



## Around Town Senior Magazine

March 2026

Newsletter

Vol. 26 No. 03

FREE

# March

## Happy St. Patrick's Day!



*Town of Babylon  
Department of Human Services  
281 Phelps Lane  
North Babylon, NY 11703*

*Phone: 631.464.4340  
Fax: 631.464.4335  
Email: [aroundtown@townofbabylonny.gov](mailto:aroundtown@townofbabylonny.gov)*

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**DUWAYNE GREGORY** – Chairperson, Department of Human Services

**TRACIA A. FONVILLE** – Commissioner, Human Services

**MARCUS J. DUFFIN** – Deputy Commissioner, Human Services

**BARBARA MOORE** – Editor

Any citizen wishing to contribute news items to the  
Around Town Senior Magazine should EMAIL the information to:

**[aroundtown@townofbabylonny.gov](mailto:aroundtown@townofbabylonny.gov)**

Any pictures must be submitted in JPEG format.

**ALL INFORMATION MUST BE RECEIVED BY THE 8TH DAY**

**OF THE MONTH PRIOR TO THE MONTH IN WHICH YOU WOULD LIKE  
TO HAVE YOUR INFORMATION PUBLISHED.**

**IT IS THE EDITORS' OPTION TO EDIT ACCORDING TO SPACE AVAILABILITY.**





## **A Message from Supervisor Rich Schaffer**

Dear Friends,

As we welcome the month of March, we also welcome the promise of spring — longer days, warmer weather, and new opportunities to connect with one another here in the Town of Babylon.

Our senior community continues to inspire me every day. Whether you're participating in fitness classes, educational programs, trips, or simply gathering with friends at our centers, you are the heart of our town. We remain committed to providing engaging programs, essential services, and meaningful opportunities that enhance your quality of life.

This month, I encourage you to explore the activities and events planned just for you. From health and wellness initiatives to social events that bring neighbors together, there is something for everyone. Staying active and involved is one of the best ways to maintain both physical and emotional well-being.

As always, my office is here to assist you. Thank you for the wisdom, experience, and community spirit you bring to Babylon every day.

Wishing you a happy and healthy March.

Warm regards,

A handwritten signature in black ink that reads "Rich Schaffer".

RICH SCHAFFER  
Supervisor  
Town of Babylon



## **A Message from Councilman DuWayne Gregory**

Dear Neighbors,

March is a time of renewal, reflection, and fresh beginnings, and it's a wonderful opportunity to celebrate the strength and spirit of our senior community.

Throughout my years of public service, I have learned that much of what makes the Town of Babylon so special comes from the wisdom, service, and dedication of those who came before us. Your contributions have helped shape our neighborhoods, our values, and our sense of community.

This month, I encourage you to stay involved and take advantage of the many programs, trips, and activities available through our senior centers. Staying engaged helps keep us connected, informed, and energized.

My commitment to you remains strong. Whether you need assistance, have ideas, or simply want to share your thoughts, my office is always here for you. Thank you for your continued trust and partnership. Wishing you a happy, healthy, and fulfilling March.

Sincerely,

A handwritten signature in black ink, appearing to read "DuWayne Gregory".

DuWayne Gregory  
Councilman, Town of Babylon

# Residential Repair Program

New location:  
North Amityville Senior Center  
48C Cedar Road  
North Amityville, N.Y. 11701



**Karimah, Pete & Charlie**

Phone Number is:  
(631) 789-3309

**Town of Babylon  
Department of Human Services  
Senior Citizen Residential Repair Program**



The Town of Babylon Residential Repair Program is offering residents (age 60+) minor home repairs. Residents must be incapable of maintaining their homes because of illness, incapacity, handicap or absence of a caretaker. Repairs are meant to remediate substandard, unsuitable, or unsafe residences.

The Residential Repair Program provides the worker and the recipients are expected to pay for the necessary supplies and materials.

The repairs include but are not limited to:

- Handicapped modifications
- Crime prevention modification
  - Install hand rails
- Installation and repair of grab bars
  - Painting
  - Minor plumbing



The Residential Repair Program covers minor projects and **does not include** projects which require licensed contractors.

**The program does not provide for SNOW REMOVAL.**

Funding is limited and preference will be given to older individuals with the greatest economic needs.

Funding provided by the Administration for Community Living & the  
New York State Office for the Aging through the  
Suffolk County Office for the Aging

Eligible residents in need of services  
can call Karimah Lateef at (631) 789-3309.

**Town of Babylon**  
**Departamento de servicios Humanos**  
**Programa de Reparacion Residencial para Adultos Mayores**



El Town of Babylon Programa de Reparacion Residencial esta ofreciendo a los residentes (60 anos y mas) pequenas reparaciones para la casa. Los residentes deben ser incapaces de mantener sus casas debido a una enfermedad, incapacidad, handicap, o ausencia de cuidador. Reparaciones estan destinados a corregir, inadecuado y inseguro residencia.

