



Discover Your
Community!

Town of
ISLIP

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

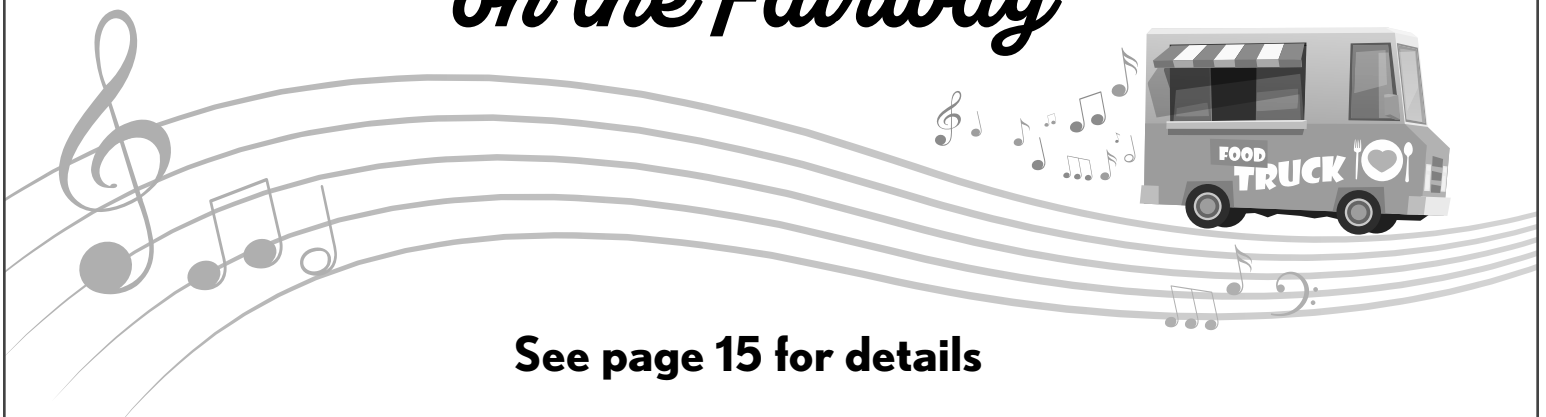
SENIORS CONNECT

Volume 181

May/June 2024



Music Festival *on the Fairway*



See page 15 for details



Angie M. Carpenter, Supervisor

TOWN BOARD

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

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

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



WELCOME



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

The Islip Town Board and I are very pleased to present this latest issue of *Seniors Connect*.

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

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

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

We are scheduling transportation for medical appointments and food shopping, so please call **(631) 224-5686** to reserve your spot.

This summer, enjoy the return of **Lauren Kristy Paddlewheel Cruises!** The cruises will take place on **Tuesday, July 23rd** and **Monday, August 6th**. See page 15 for details.

Calling all water lovers! The ever-popular **Summer Splash Program** returns to a Town pool near you starting July 9th. See page 19 for class schedules, and call **(631) 224-5310** to register.

By popular demand, the Town's Division of Senior Services is planning a day trip to **Jake's 58** this summer. Keep an eye out for future announcements on the date and time. **FREE Art Classes** and **Tai-Chi Instructions** are in full swing, so please call your local center to reserve a spot.

"Get Fit with Nick" continues to be a popular **FREE** activity, and is offered at all the senior centers. **"Get Fit With Nick"** fitness programming is also available for seniors to enjoy in the comfort of their homes! Programming can be watched on **Islip TV Channel 18** on Optimum at 8:30 am, 3:00 pm, and 6:00 pm. Exercise on a regular basis is important, and a great way to keep active and energized. For a **FREE "Get Fit" DVD**, call Supervisor Angie Carpenter's Office at **(631) 224-5506**.

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

Please visit our website, www.islipny.gov and take a moment to sign up for our E-Alerts. E-Alerts are the fastest way to receive important announcements and information, including weather and storm-related news and advisories. Our website also provides more information about the exciting programs and services Islip offers all its residents.

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

Stay safe, healthy and active.

