

# December 2016



## Smithtown Senior Citizens Department

Laura Greif, Program Director

420 Middle Country Road, Smithtown, NY 11787

Hours of Operation: 8:30 a.m. to 4:30 p.m.—July & August 8:30 a.m. to 3:30 p.m.

Please visit us at: <http://www.smithtownny.gov>

Lunch served: Monday & Wednesday @ 11:30 a.m., Tuesday & Thursday @ 11:45 a.m., Friday @ 11:15 a.m.

Telephone # (631) 360-7616 Transportation # (631) 265-8811 FAX # (631) 360-7689

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
<p><b>November</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<p><b>January</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p><b>1</b></p> <p>Video Exercise 9-9:45 am            Beginner Quilting 10 am            Line Dancing 10-11:30 am            Activity w/Patty 10:30 am            Jewelry Craft 10:30 am            Games w/Patty 12:45 pm            Art Class 1 pm            Zumba 1 pm            No Yoga</p>	<p><b>2</b> <b>TENDER YEARS TREASURY</b>  <b>*Saturday 12/03/16*</b>            SCOFA Senior Advocate 10 am            Center Committee Meeting 10 am            Bingo 12 noon</p>
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<p><b>5</b></p> <p>Zumba 8:45 am            Strength Training Cancelled            Needlecraft 10 am            iPad Refresher 10-11:30 am            Jewelry Craft 10:30 am            Wii 12:45 pm            Art Class 1 pm</p> <p><b>SALISBURY STEAK</b></p>	<p><b>6</b> <b>Stepping On Final Session; 9-11 am</b>  <b>GINGERBREAD HOUSE DECORATING Cancelled</b>            Reminisce 10 am            Video Exercise Cancelled            Wii 12:45 pm</p> <p><b>CHICKEN TERIYAKI</b></p>	<p><b>7</b> <b>ROCKETTES TRIP</b>            Blood Pressure Screening 9 am            Quilting 9:30 am            Strength Training 10 am  <b>Carolers 11:45 a.m.</b>  <b>Book Club:</b>  <b>The Pelican Brief</b>            by John Grisham            Discussion @ 10:30 am            Movie @ 12:30 pm</p> <p><b>CHEESE LASAGNA</b></p>	<p><b>8</b></p> <p>Video Exercise 9-9:45 am            Beginner Quilting 10 am            Line Dancing 10-11:30 am            Activity w/Patty 10:30 am            Jewelry Craft 10:30 am            Games w/Patty 12:45 pm            Quilts for Vets 1 pm            Art Class 1 pm            Zumba 1 pm            Yoga 2:15 pm</p> <p><b>CHICKEN MARSALA</b></p>	<p><b>9</b></p> <p>Strength Training 10 am            Bingo 12 noon</p> <p><b>SWEET &amp; SOUR PORK</b></p>																																																																																				
<p><b>12</b>  <b>SMITHTOWN H.S. EAST CAROLERS 10 am</b>            Zumba 8:45 am            Strength Training Cancelled            Needlecraft 10 am            iPad Refresher 10-11:30 am            Jewelry Craft 10:30 am            Wii 12:45 pm</p> <p><b>OVEN FRIED CHICKEN</b></p>	<p><b>13</b>            Dr. Cecilia Capuano King            Doctor of Podiatric Medicine            10:45-11:15 am            Cut-Ups 9:30-10:30 am            Reminisce 10 am            Video Exercise 10-11 am            Wii 12:45 pm</p> <p><b>TURKEY LOAF</b></p>	<p><b>14</b>  <b>HOLIDAY DANCE 12-3 pm</b>            * Register with a Club Leader *             Quilting 9:30 am  <b>EARLY LUNCH</b></p> <p><b>POT ROAST</b></p>	<p><b>15</b></p> <p>Video Exercise 9-9:45 am            Beginner Quilting 10 am            Line Dancing 10-11:30 am            Activity w/Patty 10:30 am            Jewelry Craft 10:30 am            Games w/Patty 12:45 pm            Art Class 1 pm            Zumba 1 pm            Yoga 2:15 pm</p> <p><b>EGGPLANT ROLLATINI</b></p>	<p><b>16</b></p> <p>Strength Training 10 am            Bingo 12 noon</p> <p><b>CHICKEN POT PIE</b></p>																																																																																				
<p><b>19</b></p> <p>Zumba 8:45 am            Strength Training 10 am            Needlecraft 10 am            iPad Refresher 10-11:30 am            Jewelry Craft 10:30 am            Piano w/Pete 12:15 pm            Wii 12:45 pm            Art Class 1 pm</p> <p><b>STUFFED CABBAGE</b></p>	<p><b>20</b></p> <p>Reminisce 10 am            Video Exercise 10-11 am            Still Life Drawing Class 10 a.m.—1 p.m.            Wii 12:45 pm</p> <p> </p> <p><b>SPINACH QUICHE</b></p>	<p><b>21</b></p> <p>Quilting 9:30 am            Strength Training 10 am  <b>BIRTHDAY PARTY 12:30 pm</b>  </p> <p><b>CHICKEN CORDON BLEU</b></p>	<p><b>22</b></p> <p>Video Exercise 9-9:45 am            Beginner Quilting 10 am            Line Dancing 10-11:30 am            Activity w/Patty 10:30 am            Jewelry Craft 10:30 am            Movie Day 12:30 pm            Games w/Patty 12:45 pm            Art Class 1 pm            Zumba 1 pm            Yoga 2:15 pm</p> <p><b>MEATLOAF</b></p>	<p><b>23</b> <b>CENTER CLOSED</b></p> <p></p>																																																																																				
<p><b>26</b> Hanukkah begins            12/24/16 and ends            1/01/17  <b>CENTER CLOSED</b></p> <p> Happy Hanukkah</p>	<p><b>27</b></p> <p>Cut-Ups 9:30-10:30 am            Reminisce Cancelled            Video Exercise 10-11 am            Wii 12:45 pm</p> <p><b>ROASTED CHICKEN</b></p>	<p><b>28</b></p> <p>Quilting 9:30 am            Strength Training 10 am</p> <p><b>STUFFED PEPPER</b></p>	<p><b>29</b></p> <p>Video Exercise 9-9:45 am            Beginner Quilting 10 am            Line Dancing 10-11:30 am            Activity w/Patty 10:30 am            Jewelry Craft 10:30 am            Games w/Patty 12:45 pm            Art Class 1 pm            Zumba Cancelled            Yoga 2:15 pm</p> <p><b>STUFFED SHELLS</b></p>	<p><b>30</b></p> <p>Strength Training 10 am            Bingo 12 noon</p> <p><b>PEPPER STEAK</b></p>																																																																																				