El Programa de Reparacion Residencial proporciona los trabajadores y se espera que los destinatarios a pagar los suministros y materiales necesario.

Los Reparaciones incluyen pero no se limiten a:

- Modificaciones para los handicap
- Modificación de la Prevención del Delito
  - Instalar pasamanos
- Instalación y reparación de barras de apoyo
  - Pintar
  - Plumeria menor



El Programa de Reparacion Residencial cubre proyectos menores y no incluye proyectos que requirio contratistas con licencia.

**El programa no prove remocion de nieve**

La financion es limitada y se dara preferencia a las personas mayores con necesidad economia mas grande.

Fondos Proporcionados por la Administration for Community Living y el  
New York State Office for the Aging por el  
Suffolk County Office for the Aging.

Residentes elegibles que necesitan los servicios  
llaman a Karimah Lateef (631) 789-3309.

**Town of Babylon**  
**Department of Human Services**  
**Senior Transportation**  
**Department**



Services for Seniors 60 & Over

Must be a Town of Babylon Resident

Towns serviced include: Amityville, Babylon, Copiague, Deer Park, Lindenhurst, North Babylon, West Babylon, Wheatley Heights, Wyandanch, and parts of West Islip.

**Daily Medical Transportation**

Monday through Friday

Morning Appointments only

9:30 a.m. to 1:30 p.m. - Roundtrip service

Any appointments after 1:30 p.m. are one-way trips.

Seniors must give at least **5-days notice** prior to scheduling transportation appointments.

**Supermarket Shopping**

10:00 a.m. to 11:00 a.m. - Van begins pickup

Please call the office for the most current schedule.

*Please Note:* Shoppers are given approximately 1 ¼ hours in the store and are limited to 3 to 4 bags of groceries. Please be considerate of the other shoppers by following these rules. For further information, please call us at 631-422-7618 or 631-893-1056.

*Sponsored by The Town of Babylon Rich Schaffer, Supervisor  
Funding provided by the New York State Office for the Aging  
through Suffolk County Office of the Aging.*

*Suggested anonymous voluntary contribution of \$1.00 per round trip is used  
to enhance the program.*



## ***TOWN OF BABYLON THERAPEUTIC INSTITUTE***

*281 Phelps Lane, North Babylon, New York 11703-4006*

*Phone: 631-893-1050 / Fax: 631-893-2136*

### ***Therapeutic Recreation Program***

Monday	6:30-8:30 p.m.	Arts & Crafts	Phelps Lane Annex
Tuesday	6:30-8:30 p.m.	Bowling	Strike 10 Lanes (Deer Park)
Friday	6:30-8:30 p.m.	Sports	Town of Babylon Annex

*\*Monthly Dance\**

You may register for all of the programs or only some.  
Registration is ongoing and transportation is available if qualified.

### ***Disabled Transportation***

Transportation is available to and from medical appointments on Tuesdays and Wednesdays. Please call for schedule availability.

Transportation for grocery shopping is available on Thursdays and Fridays, beginning at 9:15 a.m. Please call for further information.

Prior notice of 72 hours is required for the scheduling of all transportation appointments. Registration forms must be completed before transportation will be provided.

Town of Babylon Therapeutic Institute, Services for the disabled, is solely responsible for the distribution of the New York State Department of Motor Vehicle Disabled Parking Permit and Meter Waving Permit only to Town of Babylon residents with appropriate documentation.



**ALL ACTIVITIES ARE PENDING. PLEASE CALL FOR FURTHER INFORMATION.**

*The Babylon Therapeutic Institute, Inc. is a non-for-profit corporation funded by the Town of Babylon, County of Suffolk, and State of New York.*



# FOR YOUR INFORMATION



TO KEEP YOU UPDATED WITH IMPORTANT INFORMATION TO ASSIST YOU,  
PLEASE USE THE FOLLOWING NUMBERS AS NEEDED.

### AARP

General 1-888-687-2277; [www.aarp.org](http://www.aarp.org)

### Food Stamps

Catholic Charities 631-789-9546

Social Services 631-854-6600 or 631-854-9935

### Islip Hotline

Referral Services & Crisis Intervention Assistance  
631-277-4700

### Meals on Wheels/Amityville

631-789-5219

### MEDICARE

800-633-4227; [www.medicare.gov](http://www.medicare.gov)

### Residential Energy Assistance Program (REAP)

Program to lower electric costs for income eligible families. 800-263-6786

### Residential Repair

Offers Town of Babylon residents (60+) minor home repairs. 631-789-3309

### SCAT

Suffolk County Accessible Transportation for Disabled. 631-853-8337/631-738-1150

### Social Security

1-800-772-1213; [www.socialsecurity.gov](http://www.socialsecurity.gov)

### Touro Law Center Senior Citizens' Law Program

Free legal services to Suffolk County Seniors 60 years of age or older. 631-761-7470

### Essential Transportation

Provides eligible Seniors with transportation to medical appointments, shopping and Town of Babylon Senior Centers. 631-422-7618/631-893-1056

### HEAP

Home Energy Assistance Program. 631-422-4340

### Long Island Housing Authority

Senior Housing & Subsidized Housing for Seniors.  
631-589-7100

### MEDICAID

For eligibility information call 631-853-8730

### Project Warmth

Provides qualifying families with a one-time grant to pay for emergency home heating services. Contact the Call Center on or around January 15th annually by calling the United Way Helpline at 211 or 1-888-774-7633.

