the Reference Desk. **Mondays, 4:30 pm-5:30 pm**

**Conversational Spanish for Beginners**— Each week learn popular words and phrases used in Spanish conversations. With practice you will be able to navigate a conversation in Spanish. **Mondays, 6:00 pm– 8:00 pm.**

**Chair Yoga**— Join us for a gentle style of yoga you can do from a seated position that also incorporates the breathing and mind-body benefits of traditional yoga. **Tuesdays, 11:30 am-12:30 pm.**

**Beginners & Intermediate ESL Classes.** **Tuesdays & Wednesdays, 6:00 pm– 8:00 pm.**

**Math Class**— Free math lessons from basic math to algebra, geometry and beyond. **Thursdays, 4:00 pm -6:00 pm** Call the Library Adult Learning Center to sign –up.

**Knitting 101**— Get together with other knitters, to advance your knitting skills, and have a fun night out. **Thursdays, 4:30 pm-5:30 pm.**

**Adult Chess Club**— **Saturdays, 1:30 pm-2:30 pm.**

**Friday Afternoon Movie Showcase**- Enjoy a classic or new movie feature, **every Friday, 2:30 pm.**

**Dr. Martin Luther King Jr. Celebration**- Join us for a presentation that will feature a lecture and discussion on the dream and accomplishments of MLK Jr. **Sunday, January 8, 2017, 2:30 pm.**

**Adult Book Club**- "The Good Girl" by Mary Kubica- an addictively suspenseful and tautly written thriller, "The Good Girl" is a propulsive debut novel that reveals, how even in the perfect family nothing is as it seems. **January 26, 2017, 6:00 pm-7:00 pm**

**Friday Afternoon at the Movies** - Every Friday enjoy a classic or new feature film. Time **2:30pm.**

**Computer Classes** —Computer Classes specially designed for seniors. Learn how to use email, or how to use your phone or e-book. Call the Library for appointment.

**\*\*Check out our website or newsletter for more upcoming programs\*\***





## Madeline A. Quintyne

## Commissioner's Corner

Dear Seniors,

Happy New Year 2017 to all my lovely ladies and gentlemen who I have come to absolutely adore. I trust your holiday season last month was just awesome. Christmas always shines brightly around the nation, bringing everyone together in peace and love. Our Christmas Angel Program was a huge success! I would like to thank the Human Services Staff for your assistance with the 2016 Christmas Angel Tree Program. Special shout out to Noreen Davis for organizing this program. The families appreciate the kindness that we all bring to the children each year. To my absolutely outstanding Town of Babylon family, you showed up and showed out with the magnificent gifts to the children. To all the senior centers who participated with your extra, extra love to our children, a special thank you. The parents are calling in and saying how wonderful the gifts are with gratitude and love. Human Services' community outreach is phenomenal and we will continue to keep providing families throughout the Town of Babylon with much needed support. Special thanks to Galletta Air and South Bay Collision for your generous donation of food and gifts for the children! Also a special Happy Retirement wish to Lauren VanKirk, Director of Spangle Drive Senior Center!!!

Now we bring in 2017, another year of joy and happiness. January is the start of our year with great humility and faith. To the January celebrants Happy Birthday to you all! In 2017 you must embark on some new endeavors. I want to remind you that January is National Poverty in America Awareness Month, National Volunteer Blood Donor and National Thank You month. Let's stop a minute and think how important each of these topics are. Homelessness is a top priority in all communities. We must strive to help others. If you can give blood please give and give as often as you can. Always remember to say Thank You, for all acts of kindness. We owe it to others as well as ourselves. Making major adjustments to ourselves is a technique you develop at a younger age. However, we have matured so appreciate the difference. There is no greater joy. If you know something that can help someone, say something. Families are forever, don't wait for others to make you feel better. If we can help find a home for someone, give blood or just say thank you, then make it your goal and watch how you will add value to someone's life. I personally want to thank the staff of Human Services for making 2016's year of giving rewarding. Let's move into 2017 with humility and togetherness.

To the families who have lost loved ones in 2016, we send our prayers. Rest In Peace... to Valerie Sair who was a Senior Transportation driver for the Wyandanch Senior Center who passed on Wednesday, Wednesday, December 14, 2016. We will always remember that beautiful smile.