Warmest Regards,

Angie



Patrons of the Town of Islip's senior centers: Ronkonkoma Senior Center; Oakdale Senior Center; West Islip Senior Center; Joyce Fitzpatrick Senior Center in East Islip and the Caesar Trunzo Senior Center in Brentwood, were recognized at the annual Senior Volunteer Breakfast at Brookwood Hall. Islip Town Supervisor Angie Carpenter presented each of the volunteers with a certificate on behalf of the Town Board.

"Our volunteers certainly are the backbone of our Senior Centers. It's the smiling faces, energy and kindness of our volunteers that are the reason our members keep coming back, and that our Senior Centers are enjoyed by so many. I'd like to thank each and every one of you for all that you do. On behalf of the Town Board, please know that you're like family to us, and we wish you good health and happiness, always," said Supervisor Angie Carpenter.



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REMINDER ABOUT YOUR TAXES

MESSAGE FROM: ANDY WITTMAN, RECEIVER OF TAXES

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

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

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

PLEASE NOTE

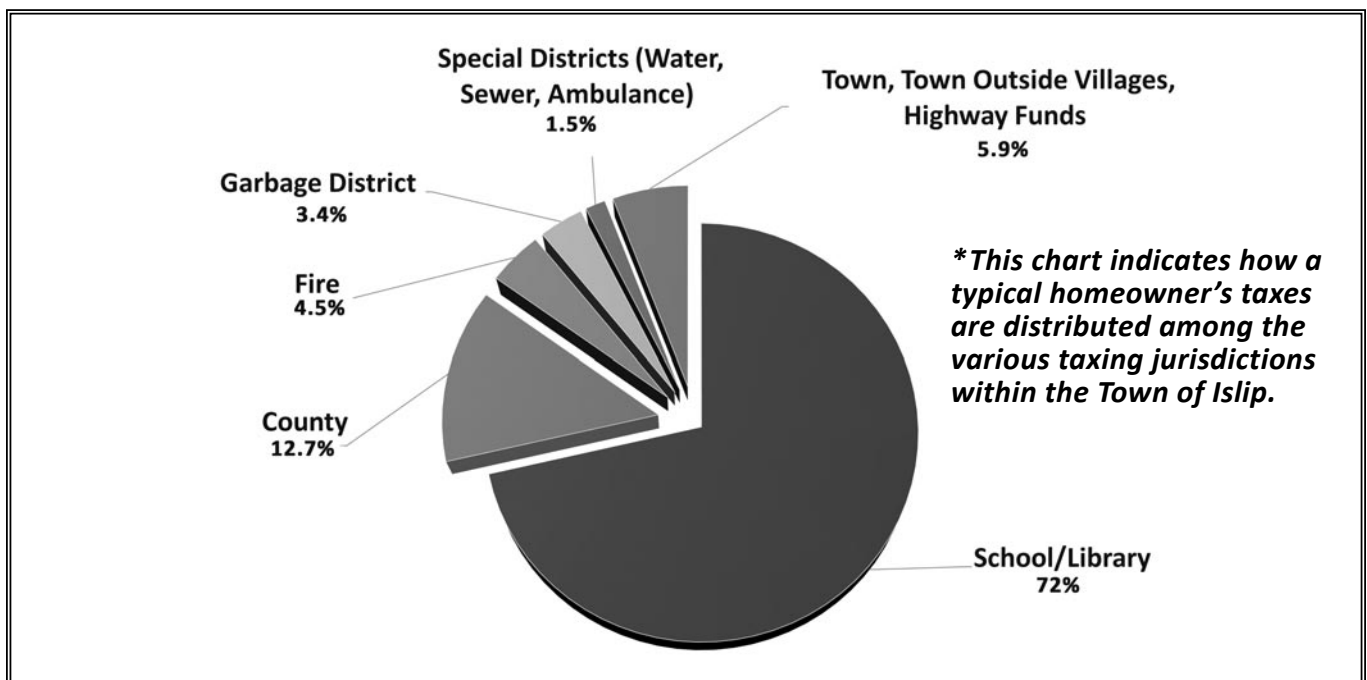
- You do not need to wait until May 31st to pay the second half of your property taxes
- You can pay your property taxes online at Tax.IslipNY.gov
- You can pay in person or through the mail
- If sending payment through the mail, please;
 - Include a daytime phone number on your payment stub
 - Have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

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

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

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

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





ABOUT OUR SERVICES

Senior Citizen I.D. Cards

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

Senior Clubs

There are 9 senior citizen clubs affiliated with the Town of Islip. Clubs meet at the Town of Islip Senior Centers. If you're interested in making new friends, going on trips, attending monthly meetings, luncheons and parties, call for further information, (631) 224-5340.