### SafeLink Wireless

Free cell phone service to income eligible Seniors. 68 minutes/month. 800-378-1684

### Senior Citizen ID Card

631-422-7680

### Suffolk County Office for the Aging

631-853-8200

### Town of Babylon Reassurance Program

Homebound seniors can receive a friendly phone call each day at the same time. 631-464-4340

### Veterans Information Center

Sgt. John Sardiello, Post 1634. 631-669-3931





# North Amityville Senior Center

48C Cedar Road, North Amityville, NY 11701 - 631-789-3309



*Director: Tanya Crocker*

Sponsored by the Town of Babylon Rich Schaffer, Supervisor

Funding provided by the Administration for Community Living through New York State Office for the Aging & Suffolk County Office for the Aging and the Town of Babylon.

## DAILY ACTIVITIES

9:30 AM - 10:30 AM

Breakfast

11:00 AM Wed

Arts & Crafts w/Ms. Delories

11:00 AM Mon

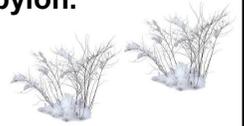
Move & Groove /Jeanette Taylor

12:30 PM

Lunch

2:00 PM

Announcements

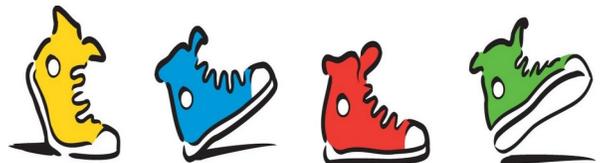


**\*Bingo/Tuesdays & Thursdays.....Cards go on sale at 11:00 AM\***

## Upcoming Events

SUGGESTED ANONYMOUS VOLUNTARY CONTRIBUTIONS OF \$1.00 FOR BREAKFAST & \$2.00 FOR LUNCH IS USED TO ENHANCE THE PROGRAM.

Mon Mar 2	WalMart 10:45a
Tue Mar 3	Bingo 11a
	AFA 1p
Wed Mar 4	Arts & Crafts 11a
	PSEG 10-12p
	Mindful Meditation 1p
Thu Mar 5	Bingo 11a
	AFA 1p
Fri Mar 6	Dollar Tree 11a
Mon Mar 9	Exercise 11a
Tue Mar 10	Bingo 11a
	AFA 1p
Wed Mar 11	Arts & Crafts 11a
	Joyful Hearts 1p
Thu Mar 12	Bingo 11a
	PSEG 10-12p
Fri Mar 13	Hour of Power 11a
Mon Mar 16	WalMart 10:45a
Tue Mar 17	Bingo 11a
	Island Harvest 1-2p
	AFA 1p
Wed Mar 18	Arts & Crafts 11a
	Joyful Hearts 1p
Thu Mar 19	Bingo 11a
	AFA 1p



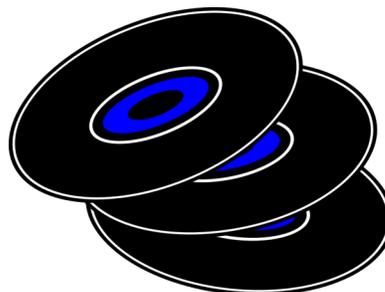


# North Amityville Senior Center



## What are we doing today?

Fri Mar 20	Center Party 11a
	Tai Chi 1p
Mon Mar 23	Exercise 11a
Tue Mar 24	Bingo 11a
	AFA 1p
Wed Mar 25	Arts & Crafts 11a
	PSEG 10-12p
Thu Mar 26	Bingo 11a
Fri Mar 27	Shop Rite 11a
Mon Mar 30	WalMart 11a
Tue Mar 31	Bingo 11a
	AFA 1p



### SPECIAL MESSAGES

- Entertaining music Mondays and Fridays during lunch by DJ Mike.
- Bingo every Tuesday and Thursday.



### NORTH AMITYVILLE SUNSHINE COMMITTEE



The Committee's purpose is to provide care and concern to fellow center members in times of celebration as well as tribulation by sending wishes of congratulations, encouragement or sympathy.