*From this day forward, I walk in resurrection power. I have determined within my soul to walk and live in victory. Yes, from this day forward.... Maxine L. Thomas*

### Madeline's Tips of the Month



- Find your self worth in God's unconditional love for you, not your accomplishments.
- Rejoice in the Lord's discipline as well as his blessings.
- The bible is a gift meant to be shared with others.
- The next time you feel weak in the knees, try using them to pray.
- Character is made by what you stand for; reputation by what you fall for.
- It's one thing to know what's right and another thing entirely to do it.



### Dates to Remember

- 1/1/17 - New Year's Day - TOB Closed
- 1/16/17 - MLK Jr. Day - TOB Closed
- 2/9/17 - TOB 29th Annual Black History Month Program



**Happy Birthday to all  
January celebrants!**





# Editor's Note



Let us walk softly on the Earth with all living beings, great and small, remembering as we go that one God, kind and wise, created all.  
*Native American Blessing*



Happy New Year Seniors!

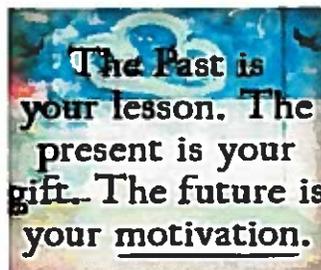
It's 2017! Time to start again, begin anew, wipe the slate clean. 2016 is history, so whatever happened last year, it's time to leave it there and begin a new chapter. How exciting is that! We have a whole 365 days ahead of us to plan, do, be and have to make the best of our lives and those around us. Let that bring you to a place of joy as you look ahead to the new year with great anticipation, and as Oprah says, "Another opportunity to get it right!"

December 2016 was just phenomenal!!! We had sooo many Angels (organizations, companies, girl scouts, BOCES students, etc.) that helped us end the year in a MAJOR way! We were able to feed so many families for Thanksgiving and Christmas, provided gifts for children and we have all of you to thank! THANK YOU THANK YOU THANK YOU! To our Town of Babylon family, thank you for participating in our Angel Tree Program. We couldn't do this without all of you. To our Staff and extended family, your hard work and dedication to our holiday programs does not go unnoticed. We are so grateful to have you as we continue to be a light of hope for our community. Karimah, Noreen, Saundra, Ms. Barbara, Mr. John and John, we thank you all for EVERYTHING, no matter how big or small. Every good deed counts and is a blessing to our mission here. Both Madeline and I extend our personal to you all. To our Senior Center Staff, you are the absolute BEST! May you continue to bring your personal best to your respective centers as you serve our Seniors in love and joy. Special well wishes to Spangle Drive Senior Center Director Lauren VanKirk on her retirement. Blessings to all!

**SAVE THE DATE!** The 29th Annual Black History Month Program will be held on Thursday, February 9, 2017 at 6:00pm at Amityville Memorial High School. Please note the change in time and day! All are welcome as this is a FREE community event! We hope that you will come out and support our honorees and program participants. We look forward to seeing you there!

As always, if you have any suggestions that may enhance the Around Town, feel free to forward them to [aroundtown@townofbabylon.com](mailto: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](http://www.townofbabylon.com) and click the Around Town link on the home screen and there we are!

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



# Happy New Year

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS  
 BABIES  
 BALLOONS  
 BANNERS  
 BUFFET  
 CELEBRATE  
 CHAMPAGNE  
 CONFETTI  
 DANCE  
 DAY ONE

DECORATIONS  
 END OF DECEMBER  
 EVENTS  
 FAMILY  
 FATHER TIME  
 FEAST  
 FESTIVITIES  
 FIREWORKS  
 FIRST OF JANUARY  
 FRIENDS

HATS  
 HOLIDAY  
 HORNS  
 KISS  
 MIDNIGHT  
 MUSIC  
 NEW YEARS DAY  
 NEW YEARS EVE  
 NOISEMAKERS  
 OCCASION

PARADES  
 PARTY  
 PUNCH  
 RESOLUTIONS  
 SINGING  
 STREAMERS  
 THIRTY FIRST  
 TIARAS  
 WINE  
 YEAR IN REVIEW



**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 Disabled .....893-1050

### **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, Lindenhurst .....957-7526  
Spangle Drive, North Babylon.....422-7610  
Tanner Park, Copiague.....842-7773  
Wyandanch Senior Nutrition Center.....491-4889

### **Youth Services**

Youth Bureau .....422-7660  
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**