The following programs have a suggested confidential, voluntary, anonymous contribution of \$2.00, that is used to expand the program. No one shall be denied a service due to their inability to contribute. Our Programs and Services are partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.

Transportation Program

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

Home Delivered Meal Program

This service delivers frozen meals, weekly, to seniors who are unable to prepare meals and have no one available to assist them. An in-home evaluation process for participation in this program is necessary. For further information and/or to put your name on the waiting list, call (631) 595-3510.



ABOUT OUR SERVICES

Senior Center Nutrition Programs

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

Grab & Go Meals

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

Shopping Assistance Program

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

Expanded In-Home Services for the Elderly Program (EISEP)

This program provides case management through Suffolk County Office for the Aging and non-medical, in-home assistance for persons over 60 years of age who are unable to complete home management tasks. Services may include shopping, laundry and light housekeeping. Persons who are not Medicaid eligible and who need housekeeping services to ensure their health and safety at home may call Suffolk County Office for the Aging to apply, (631) 853-8200. Please be advised, there may be a waiting list and some may be required to pay a cost share for services.

Residential Repair Program

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



SENIOR CENTER LOCATIONS & NUTRITION INFORMATION

Senior Centers

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

Caesar Trunzo Senior Center

16 Second Avenue
Brentwood, NY 11717
(631) 436-6072

Joyce Fitzpatrick Senior Center

50 Irish Lane
East Islip, NY 11730
(631) 224-5396

Ronkonkoma Senior Center

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

Central Islip Senior Center

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

Oakdale Senior Center

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

West Islip Senior Center

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

Center Meals

Congregate Meals – Lunch is available to eligible Town of Islip senior citizens at our six nutrition centers, Monday through Friday. Transportation may be available. Please call for information.

Home Delivered Meals – This service delivers frozen meals weekly to those who are unable to prepare meals, have difficulty shopping for food and have no one available to assist them while they are incapacitated or recuperating from an illness or accident. Eligible seniors can receive a total of 5 meals weekly from the Congregate Nutrition Program, the Home Delivered Meal Program or a combination of the two. A **voluntary** contribution of \$2.00 per meal is suggested. Meals will not be denied if no contribution can be made. For more information, please call (631) 224-5340.

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



UBICACIONES DE LOS CENTROS PARA PERSONAS MAYORES Y PROGRAMAS DE NUTRICIÓN

Centros para personas mayores

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

Caesar Trunzo Senior Center

16 Second Avenue
Brentwood, NY 11717
(631) 436-6072

Joyce Fitzpatrick Senior Center

50 Irish Lane
East Islip, NY 11730
(631) 224-5396

Ronkonkoma Senior Center

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

Central Islip Senior Center

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

Oakdale Senior Center

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

West Islip Senior Center

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

Comidas del Centro

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

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

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



RESIDENTIAL REPAIR PROGRAM



Town of Islip

RESIDENTIAL REPAIR PROGRAM



We Install!

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

We Paint!

- Interior Rooms of your Home
- Exterior Doors

We Clean!

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

No plumbing or electrical work.

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

**CALL
FOR
INFO**

631-224-5424

Angie M. Carpenter, Supervisor
TOWN BOARD

James P. O'Connor • Jorge Guadrón • John M. Lorenzo • Michael McElwee, Jr.
Linda D. Vavricksa, Town Clerk • Andy Wittman, Receiver of Taxes

Partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.