*Sharon Bailey \* Nanette Deas \**

*Mary Brenda McFadigon \* Roberta Turner \**



### Quote of the Month

**“A woman is the full circle. Within her is the power to create, nurture, and transform.”**

-Diane Mariechild - Author of “Mother Wit and Inner Dance.” She leads workshops and lectures frequently on women and Buddhism.



# North Amityville Senior Center



## Happy Birthday to all our March Celebrants!

James Bailey  
 Bernadette Bedford  
 Evelyne Benson  
 Annie Beverly  
 Lee Beverly  
 Eleanor Brown  
 Shirley Brock  
 Wilma Christopher  
 Patricia Cipollina  
 Marguerita Clinton  
 Leslie Cooper  
 Diane Crosson  
 Rose Cunaccia  
 Sharon Daniels  
 Barbara Davis  
 Gladys Diaz

Ida Doughty  
 Daria Harris-Douglas  
 Stanford Douglas  
 Steffan Fingh  
 Annie Gardner  
 Mary Glenn  
 Pinkie Hewan  
 Donald Jackson  
 Charles Johnson  
 Theresa Johnson  
 William Johnson  
 Helen Marron  
 Barbara Matthews  
 Emmanuel Miller  
 Lori McAuley  
 David McLaurin

Jean Newton  
 William Ottman  
 Ajaz Rasol  
 Jeffrey Pittman  
 Margaret Reid  
 Barbara Russell  
 Jeanette Santoro  
 Maedell Scarborough  
 Ivy Scheck  
 Della Simpson  
 Cynthia Sizemore  
 Frances Stephens  
 James Taylor  
 Catherine Walker  
 Dorothy Walthall  
 Rachel Williams



*Birthdays  
 of the  
 Month*



## Forever in our Hearts

### **Aida Peters**

*With Love and Remembrance*

### **Hazel Howell**

*Beloved centenarian—forever remembered*

### **Susanne Harper**

*Guiding light of our Sunshine Committee*

### **Robert Jackson**

*“In loving memory of our senior and World War II veteran. Your service and spirit will always be remembered.”*



Ethel Adams  
 Helen Brown  
 Edna Campbell  
 Jean Deluca



Anna Ellis  
 Patricia Hampton  
 Dorothy Hill  
 Vivian Seeley



## Spring Into Wellness

March is a great time to refresh our routines, boost our energy, and welcome the new season with small healthy habits that add up.

### ✦ **This Month's Focus: Balance & Fall Prevention**

Staying steady on our feet helps us remain independent and confident. Balance exercises can help with:

- ✓ Fewer falls
- ✓ Stronger legs
- ✓ Better posture
- ✓ Improved coordination
- ✓ More confidence while walking

Try one or two of these simple balance-friendly activities each day:

- Stand tall and hold onto a chair while lifting one foot for 5 seconds
- Practice heel-to-toe walking down a hallway (slow and steady!)
- Do seated leg lifts while watching TV
- Take short walks with supportive shoes
- Rise from a chair slowly—no rushing

**Tip:** Safety first—always hold onto something sturdy when practicing balance!

### **Healthy Habits Reminder**

✿ **“Little changes make a big difference!”**

Try adding one healthy choice each day: more water, one extra walk, or one serving of vegetables.



## St Patrick's Day is Tuesday, March 17, 2026



### May Your Days Be Lucky & Bright!

St. Patrick's Day is a fun reminder to enjoy the little things—good company, shared laughter, and a cheerful spirit. Whether you're wearing green, enjoying a festive treat, or simply stopping by the center to say hello, we hope March brings you happiness, good health, and a sprinkle of Irish cheer and wishing **you a wonderful St. Patrick's Day!**

### Schedule Highlight:

**Joyful Hearts** is a welcoming discussion group where seniors come together to connect, share what's happening in their lives, and enjoy meaningful conversation. Topics often include community events, social activities, and uplifting messages. It's a great space to feel supported, stay connected, and start the week with encouragement.

**Wednesdays at 1:00 PM**

### PSEG Community Support Highlight

We are pleased to welcome **Cori Crocilla** from **PSEG** to the North Amityville Senior Center every week. Cori is available **Wednesdays from 10:00 AM to 12:00 PM** to answer questions, address concerns, and provide helpful information about electric service. Seniors can also learn about energy-saving tips, available assistance programs, and ways to help reduce their monthly electric bills. **For personalized assistance, please bring your electric bill with you.** Stop by for friendly, one-on-one support—no appointment needed.



# Food

## *The Recipe Report - Recipe Blog*

St. Patrick's Day is the perfect time to enjoy a warm, hearty classic! This easy corned beef and cabbage dish is full of flavor, simple to prepare, and makes a comforting meal you can enjoy at home—or share with someone special. Bonus: it's great for leftovers, too!