# December upcoming programs

\* *Calendar Subject to Change* \*

*Please see Bulletin Board for up-to-date activities/events posting*

- ◆ **Friday, 12/02/16:** Center Committee Meeting 10 a.m.; John Bruno, SCOFA Senior Advocate 10 a.m.
- ◆ **Saturday, 12/03/16:** Tender Years Treasury from 10 a.m. to 1 p.m. Join us!
- ◆ **Tuesday, 12/06/16:** Final Stepping On session from 9-11 a.m.
- ◆ **Wednesday, 12/07/16:** Register with a Club Leader to participate in our NYC Rockettes trip.
- ◆ **Wednesday, 12/07/16:** Enjoy some holiday caroling courtesy of a local Girl Scout Troop at 11:45 a.m.
- ◆ **Monday, 12/12/16:** Smithtown High School East will be entertaining us with some wonderful holiday tunes at 10:00 a.m. in the auditorium. Join us and get in the holiday spirit!
- ◆ **Tuesday, 12/13/16:** Dr. Cecilia Capuano King, Podiatrist, will be here at 10:45 a.m. with a special presentation.
- ◆ **Wednesday, 12/14/16:** "It's the most wonderful time of the year!" It's time for our popular holiday dance from 12 p.m. to 3 p.m. Sign up with a Club Leader.
- ◆ **Friday, 12/23/16 and Monday, 12/26/16:** The center will be closed in honor of the Christmas holiday. Season's greetings!



## January 2017 Upcoming Events

Monday, January 2nd	Center Closed	New Year's Day
Friday, January 6th	10 a.m.	John Bruno, SCOFA Senior Advocate
Friday, January 6th	10 a.m.	Center Committee Meeting
Wednesday, January 11th	10:30 a.m. Discussion 12:30 p.m. Movie	Book Club: <i>Little Children</i> by Tom Perrotta
Monday, January 16th	Center Closed	Martin Luther King, Jr. Birthday
Tuesday, January 17th	10 a.m. to 1 p.m.	Still Life Drawing Class
Wednesday, January 18th	12:30 p.m.	January Birthday Party
Friday, January 20th	10 a.m.	Executive Board Meeting
Wednesday, January 25th	12 to 3:30 p.m.	New Year's Dance
Tuesday, January 31st	Sign up with a Club Leader	Bowling Trip



*Hope smiles from the threshold of  
the year to come, whispering,  
"It will be happier."*



Alfred Lord Tennyson

### **TRANSPORTATION**

#### **Smithtown Township Only**

Transportation for essential services

Monday through Friday

(631) 265-8811

(631) 265-8826

Please call one week in advance.



**All participants at the Smithtown Senior Citizens Department must be Town residents and are required to register at the front desk.**

Some programs have *limited space*, therefore, you must register in order to participate.

Please feel free to call with any questions or concerns regarding our policy.

***Thank you!***