PROGRAMA DE REPARACIONES RESIDENCIALES



Town of Islip

PROGRAMA DE REPARACIONES RESIDENCIALES



Instalamos!

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

Pintamos!

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

Limpiamos!

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

No se hacen trabajos de plomería o electricidad.

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

**PARA MÁS
INFORMACIÓN
LLAME**

631-224-5424

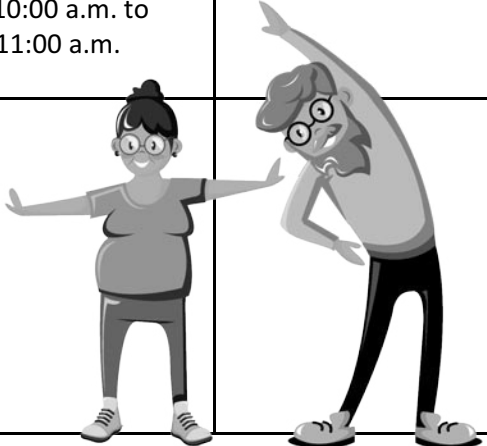
Angie M. Carpenter, Supervisor
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Financiado parcialmente por la Administración para la Vida Comunitaria a través de la Oficina para ancianos del Estado de Nueva York y la Oficina para Ancianos del Condado de Suffolk



Get Fit with Nick

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

**SENIORS, COME SHARE THE FUN
AT ANY ONE OF OUR CENTERS...**

ENJOY OUR **FREE INSTRUCTION PROGRAMS
AND MANY MORE**

**Exercise Classes
Art Instruction**

**Tai Chi
Craft Program**

Tech Help

Contact your local center for activity schedules and programs



HEALTH AND NUTRITION

Healthy Living, Longer Living Tips for Healthy Aging

Making healthy choices is important at any age.

Here are some important points pertinent to living healthy longer.



Healthy Eating & Nutrient Benefits: visit www.choosemyplate.gov

- **Fruits & Veggies:** Choose chopped, pre-sliced or softer variety that is easy to chew. Include a rainbow of colors. Make half your plate fruits and veggies, focus on whole fruits. Increases your fiber, potassium, antioxidants, vitamin C.
- **Dairy:** Consume at least 3 cups daily. Choose low fat or fat free milk or yogurt. Good Source of calcium and vitamin D for strong bones
- **Protein:** Vary your protein intake. Lean meat, poultry, seafood, beans, eggs, soy, nuts & seeds are good sources of vitamin B, & omega 3 which are often deficient as we age.
- **Grains:** Choose more whole grains. Fiber in grains helps your bowel regimen stay regular and lowers your risk for heart disease & type 2 diabetes.

Stay Active Your Own Way: visit www.health.gov/dietaryguidelines

- Find an enjoyable activity that is suited for your fitness level. If you are not sure where to begin, start walking or riding a stationary bike.
- Strive for at least 10 minutes of exercise at a time.
- To improve your balance and reduce your risk of falling, include a variety of moderate physical activities that include balance training and muscle-strengthening activities at least 2–3 times per week. Always check with your health care provider before beginning to exercise.

Boost Your Cognitive Health:

Research has shown there are dietary strategies for improving cognitive function and promoting repair.

Consume the following to support memory and brain health.

- Eat your veggies: Including broccoli, cabbage and dark leafy greens.
- Include fruit berries and cherries: blackberries, blueberries and other flavonoids can boost memory function.
- Get adequate omega 3 fats: sources include fish such as salmon, tuna; also found in flaxseed and olive oil.

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



Cornell Cooperative Extension
Suffolk County



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

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by

Suffolk County through the office of the County Executive and the County Legislature.