### **Easy Corned Beef & Cabbage Skillet**

*St. Patrick's Day Favorite • Simple & Hearty*

#### **Ingredients:**

- 2–3 cups cooked corned beef (sliced or chopped)
- 3 cups green cabbage (chopped)
- 2 carrots (sliced) *(optional)*
- 1 small onion (sliced) *(optional)*
- 2 tablespoons butter or olive oil
- ½ cup water or broth
- Black pepper to taste

#### **Directions:**

- ◆ In a large skillet, melt butter (or heat oil) over medium heat.
- ◆ Add cabbage (and carrots/onions if using). Cook 5–7 minutes.
- ◆ Pour in water or broth, cover, and simmer 8–10 minutes until tender.
- ◆ Add corned beef and warm through for 3–5 minutes.
- ◆ Season with black pepper and serve hot.

**Serving Tip:** Enjoy with boiled potatoes or a slice of rye bread!



# Poem

## March is Women's History Month

March is Women's History Month, and this year's theme, "**Women Shaping a Sustainable Future**," celebrates the powerful role women play in building healthier communities and a better world for generations to come. From leaders and educators to caregivers, innovators, and everyday changemakers, women continue to inspire progress through resilience, creativity, and compassion. This month, we honor the women who paved the way—and those who are still shaping a brighter future today.

*With caring hands and steady hearts,  
Women have led from the very start.  
They plant new dreams where hope can grow,  
And light the way for all to know.*

*They teach, they build, they heal, they guide,  
With strength and grace, they stand with pride.  
For every child and every land,  
A brighter future is in their hands.*

*With wisdom, courage, love, and truth,  
They shape tomorrow—renew our youth.  
And step by step, through all they do,  
They make the world kinder... and new.*



**North Amityville Senior Center Presents :**  
**Shen Yun 2026**  
**5000 Years of Civilization Reborn**

**SENIORS HAVING FUN!**



Join us for an unforgettable cultural experience as we attend Shen Yun at Lincoln Center — featuring breathtaking dance, music, and storytelling!

**Saturday March 28, 2026**

**@Lincoln Center , NYC**

**Leaving center @ 1 pm**

**Show Starts 6pm**

**Price :\$250 pp**

**(includes Transportation, Lunch at Virgil's BBQ and Show Ticket)**

**Deposit: \$100**

**Final Payments Due 2/20/26**

**Space is limited — reserve your seat early!**

**Payment is required to secure your ticket.**

**NASC 48 Cedar Road, North Amityville, NY 11701 631-789-3309**





## Director's Nook

By Tanya Crocker, Director, North Amityville Senior Center

### Greetings Seniors:

Welcome to March! As we begin to see signs of spring, it's a wonderful time to refresh our spirits, enjoy new beginnings, and continue building strong connections with one another. March brings opportunities for fun, learning, and togetherness here at the North Amityville Senior Center—and I'm looking forward to sharing another great month with all of you.

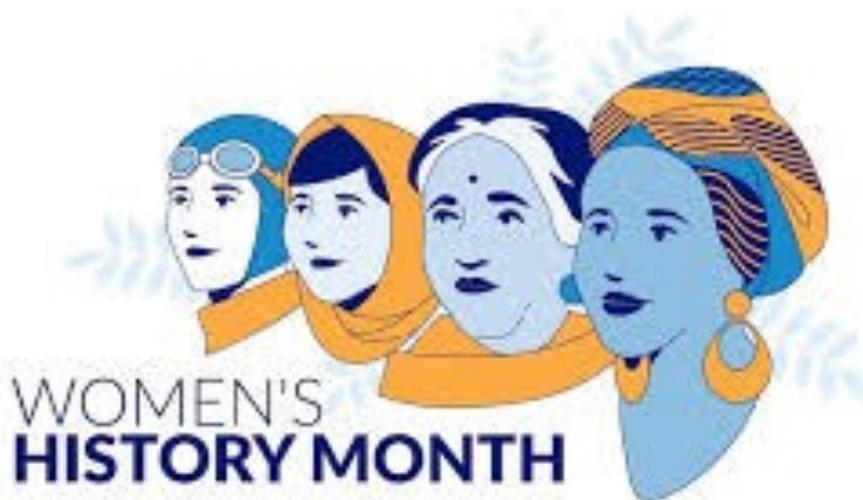
This month, we also celebrate **Women's History Month**, honoring the strength, resilience, and contributions of women in our families and our community. Whether you're joining us for activities, special events, or just stopping in for a friendly conversation, please know that you are always welcome and appreciated.

Thank you for being a part of our senior center family. Let's continue to support one another, stay active, and enjoy all the moments that make life meaningful.

Wishing you a happy, healthy, and wonderful March!

*Love ya!*

*Tanya*



# Spangle Drive Senior Center

438 Spangle Drive, North Babylon, NY 11703 (631) 422-7610

Monday – Friday 9:00 a.m. – 4:00 p.m.

