

September 2023

Smithtown Senior Citizens Department

Doreen Perrino, Program Director
420 Middle Country Road, Smithtown, NY 11787

Hours of Operation: 8:30 a.m. to 4:00 p.m.

July & August 8:30 a.m. to 3:30 p.m.

Lunch is served at 11:45 a.m., Monday through Friday

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

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

Office for People with Disabilities Transportation # (631) 360-7642



Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																				
<table border="1"> <thead> <tr> <th colspan="7">August 2023</th> </tr> <tr> <th>Sun</th> <th>Mo</th> <th>Tue</th> <th>We</th> <th>Thu</th> <th>Fri</th> <th>Sat</th> </tr> </thead> <tbody> <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>31</td> <td></td> <td></td> </tr> </tbody> </table>		August 2023							Sun	Mo	Tue	We	Thu	Fri	Sat			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			<table border="1"> <thead> <tr> <th colspan="7">October 2023</th> </tr> <tr> <th>Sun</th> <th>Mo</th> <th>Tue</th> <th>We</th> <th>Thu</th> <th>Fri</th> <th>Sat</th> </tr> </thead> <tbody> <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> </tbody> </table>			October 2023							Sun	Mo	Tue	We	Thu	Fri	Sat	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>1 Center Committee Meeting 10 a.m. John Bruno, Senior Advocate 10 a.m. Ladies' Social Circle 10-11 a.m. Men's Group 12:15 p.m. Tai Chi 2-3 p.m.</p> <p>CHEF SALAD</p>	
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<p>4</p>  <p>Happy LABOR DAY</p>	<p>5</p> <p>Quilts for Vets 10 a.m. Trivia 10:30 a.m. Video Exercise 10-11 a.m. Creative Club 10-11 a.m.</p> <p>TERIYAKI CHICKEN</p>	<p>6</p> <p>Quilting 10 a.m. Town of Smithtown Blood Drive 9 a.m.—3 p.m.</p> <p>Book Club Discussion @ 10:30 a.m. Movie @ 12:30 p.m.</p> <p>EGG SALAD</p>	<p>7</p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Game Day at 12:30 p.m. in Card Room Garden Club 12:30 p.m. Zumba 1-2 p.m. Yoga 2:15-3:15 p.m.</p> <p>FRIED CHICKEN w/ MAC & CHEESE</p>	<p>8</p> <p>Quilting 10 a.m. Ladies' Social Circle 10-11 a.m. Men's Group Cancelled 911 Remembrance in Auditorium 12:30-1 p.m. Tai Chi 2-3 p.m.</p> <p>BEEF STROGANOFF</p>																																																																																																				
<p>11</p>  <p>Nesconset Library/Armory Trip 9:45-11:15 a.m. Zumba 8:45-9:45 a.m. Wii Bowling in Library 10:30-11:30 a.m. Strength Training 10-11 a.m. Needlecraft 10 a.m. Jewelry Craft 10:30-11:30 a.m. Art Class 1-3 p.m.</p> <p>BONELESS BBQ RIBS</p>	<p>12</p> <p>Quilts for Vets 10 a.m. Trivia 10:30 a.m. Video Exercise 10-11 a.m. Creative Club 10-11 a.m.</p>  <p>CHICKEN SOUVLAKI</p>	<p>13</p> <p>Quilting 10 a.m.</p> <p>Riverhead Ciderhouse Trip—See a Club Leader to sign up!</p>  <p>ORANGE CHICKEN w/LO MEIN</p>	<p>14</p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Game Day at 12:30 p.m. in Card Room Garden Club Cancelled Zumba 1-2 p.m. No Yoga</p> <p>PORK CHOPS</p>	<p>15</p> <p>Quilting 10 a.m. Ladies' Social Circle 10-11 a.m. Men's Group 12:15 p.m. NEW Line Dancing 12:45-1:45 p.m. Tai Chi 2-3 p.m.</p>  <p>ROAST CHICKEN</p>																																																																																																				
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CALENDAR SUBJECT TO CHANGE-see bulletin board for up-to-date version