Attention Seniors Medication Education Series

Know Your Prescriptions



**Catholic
Health**
Good Samaritan
University Hospital

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

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

11:00 am – 1:00 pm

Thursday, May 9

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

Thursday, June 13

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

Wednesday, July 10

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



goodsamaritanuniversity.org

Music Festival

on the Fairway

Saturday, June 1st • 12 pm to 6:00 pm

Live Music • Food Trucks • Beer & Wine Garden

Holbrook Country Club

700 Patchogue-Holbrook Road, Holbrook



LAUREN KRISTY

ON THE **Great South Bay**
~ DINNER DANCE CRUISE ~

Tuesday, July 23, 2024

6:00 pm - 9:30 pm

Activity #: 121210A

~OR~

Tuesday, August 6, 2024

6:00 pm - 9:30 pm

Activity #: 121210B

Ages 21+ only

Fee: Resident \$65 with a Recreation Card* / Non-resident \$75

**Brookwood Hall Recreation ID Room issues a free Senior Citizen ID Card, which enables free parking at the Bay Shore Marina only.*

- Watch the sunset and dance the night away under the stars.
- Buffet dinner service and one soft drink as well as tea, coffee and desserts.
- DJ will spin classic Rock 'n Roll, R&B and Disco for your entertainment.
- Cash bar. Rain or Shine. No refunds.



CALL CULTURAL AFFAIRS AT (631) 224-5430 FOR INFORMATION



Town of Islip Senior Citizen's Division

FREE ART CLASSES

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

CAESAR TRUNZO SENIOR CENTER

Wednesdays from 12:30 pm - 2:30 pm
May 8, 15, 22, 29, June 5, 12, 26

JOYCE FITZPATRICK SENIOR CENTER

Wednesdays from 9:00 am - 11:00 am
May 1, 8, 15, 22, 29

OAKDALE SENIOR CENTER

Mondays from 12:30 pm - 2:30 pm
May 6, 13, 20, June 3

RONKONKOMA SENIOR CENTER

Mondays from 9:30 am - 11:30 am
May 6, 13, 20, June 3

WEST ISLIP SENIOR CENTER

Tuesdays from 10:00 am - 12:00 pm
May 7, 14, 21, 28



Center Craft Creations

Sign up at your local Senior Center

OAKDALE

Thursdays – 12:30 pm - 2:00 pm

May 9, 23, June 6, 20

RONKONKOMA

Mondays – 12:30 pm - 2:00 pm

May 6, 20, June 3, 17

CAESAR TRUNZO

Wednesdays – 12:30 pm - 2:30 pm

May 1, 15, 29, June 12, 26

JOYCE FITZPATRICK

Wednesdays – 9:00 am - 11:00 am

May 8, 22, June 5, 26

WEST ISLIP

Thursdays – 10:00 am - 12:00 pm

May 2, 16, 30, June 13, 27





Town of Islip Senior Citizen's Division

Tai Chi Classes

CAESAR TRUNZO SENIOR CENTER

16 Second Avenue, Brentwood, NY 11717

Fridays, May 10 to June 28, 2024

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

OAKDALE SENIOR CENTER

963 Montauk Highway, Oakdale, NY 11769

Thursdays, May 16 to June 27, 2024

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

RONKONKOMA SENIOR CENTER

299 Rosevale Avenue, Ronkonkoma, NY 11779

Mondays, May 13 to July 1, 2024

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

WEST ISLIP SENIOR CENTER

90 Higbie Lane, West Islip NY 11795

Tuesdays, May 7 to July 2, 2024 (*no class on May 14*)

10:15 a.m. to 11:15 a.m.



**Sign up at your
local Senior Center**





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

Summer Splash

Join us for exercise in the pool!

Byron Lake Pool: Tuesdays

July 9 to August 20
from 10:00 a.m.-11:00 a.m.

Casamento Pool: Wednesdays

July 10 to August 21
from 10:00 a.m.-11:00 a.m.

Roberto Clemente Pool: Thursdays

July 11 to August 22
from 10:00 a.m.-11:00 a.m.