Director: Carolyn Epifane



Sponsored by the Town of Babylon Rich Schaffer, Supervisor

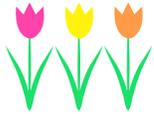
Funding provided by the Administration for Community Living through New York State Office for the Aging & Suffolk County Office for the Aging and the Town of Babylon.

SUGGESTED ANONYMOUS VOLUNTARY CONTRIBUTION OF \$2.00 FOR LUNCH IS USED TO ENHANCE THE PROGRAM

Nutrition Lunches: Must be ordered by 11:00 a.m. of the same day or a day ahead of time.

Mon-Mar 2	Bingo Arts & Crafts w/Beth Ping Pong Wii Bowling Chair Yoga w/Jackie <b>Music w/DONNA LEE</b>	10:45 am All Day 10:00 am-12:00 pm 10:30 am-12:00 pm 10:45 am <b>1:00 pm</b>
Tue-Mar 3	Bingo Ping Pong Drawing Class w/Nick <b>BIG BINGO COME JOIN US!</b>	10:45 am 10:00 am-12:00 pm 11:00 am <b>1:00 pm</b>
Wed-Mar 4	Bingo Arts & Crafts w/Beth <b>Music w/CAPTAIN KIRK</b>	10:45 am All Day <b>12:00 pm</b>
Thu-Mar 5	Bingo Ping Pong Craft class w/Theresa Computer/Cell Phone Class w/Betty <b>Music Memory Café w/Home Instead</b>	10:45 am 10:00 am-12:00 pm 11:00 am 11:00 am <b>1:00 pm</b>
Fri-Mar 6	Bingo Arts & Crafts w/Beth Walmart Tai Chi for Beginners w/Rene	10:45 am All Day 11:00 am 1:00 pm
Mon-Mar 9	Bingo Arts & Crafts w/Beth Ping Pong Wii Bowling Chair Yoga w/Jackie <b>Music w/CURTIS MAXWELL</b>	10:45 am All Day 10:00 am-12:00 pm 10:30 am-12:00 pm 10:45 am <b>1:00 pm</b>
Tue-Mar 10	Bingo Ping Pong Craft class w/Theresa <b>BIG BINGO COME JOIN US!</b>	10:45 am 10:00 am-12:00 pm 11:00 am <b>1:00 pm</b>
Wed-Mar 11	Bingo Arts & Crafts w/Beth <b>Zumba Class w/Ricky (NEW CLASS)</b> <b>Music w/CAPTAIN KIRK</b>	10:45 am All Day <b>11:00 am</b> <b>12:00 pm</b>
Thu-Mar 12	Bingo Ping Pong Craft class w/Theresa Computer/Cell Phone Class w/Betty <b>Music w/JOE D. &amp; THE BOYS</b>	10:45 am 10:00 am-12:00 pm 11:00 am 11:00 am <b>12:30 pm</b>





# SPANGLE DRIVE SENIOR CENTER



Fri-Mar 13	Bingo Arts & Crafts w/Beth Dollar Store <b>Music w/JOE DEPALO'S DANCE BAND</b>	10:45 am All Day 11:00 am <b>11:00 am-1:00 pm</b>	
Mon-Mar 16	Bingo Arts & Crafts w/Beth Ping Pong Wii Bowling Chair Yoga w/Jackie <b>Music w/BOBBY DAMATO</b>	10:45 am All Day 10:00 am-12:00 pm 10:30 am-12:00 pm 10:45 am <b>1:00 pm</b>	
Tue-Mar 17	Bingo Ping Pong Drawing Class w/Nick <b>BIG BINGO COME JOIN US!</b>	10:45 am 10:00 am-12:00 pm 11:00 am <b>1:00 pm</b>	
Wed-Mar 18	Bingo Arts & Crafts w/Beth <b>Zumba Class w/Ricky (NEW CLASS)</b> <b>Music w/CAPTAIN KIRK</b>	10:45 am All Day <b>11:00 am</b> <b>12:00 pm</b>	
Thu-Mar 19	<b>ST. PATRICK'S DAY PARTY</b> <b>Music w/JOE DEPIOLA (MUST SIGN UP by 3/12)</b>	<b>11:00 am-2:30 pm</b>	
Fri-Mar 20	Bingo Arts & Crafts w/Beth Walmart	10:45 am All Day 11:00 am	
Mon-Mar 23	Bingo Arts & Crafts w/Beth Ping Pong Wii Bowling Chair Yoga w/Jackie <b>Music w/TOM PARRIS</b>	10:45 am All Day 10:00 am-12:00 pm 10:30 am-12:00 pm 10:45 am <b>1:00 pm</b>	
Tue-Mar 24	Bingo Ping Pong Craft class w/Theresa SCOFA Senior Advocate <b>BIG BINGO COME JOIN US!</b>	10:45 am 10:00 am-12:00 pm 11:00 am 12:00 pm-3:30 pm <b>1:00 pm</b>	
Wed-Mar 25	Bingo Arts & Crafts w/Beth <b>Zumba Class w/Ricky (NEW CLASS)</b> <b>Music w/CAPTAIN KIRK</b>	10:45 am All Day <b>11:00 am</b> <b>12:00 pm</b>	
Thu-Mar 26	Bingo Ping Pong Craft class w/Theresa Computer/Cell Phone Class w/Betty <b>MAGIC SHOW w/Terry Parrett</b>	10:45 am 10:00 am-12:00 pm 11:00 am 11:00 am <b>1:00 pm</b>	
Fri-Mar 27	Bingo Arts & Crafts w/Beth Dollar Store	10:45 am All Day 11:00 am	
Mon-Mar 30	Bingo Arts & Crafts w/Beth Ping Pong Wii Bowling Chair Yoga w/Jackie <b>Music w/TONY GRANT</b>	10:45 am All Day 10:00 am-12:00 pm 10:30 am-12:00 pm 10:45 am <b>1:00 pm</b>	
Tue-Mar 31	Bingo Ping Pong Craft class w/Theresa <b>BIG BINGO COME JOIN US!</b>	10:45 am 10:00 am-12:00 pm 11:00 am <b>1:00 pm</b>	

