<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>2</strong></td>
<td>Zumba Cancelled</td>
<td>Quilling 9:30 am</td>
<td>Video Exercise 9:45 am</td>
<td>SCOFA Senior Advocate</td>
</tr>
<tr>
<td></td>
<td>Strength Training 10 am</td>
<td>Blood Pressure Screening 9:30 am</td>
<td>Beginner Quilting 10 am</td>
<td>10 am</td>
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<tr>
<td></td>
<td>Needlecraft 10 am</td>
<td>Strength Training 10 am</td>
<td>Line Dancing 10-11:30 am</td>
<td>Center Committee</td>
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<tr>
<td></td>
<td>Jewelry Craft 10:30 am</td>
<td>reminiscent Cancelled</td>
<td>Jewelry Craft 10:30 am</td>
<td>Meeting 10 am</td>
</tr>
<tr>
<td></td>
<td>Art Class 1 pm</td>
<td>Video Exercise 10-11 am</td>
<td>Crosswords 10:30 am</td>
<td>Ladies’ Social Circle Cancelled</td>
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<td></td>
<td></td>
<td></td>
<td>Movie Day 12:15 pm</td>
<td>Bingo 12:15 pm</td>
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<tr>
<td><strong>9</strong></td>
<td>Zumba 8:45 a.m.</td>
<td>Quilling 9:30 am</td>
<td>Quilts for Vets 1 pm</td>
<td>Tai Chi Cancelled</td>
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<td></td>
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<td><strong>16</strong></td>
<td>Zumba 8:45 a.m.</td>
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<td>Video Exercise 9:45 am</td>
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**Note:** CALENDAR SUBJECT TO CHANGE—see bulletin board for up-to-date version

**March 2020**

**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**

- **2**
  - Zumba Cancelled
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

**Tuesday**

- **3**
  - AARP Tax Service
  - By appointment
  - Sweetbriar Presentation 10 am
  - In Library
  - Reminisce Cancelled
  - Video Exercise 10-11 am

**Wednesday**

- **4**
  - Quilling 9:30 am
  - Blood Pressure Screening 9:30 am
  - Strength Training 10 am
  - PAINT & SIP 1-3 pm
  - *Sign up at front desk*

**Thursday**

- **5**
  - Video Exercise 9:45 am
  - Beginner Quilting 10 am
  - Line Dancing 10-11:30 am
  - Jewelry Craft 10:30 am
  - Crosswords 10:30 am
  - Movie Day 12:15 pm
  - Art Class 1 pm
  - Zumba 1 pm
  - Yoga Cancelled

**Friday**

- **6**
  - SCOFA Senior Advocate
  - 10 am
  - Center Committee
  - Meeting 10 am
  - Ladies’ Social Circle Cancelled
  - Bingo 12:15 pm
  - Tai Chi Cancelled

- **9**
  - Zumba 8:45 a.m.
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **16**
  - Zumba 8:45 a.m.
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **23**
  - Zumba 8:45 a.m.
  - All Fats are not Equal
  - Presentation 9:30 am
  - In Library
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **30**
  - Zumba 8:45 a.m.
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **31**
  - BOWLING TRIP
  - *See a Club Leader*
  - AARP Tax Service
  - By appointment
  - Reminisce 10 am
  - Video Exercise 10-11 am

**Monday**

- **2**
  - Zumba Cancelled
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **9**
  - Zumba 8:45 a.m.
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **16**
  - Zumba 8:45 a.m.
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

- **30**
  - Zumba 8:45 a.m.
  - Strength Training 10 am
  - Needlecraft 10 am
  - Jewelry Craft 10:30 am
  - Art Class 1 pm

**Additional Notes:**

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

**CAUTION TO ADULTS:**

- **Children Not Allowed**
- **No Pets Allowed**
- **No Outside Food Allowed**

**Calendar Subject to Change:**

- See bulletin board for up-to-date version

**March 2020 Calendar**

<table>
<thead>
<tr>
<th>February 2020</th>
<th>April 2020</th>
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<td>Su</td>
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<td>18</td>
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<td>26</td>
</tr>
</tbody>
</table>

**Food Options:**

- **CHICKEN FRICASSEE**
- **ROAST PORK LOIN**
- **BEEF GOULASH**
- **BRAISED BRISKET**
- **CHICKEN PAPRIKASH**
- **CHICKEN POT PIE**
- **CORNER BEEF & CABBAGE**
- **ROAST CHICKEN**
- **TURKEY PASTRAMI**
- **SLOPPY JOES**

**Other Activities:**

- **Zumba**
- **Line Dancing**
- **Quilting**
- **Reminisce**
- **AARP Tax Services**
- **Video Exercise**
- **Tai Chi**
- **Art Class**
- **Tai Chi Cancelled**
- **Retiree’s Club**
- **Tai Chi 1 pm**
- **Tai Chi 2:15 – 3:15 pm**
- **SQUASH & SPINACH LASAGNA ROLLS**
- **garlic lime pork**
- **spinach quiche**

**Contact Information:**

- **Laura Greif, Program Director**
- **Smithtown Senior Citizens Department**
- **420 Middle Country Road, Smithtown, NY 11787**
- **Telephone:** (631) 360-7616
- **Transportation:** (631) 265-8811
- **FAX:** (631) 360-7689
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!