*Sign up begins Monday, June 3rd
Please call (631) 224-5310 to register.*



2024 Senior Health Fair

**Come Join Us!
For FREE**

**Light Refreshments, Photo Identification Cards
for Emergencies, Flu Shots, & much, much more!**

Flu shots donated by Catholic Health Good Samaritan University Hospital

**Monday, September 23rd
10:00 am - 12:00 pm**

**Caesar Trunzo Senior Center
16 Second Ave.
Brentwood, NY 11717**

**Sign up today at your local Senior Center.
Transportation will be provided from the Centers.**



Angie M. Carpenter, Supervisor

TOWN BOARD

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

Thomas S. Owens, Commissioner, Parks, Recreation & Cultural Affairs





CENTER PHOTOS

West Islip



Ronkonkoma

Caesar Trunzo



Joyce Fitzpatrick



Oakdale





CAESAR TRUNZO SENIOR CENTER

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

MONDAY

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

TUESDAY

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

WEDNESDAY

- Dominoes, Billiards and Cards – All Day
- Get Fit with Nick – 10:00 a.m. - 11:00 a.m.
- Diamonds and Pearls Club – 11:15 a.m. - 4:00 p.m.
- Lunch – 11:30 a.m.
- Center Craft Creations – 12:30 p.m. - 2:30 p.m. (May 1, 15, 29, June 12, 26)
- Art Instruction – 12:30 p.m. - 2:30 p.m.

THURSDAY

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

FRIDAY

- Dominoes – 10:00 a.m. - 11:30 a.m.
- Tai Chi – 10:00 a.m. - 11:00 a.m. (Begins May 10th)
- Painting and Crafts – 10:00 a.m.
- Lunch – 11:30 a.m.
- Bingo – 12:00 p.m. - 2:30 p.m. (No Bingo June 28 - special event)

**Catholic Health
Mobile Outreach Bus
Free Health Screenings**

Wed., May 22
10:00 a.m. - 2:00 p.m.



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



CAESAR TRUNZO SENIOR CENTER

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



Mother's Day Celebration

**Monday, May 13
9:00 a.m.**

**Fee: Free for the ladies!
Gentlemen pay \$2.00**

Mother's Day may be celebrated all over the world, but what's better than celebrating the day with your friends! Enjoy the morning with a continental breakfast of bagels, tea & coffee. Please sign up and pay by Monday, May 6.

Muffins and Song



**Wednesday, May 22
9:30 a.m.
Fee: \$1.00**

The Mobile Outreach Bus will be here! Let's spend the morning together, enjoying muffins and playing *Guess that Song*! Please sign up and pay by Wednesday, May 15.



Father's Day Waffle Sundae

**Monday, June 17
12:30 p.m.**

**Fee: Free for the gentlemen!
Ladies pay \$2.00**

Hands down the best dessert in town! Let's celebrate the special men in our lives with fresh waffles, ice cream, syrup and whip cream! Please sign up and pay by Monday, June 10.

Cruising into Summer



**Friday, June 28
11:00 a.m.
Fee: \$20.00 per person**

It's a beautiful day aboard the Caesar Trunzo of the Seas, and we will be dressing in cruise ship, captain or sailing attire (Think Love Boat or Gilligan's Island). Come away and enjoy an afternoon of DJ, dancing, lunch and dessert. Please sign up and pay by Friday, June 21.



JOYCE FITZPATRICK SENIOR CENTER

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

MONDAY

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

TUESDAY

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

WEDNESDAY

- Art Instruction – 9:00 a.m. - 11:00 a.m.
- Billiards – All Day
- Center Craft Creations – 9:00 a.m. - 11:00 a.m. (May 8, 22, June 5, 26)
- Lunch – 11:30 a.m.
- Club #3 – 1st and 3rd Wednesday of the Month – 12:30 p.m. - 3:00 p.m.
- Zumba – 2nd and 4th Wednesday of the Month – 12:00 p.m.

THURSDAY

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

FRIDAY

- Billiards – All Day
- Left, Right, Center and Rummy-O – 9:30 a.m.
- Lunch – 11:30 a.m.
- Bingo – 12:15 p.m. - 2:30 p.m.
- Wii – 2:00 p.m.

**Catholic Health
Mobile Outreach Bus
Free Health Screenings**

Wed., May 15
10:00 a.m. - 2:00 p.m.