## SPANGLE DRIVE OCCASIONS

Lenny Abruzzo  
Giovanna Amaru  
Angelina Dilorio  
Joseph Epifane  
Eastlyn George  
Norah Gusmerotti  
Michele Mingione

Cathy Moraglia  
Martha Pane  
Eloisa Peralta  
Dolores Petersen  
Rosemarie Pressimone  
Rosemarie Prossimo  
Gina Ragozzino

Grace Rapuano  
Darla Raymond  
Pauline Scalise  
Norma Seibert  
Frances Tormey  
Betty Wittong



**HAPPY BIRTHDAY TO ALL OUR MARCH CELEBRANTS**



**HAPPY ANNIVERSARY TO ALL OUR  
MARCH CELEBRANTS**

# SPANGLE DRIVE SENIOR CENTER

Please say a few prayers for our Seniors who are not feeling well:

Larry Askew  
Rosalyn Baskin  
Cathy Bonavoglia  
Joe Cantone  
Connie Catalano  
Andrew Gargiulo



Pat Lodico  
Ginger Marinelli  
Kathy May  
Leyda Negrón  
Rosalie Olszewski  
Loretta Pittman

If we missed anyone, please let the front desk know. Thank you.



*Sincere Condolences & Prayers to the family of:  
Howard Bowe*

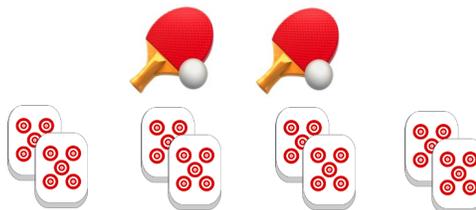


COME JOIN OUR CANASTA CARD GAME ON TUESDAYS  
FROM 10:00 am - 2:00 pm



Come join our knit & crochet group on Thursdays from 10:00 AM-2:00 PM. Bring your own project and chat while you work.

Come join our ping pong group every Mon/Tue/Thu from 10:00 am-12:00 pm.



**PINOCHLE anyone?**  
SPANGLE DRIVE SENIOR CENTER IS LOOKING FOR PINOCHLE PLAYERS!  
PLEASE CALL 631.422.7610 FOR MORE INFORMATION.

If you are interested in playing Mahjong, please call the center at 631.422.7610



# CaRoLYN's CoMeDy CoRnEr



## Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. **"He's a funeral director,"** she answered.

**"Interesting,"** the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, **"I married one for the money, two for the show, three to get ready, and four to go."**





# **CaRoLYN's CoMeDy CoRnEr**



Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts they were able to give their elderly Mother.

The first said, *"I built a big house for our Mother."*

The second said, *"I sent her a Mercedes with a driver."*

The third smiled and said, *"I've got you both beat. You remember how Mom enjoyed reading the Bible? And you know she can't see very well any more. I sent her a remarkable parrot that recites the entire Bible. It took Elders in the church 12 years to teach him. He's one of a kind. Ma-ma just has to name the chapter and verse, and the parrot recites it."*

Soon thereafter, Mom sent out her letters of thanks, *"Milton,"* she wrote one son, *"the house you built is so huge. I live in only one room, but I have to clean the whole house."*

*"Gerald,"* she wrote to another, *"I am too old to travel any more. My eye-sight isn't what it used to be. I stay most of the time at home, so I rarely use the Mercedes. And the driver is so rude!"*

*"Dearest Donald,"* she wrote to her third son, *"you have the good sense to know what your Mother likes. The chicken was delicious!"*



# CaRoLYN's CoMeDy CoRnEr



Two old men are sitting in a bar.