SEPTEMBER MEETINGS

Club Moriches (Club Leader: Jodi)
 (2nd & 4th Monday @ Fairfield Club House, St. James at 1 p.m.)
 September 11th & 25th

Country Club (Club Leader: Lisa)
 (1st & 3rd Tuesday @ Elks Lodge, Smithtown at 1 p.m.)
 September 5th & 19th

Ft. Salonga (Club Leader: Becky)
 (2nd & 4th Thursday @ Smithtown Landing Country Club at 12:30 p.m.)
 September 14th & 28th

Kings Park (Club Leader: Becky)
 (2nd & 4th Tuesday @ KP Manor Clubhouse at 12:30 p.m.)
 September 12th & 26th

Mills Pond (Club Leader: Fran)
 (2nd & 4th Tuesday @ Fairfield Clubhouse, St. James at 1 p.m.)
 September 12th & 26th

St. James (Club Leader: Mae)
 (1st & 3rd Tuesday @ Senior Citizens Department at 1 p.m.)
 September 5th & 19th



Nesconset Library/Armory Trip
 2nd & 4th Monday each month!
 9:45-11:15 a.m.
 Sign up at the front desk. Space is limited to 16 participants.

Schedules subject to change as needed for special events, etc.
 Make sure to look on bulletin board or website for up-to-the minute calendar version!



Rosh Hashanah:
 9/15 through 9/17

ZUMBA SESSION
MONDAY 8:45-9:45 A.M.
 8 classes/\$30.00
 Register at front desk
 August 21st
 August 28th
 September 11th
 September 18th
 September 25th
 October 2nd
 October 16th
 October 23rd
 No class on 9/04 and 10/09

ZUMBA SESSION
THURSDAY 1-2 P.M.
 8 classes/\$30.00
 Register at front desk
 August 3rd
 August 10th
 August 17th
 August 31st
 September 7th
 September 14th
 September 21st
 September 28th

YOGA SESSION
THURSDAY 2:15-3:15 P.M.
 8 classes/\$30.00
 Register at front desk
 July 20th
 July 27th
 August 3rd
 August 17th
 August 24th
 August 31st
 September 7th
 September 28th
 No class 8/10, 9/14, and 9/21

TAI CHI SESSION
FRIDAY 2-3 P.M.
 8 classes/\$30.00
 Register at front desk
 August 4th
 August 11th
 August 18th
 September 1st
 September 8th
 September 15th
 September 22nd
 September 29th

LINE DANCING
FRIDAY 12:45-1:45 P.M.
 8 classes/\$30.00
 Register at front desk
 September 15th
 September 22nd
 September 29th
 October 6th
 October 13th
 October 20th
 October 27th
 November 3rd




Yom Kippur:
 9/24 through 9/25

- Upcoming for October 2023:**
- ♦ **Wednesday, October 4th:** Trip to Kruckers for Oktoberfest! Sign up with a Club Leader.
 - ♦ **Friday, October 6th:** Center Committee Meeting at 10 a.m. in the Library.
 - ♦ **Friday, October 6th:** John Bruno, Senior Advocate from SCOFA, will be here at 10 a.m.
 - ♦ **Monday, October 9th:** Center is closed in observance of Columbus Day.
 - ♦ **Thursday, October 12th:** Pierogi Day! Sign up to enjoy some delicious pierogis!
 - ♦ **Tuesday, October 17th:** Blood Pressure Screening at 9:30 a.m.
 - ♦ **Wednesday, October 18th:** Birthday party at 12:30 in the Auditorium.
 - ♦ **Wednesday, October 25th:** Halloween Dance from 12 to 3 p.m. — see a Club Leader to register.
 - ♦ **Friday, October 27th:** Mall Trip from 10 a.m. to 12:30 p.m.
 - ♦ **Tuesday, October 31st:** Paint & Sip from 1 to 3 p.m. Sign up at the front desk.

TRANSPORTATION
Smithtown Township Only
 Transportation for essential services
 Monday through Friday
 (631) 265-8811
 (631) 265-8826

Disabilities Services Transportation


 (631) 360-7642

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!