

# December 2022



## 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 served: Monday & Wednesday @ 11:30 a.m., Tuesday & Thursday @ 11:45 a.m., Friday @ 11:00 a.m.

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">November 2022</th> <th colspan="7">January 2023</th> </tr> <tr> <th>Su</th><th>Mo</th><th>Tu</th><th>W</th><th>Th</th><th>Fri</th><th>Sa</th> <th>Su</th><th>M</th><th>Tu</th><th>W</th><th>Th</th><th>Fri</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td> <td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>														November 2022							January 2023							Su	Mo	Tu	W	Th	Fri	Sa	Su	M	Tu	W	Th	Fri	Sa			1	2	3	4	5	1	2	3	4	5	6	7	6	7	8	9	10	11	12	8	9	10	11	12	13	14	13	14	15	16	17	18	19	15	16	17	18	19	20	21	20	21	22	23	24	25	26	22	23	24	25	26	27	28	27	28	29	30				29	30	31					<p><b>1</b></p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Movie Day 12:15 p.m. Art Class 1-3 Zumba 1-2 p.m. Yoga 2:15-3:15 p.m.</p> <p><b>TURKEY POT PIE</b></p>							<p><b>2</b></p> <p>Center Committee Meeting 10 a.m. John Bruno, Senior Advocate 10 a.m. Ladies' Social Circle 9:45-10:45 a.m. Tai Chi Cancelled <b>Men's Group 12:15 p.m.</b></p> <p><b>CHICKEN with Caramelized Onions &amp; Mushrooms</b></p>						
November 2022							January 2023																																																																																																																						
Su	Mo	Tu	W	Th	Fri	Sa	Su	M	Tu	W	Th	Fri	Sa																																																																																																																
		1	2	3	4	5	1	2	3	4	5	6	7																																																																																																																
6	7	8	9	10	11	12	8	9	10	11	12	13	14																																																																																																																
13	14	15	16	17	18	19	15	16	17	18	19	20	21																																																																																																																
20	21	22	23	24	25	26	22	23	24	25	26	27	28																																																																																																																
27	28	29	30				29	30	31																																																																																																																				
<p><b>5</b></p> <p>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><b>CHICKEN SALAD</b></p>							<p><b>6</b></p> <p>Quilts for Vets 10 a.m. Trivia 10 a.m. in Library Video Exercise 10-11 a.m.</p> <p><b>RIGATONI with Sausage</b></p>							<p><b>7</b></p> <p>Quilting 9:30 a.m.</p> <p><b>Theatre Three and PJ Lobster House Trip</b> <b>*Sign up w/Club Leader*</b></p> <p><b>BRAISED BEEF</b></p>							<p><b>8</b></p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Art Class 1-3 p.m. Zumba 1-2 p.m. Yoga CANCELLED</p> <p><b>CHICKEN PICCATA</b></p>							<p><b>9</b></p> <p>Ladies' Social Circle 9:45-10:45 a.m. <b>Men's Group 12:15 p.m.</b> Tai Chi 2-3 p.m.</p> <p><b>PEPPER STEAK</b></p>																																																																																																	
<p><b>12</b></p> <p>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><b>SHEPHERD'S PIE</b></p>							<p><b>13</b></p> <p>Cut-Ups 9:30-10:30 a.m. Quilts for Vets 10 a.m. Trivia 10:30 a.m. Video Exercise 10-11 a.m. <b>Suffolk County Police Department Safety Seminar &amp; Operation Medicine Cabinet 12:15 p.m. in Library</b></p> <p><b>CHICKEN TACOS</b></p>							<p><b>14</b></p> <p>Quilting 9:30 a.m.</p> <p><b>HOLIDAY DANCE 12-3 p.m.</b> <b>*Sign up w/Club Leader*</b></p> <p> <b>EARLY LUNCH</b></p> <p><b>ROAST TURKEY</b></p>							<p><b>15</b></p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Art Class 1-3 p.m. Zumba 1-2 p.m. Yoga 2:15-3:15 p.m.</p> <p><b>SPINACH &amp; CHEESE RAVIOLI</b></p>							<p><b>16</b></p> <p>Ladies' Social Circle 9:45-10:45 a.m. <b>Men's Group 12:15 p.m.</b> Tai Chi 2-3 p.m.</p> <p><b>APRICOT-DIJON PORK LOIN</b></p>																																																																																																	
<p><b>19</b></p> <p>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><b>PORK CHOP with Dijon Herb Sauce</b></p>							<p><b>20</b></p> <p> Blood Pressure Screening In Arts/Crafts Room 9:30 a.m. Quilts for Vets 10 a.m. Trivia 10:30 a.m. Video Exercise 10-11 a.m.</p> <p><b>SPINACH LASAGNA</b></p>							<p><b>21</b></p> <p>Quilting 9:30 a.m. </p> <p><b>Smithtown East Choir Holiday Concert 10 a.m.</b></p> <p><b>Birthday Party and Sing-along 12:30 p.m.</b></p> <p><b>CHICKEN SCAMPI</b></p>							<p><b>22</b></p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Art Class 1-3 p.m. Zumba 1-2 p.m. Yoga 2:15-3:15 p.m.</p> <p><b>PRIME RIB au Poivre</b></p>							<p><b>23</b></p> <p></p>																																																																																																	
<p><b>26</b></p> <p></p>							<p><b>27</b></p> <p>Cut-Ups 9:30-10:30 a.m. Quilts for Vets 10 a.m. Trivia 10:30 a.m. Video Exercise 10-11 a.m.</p> <p><b>BONELESS SPARERIBS</b></p>							<p><b>28</b></p> <p>Quilting 9:30 a.m. <b>Silver Chords "Joy: A Classic Holiday Concert" 10 a.m. in Auditorium</b></p> <p> <b>BEEF with Horseradish Sauce</b></p>							<p><b>29</b></p> <p>Video Exercise 9-9:45 a.m. Quilting 10 a.m. Strength Training 10-11 a.m. Crosswords 10:30 a.m. Art Class 1-3 p.m. Zumba 1-2 p.m. Yoga 2:15-3:15 p.m.</p> <p><b>COQ au VIN</b></p>							<p><b>30</b></p> <p><b>Mall Trip 10 a.m.-12:30 p.m.</b> Ladies' Social Circle 9:45-10:45 a.m. <b>Men's Group 12:15 p.m.</b> Tai Chi 2-3 p.m.</p> <p><b>CHEESE TORTELLINI with Salami &amp; Peas</b></p>																																																																																																	