**Operation
Medicine Cabinet**

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

**Mahjong
Instruction Available**

Call center for details

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



JOYCE FITZPATRICK SENIOR CENTER

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

Mother's Day Celebration



Monday, May 13
11:00 a.m.
Fee: \$6.00

Let's celebrate Moms with delicious mini bagel sandwiches and our favorite game, BINGO!!!! Please sign up and pay by Monday, May 6.

Memorial Day Sweet Treats



Tuesday, May 28
1:00 p.m.
Fee: FREE

Celebrate the unofficial start of summer and enjoy some sweet treats! Please sign up by Friday, May 17.

Know Your Prescriptions

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

Almost Summer Bingo Bash



Friday, June 7
11:00 a.m.
Fee: \$20.00

Our Bingo Bashes are worth the wait! Please sign up and pay by Friday, May 31.

Father's Day



Monday, June 17
11:00 a.m.
Fee: \$7.00

We are off to the races on this Father's Day celebration, with hot dogs and salads before post time. Please sign up and pay by Monday, June 10.



OAKDALE SENIOR CENTER

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

MONDAY

- Social Cards – 9:30 a.m. - 3:30 p.m.
- Social Chat – 9:30 a.m. - 3:30 p.m.
- Lunch – 11:30 a.m.
- Art Instructor – 12:30 p.m. - 2:30 p.m.

TUESDAY

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

WEDNESDAY

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

THURSDAY

- Social Cards – 9:30 a.m. - 3:30 p.m.
- Social Chat – 9:30 a.m. - 1:00 p.m.
- Tai Chi – 9:30 a.m. to 10:30 a.m. (Begins May 16th)
- Lunch – 11:30 a.m.
- Center Craft Creations – 12:30 p.m. - 2:00 p.m. (May 9, 23, June 6, 20)

FRIDAY

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

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



OAKDALE SENIOR CENTER

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

Cinco De Mayo Celebration



Tuesday, May 7
10:30 a.m.
Fee: \$3.00



It's not too late to celebrate Cinco De Mayo with festive music, mocktails, chips and salsa! Get in the spirit and wear some bright colors! Please sign up and pay by Tuesday, April 30.

May Flowers!



Friday, May 17
10:00 a.m.
Fee: \$3.00

Let's make beautiful flowers together in honor of Mother's Day! Please sign up and pay by Friday, May 10.

Know Your Prescriptions

Good Samaritan University Hospital in partnership with the Town of Islip will host a *Medication Education Series*. Call the center to register. See page 14 for details.

Let's go Bananas for Dads!



Friday, June 14
10:00 a.m.
Fee: \$2.00

Indulge in some delicious banana pudding to celebrate Father's Day! Please sign up and pay by Friday, June 7.

Get in while it's HOT!



Friday, June 28
1:00 p.m.
Fee: \$1.00

Summer is here. Enjoy an Italian ice and BINGO! Please sign up and pay by Friday, June 21.



RONKONKOMA SENIOR CENTER

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

MONDAY

- Get Fit with Nick – 9:30 a.m. - 10:30 a.m.
- Center Craft Creations – 12:30 p.m. - 2:00 p.m. (May 6, 20, June 3, 17)
- Art Instruction – 9:30 a.m. - 11:30 a.m.
- Tai Chi – 10:30 a.m. - 11:30 a.m. (Begins May 13th)
- Lunch – 11:30 a.m.
- Dominos and Cards – 12:00 p.m.

TUESDAY

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

**Bridge Players
Needed**

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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



RONKONKOMA SENIOR CENTER

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

Bagels by the Lake



Friday, May 3
10:00 a.m.
Fee: \$ 2.00

Let's enjoy the morning, outside, on our deck overlooking beautiful Lake Ronkonkoma. Relax with a cup of hot coffee, tea and some delicious bagels! Get ready for the Bingo fun to follow after lunch! Please sign up and pay by Friday, April 26.

Memorial Day BBQ & Bingo

Wednesday, May 22
11:30 p.m.- 2:00 p.m.
Fee: \$20.00



It's the unofficial kickoff to summer! Come enjoy some sizzling hamburgers and hot dogs right off the grill with macaroni salad, coleslaw and toppings. Don't miss the raffles, free Bingo card and fun to follow. Please sign up and pay by Wednesday, May 8.