CALENDAR SUBJECT TO CHANGE-see bulletin board for up-to-date version

**DECEMBER 2022 CLUB MEETINGS**

**Club Moriches (Club Leader: Lisa)**  
(2nd & 4th Monday @ Fairfield Club House, St. James at 1 p.m.)  
December 12th

**Country Club (Club Leader: Lisa)**  
(1st & 3rd Tuesday @ Smithtown Landing at 1 p.m.)  
December 6th

**Ft. Salonga (Club Leader: Becky)**  
(2nd & 4th Thursday @ Smithtown Landing at 12:30 p.m.)  
December 8th

**Indian Head (Club Leader: Fran)**  
(2nd & 4th Monday @ Senior Citizens Department at 1 p.m.)  
December 12th

**Kings Park (Club Leader: Mae)**  
(2nd & 4th Tuesday @ KP Manor Clubhouse at 12:30 p.m.)  
December 13th

**Mills Pond (Club Leader: Becky)**  
(2nd & 4th Tuesday @ Fairfield Clubhouse, St. James at 1 p.m.)  
December 13th

**St. James (Club Leader: Fran)**  
(1st & 3rd Tuesday @ Senior Citizens Department at 1 p.m.)  
December 20th



"THE HOLIDAY SEASON  
IS A PERFECT TIME  
TO REFLECT ON OUR BLESSINGS  
AND SEEK OUT WAYS TO  
MAKE LIFE BETTER  
FOR THOSE AROUND US."  
-FERRI MARSHALL

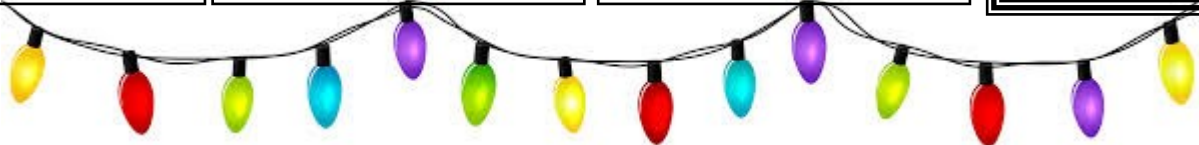
Schedules subject to change as needed for special events, etc.  
Make sure to look on bulletin board or website for  
up-to-the minute calendar version!

**ZUMBA SESSION**  
**MONDAY 8:45-9:45 A.M.**  
8 classes/\$30.00  
Register at front desk  
November 14th  
November 21st  
November 28th  
December 5th  
December 12th  
December 19th  
January 9th  
January 23rd  
  
**NO CLASS ON**  
12/26, 1/02, 1/16

**ZUMBA SESSION**  
**THURSDAY 1-2 P.M.**  
8 classes/\$30.00  
Register at front desk  
November 17th  
December 1st  
December 8th  
December 15th  
December 22nd  
December 29th  
January 5th  
January 12th  
  
**NO CLASS ON**  
11/24

**YOGA SESSION**  
**THURSDAY 2:15-3:15 P.M.**  
8 classes/\$30.00  
Register at front desk  
November 17th  
December 1st  
December 15th  
December 22nd  
December 29th  
January 5th  
January 12th  
January 19th  
  
**NO CLASS ON**  
11/24, 12/08

**TAI CHI SESSION**  
**FRIDAY 2-3 P.M.**  
8 classes/\$30.00  
Register at front desk  
November 18th  
December 9th  
December 16th  
December 30th  
January 6th  
January 13th  
January 20th  
February 3rd  
**NO CLASS ON**  
11/11, 11/25, 12/02,  
12/23, 1/27



**Upcoming for January 2023:**

- ❄️ **Monday, 1/02/23:** Center is closed in observance of New Year's Day.
- ❄️ **Thursday, 1/05/23:** Movie Day at 12:15 p.m. in the Library.
- ❄️ **Wednesday, 1/11/23:** New Year's Celebration dance, 12 to 3 p.m. See a Club Leader to sign up.
- ❄️ **Friday, 1/06/23:** John Bruno, Senior Advocate from SCOFA will be here from 10 a.m. to 12 p.m.
- ❄️ **Monday, 1/16/23:** Center is closed in observance of MLK Day.
- ❄️ **Wednesday, 1/18/23:** Book Club discussion at 10:30 a.m.; movie at 12:30 p.m.
- ❄️ **Friday, 1/27/23:** Mall Trip from 10 a.m. to 12:30 p.m.

**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!**