Know Your Prescriptions

Good Samaritan University Hospital in partnership with the Town of Islip will host a *Medication Education Series*. Call the center to register. See page 14 for details.

70's Trivia & Mocktails



Thursday, June 6
12:00 p.m.
Fee: Free

Put on your thinking caps because it's trivia time again! We're going back to the 70's for an afternoon of groovy questions and brain stumpers, even your pet rock will enjoy. Please sign up by Monday, June 3.

Triple Crown or Triple Scoop?



Friday, June 14
12:00 p.m.
Fee: \$5.00

Cool down and enjoy an afternoon of horseracing and ice cream at your favorite center. Please sign up and pay by Friday, June 7.



WEST ISLIP SENIOR CENTER

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

MONDAY

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

TUESDAY

- Ping Pong – All Day
- Needles and Crafts Club – 10:30 a.m. - 12:30 p.m.
- Tai Chi – 10:15 a.m. - 11:15 a.m. (Begins May 7th)
- Pokeno – 10:00 a.m. - 11:30 a.m.
- Art Instruction – 10:00 a.m. - 12:00 p.m.
- Lunch – 11:30 a.m.
- Mahjong – 12:30 p.m. - 2:30 p.m.
- Bingo – 1:00 p.m. - 2:30 p.m.

WEDNESDAY

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

THURSDAY

- Ping Pong – All Day
- Pokeno – 10:00 a.m. - 11:30 a.m.
- Center Craft Creations – 10:00 a.m. - 12:00 p.m. (May 2, 16, 30, June 13, 27)
- Games, Cornhole, Tabletop Shuffleboard – 9:30 a.m. - 11:30 a.m.
- Lunch – 11:30 a.m.
- Deer Lake Club – 12:00 p.m. - 2:00 p.m.
- Mahjong – 12:30 p.m. - 2:30 p.m.

FRIDAY

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



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



WEST ISLIP SENIOR CENTER

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



Mother's Day Brunch

**Friday, May 10
10:00 a.m.**

Fee: \$2.00 plus Bingo Cards

To the world you may be one person; but to one person you may be the world! To appreciate all moms, we will be serving a bagel board with gourmet cream cheeses and toppings! Followed by Bingo. Please sign up and pay by Friday, May 3.

Thank YOU Veterans!



**Friday, May 24
10:00 a.m.**

**Fee: \$2.00 for Non-Veterans.
Free for Veterans.**

Let's set aside today to honor and thank our men and women heroes. We will serve tasty muffins and coffee! Please sign up by Friday, May 17.

Prima Pizza Café



Thursday, May 23 • 11:00 a.m. • No Charge - Compliments of WOW!

Take a musical journey through Italy with your host Emilio, then enjoy some pizza. Mangia! Reservations are a must and begin on Friday, May 3 (50 person maximum).

It's National Donut Day



**Friday, June 7
1:00 p.m.
Fee: \$2.00**

Join us for a game of Bingo with your friends and we will give you a dozen reasons to be happy! Please sign up and pay by Tuesday, June 4.

Father's Day Celebration



**Tuesday, June 18
11:30 a.m.
Fee: \$5.00**

Some of the best memories are, playing with, going to or watching sports with our dads! Wear your favorite team's colors and enjoy a scrumptious pizza party! Please sign up and pay by Tuesday, June 11.



IMPORTANT TELEPHONE NUMBERS

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

Suffolk County Non-Emergency (631) 852-COPS

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

HEAP Home Energy Assistance Program (631) 853-8326

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

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

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

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

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

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

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

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

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

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



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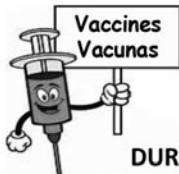
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**Town of Islip
Senior Citizens' Office
East Islip NY 11730**

**Postmaster: Please deliver between April 28 and May 4
- Dated Material -**

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TOWN OF ISLIP SENIOR CENTERS WILL BE CLOSED ON:

Monday, May 27th – In Observance of Memorial Day

Wednesday, June 19th – In Observance of Juneteenth

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