One of them looks at the other & says  
**"You look familiar... where you from?"**

The second old man replies **"Ireland"**

The first old man looks astonished & says

**"No way I'm from Ireland myself, what a small world!"**

The second old man then looks at the first **"What city?"**

The first old man says **"Dublin?"**

The second old man looks astonished

**"No way I'm from Dublin myself! What a small world."**

The first man looks at the second old man **"What school you go to?"**

The second old man replies,

**"Saint Mary's class of 89."**

The first old man is absolutely baffled

**"NO WAY Saint Mary's class of 89 myself! What a small world!"**

At this point, another man comes into the bar & says to the bartender

**"Hey, Joe! Anything interesting going on?"**

The bartender says

**"Not really... but the Murphy twins are drunk again."**



## Poem

# THE RAINBOW

By Joan Wormell

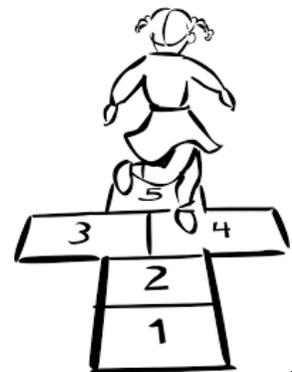
A ray of sun  
Lights a droplet of rain  
In beautiful shades of color  
It becomes very clear  
Whether far or near  
In the sky it seems to hover  
As fast as it came  
It fades away  
Into the gray above  
But the memory remains  
Of that Pot of Gold  
And the rainbow that I love



# The Good Years

It was the year,  
For children to fare.  
Brooklyn, New York was the place.  
Children of all ages with a smiling face.  
The block was Stockton Street,  
Where friends would meet.  
Games we would play,  
For hours in the day.  
Kids in the road,  
With marbles by the load.  
Hopscotch and tag were fun,  
And played by everyone.  
A fire hydrant opened on a hot summer day,  
Kids laughing and barefoot would flock and play.

Copyright © 2008 by Jan Leibowitz



## Untitled

*I treat everyone with kindness...not everyone is kindhearted but I am.*

*I don't do it only for the people I like and respect...that's easy...*

*I also do it for the ones who drive me crazy.*

*Remember...everyone has a story. It may be something they've gone through in the past or something that they are still dealing with.*

*We all have inner battles...so withhold judgement and instead offer consideration that you would like to receive yourself.*

*I also don't feel that we meet people by accident. Every person you meet will have a role in your life...it can be big or it can be small.*

*Remember also that the best Teachers are the ones who don't tell you how to get there but just simply show you the way.*

*And remember my friends...NEVER look down on another person unless you are trying to help them up.*

*So my friends...let us all reach into our*

*Hearts and be Kind to everyone.*

Anonymous



# Spangle Drive March Word Search

I	L	S	B	W	R	F	U	S	P	E	C	H	I
N	U	A	H	C	E	R	P	E	L	R	H	A	R
S	N	O	W	C	S	O	S	I	T	C	E	E	I
N	G	C	O	N	E	E	O	R	U	B	R	W	S
O	A	U	N	A	L	E	S	F	S	F	R	O	H
P	C	C	S	O	Y	C	R	L	E	L	Y	T	P
R	L	S	K	C	O	R	M	A	H	S	B	R	O
W	E	G	C	C	C	L	O	V	E	R	L	Y	T
O	A	K	E	R	M	S	A	B	H	K	O	K	O
M	R	N	I	E	D	P	S	I	O	C	S	C	F
L	L	A	B	T	E	K	S	A	B	A	S	U	G
O	S	L	I	R	A	P	H	H	B	R	O	L	O
L	E	R	A	I	N	B	O	W	S	F	M	N	L
C	S	W	R	S	G	R	A	O	K	A	S	M	D

RAINBOW  
 IRISH  
 SHAMROCKS  
 LUCKY  
 POT OF GOLD  
 CHERRY BLOSSOMS  
 SNOW  
 CLOVER  
 LEPRECHAUN  
 BASKETBALL



*Greetings from Our Center Director, Carolyn Epifane!*



**Happy March Everyone!**

**This February was a cold one, so I hope you read February's newsletter and followed the proper precautions to stay warm and safe.**

**Our Valentine's Day Luncheon was a success. Everyone enjoyed dancing and singing to the music.**

**This month we will be having our annual St. Patrick's Day Party, which will be held on Thursday, March 19<sup>th</sup>. You must sign up by Thursday, March 12<sup>th</sup>. Hope to see all of you there!**

**Wishing all of my friends a very Happy St. Patrick's Day. May each petal of a four-leaf clover bring you good health, good luck, wealth, love and happiness.**

**Also, don't forget to set your clocks one hour ahead on Sunday, March 8<sup>th</sup>.**

**Have a wonderful month! Looking forward to the spring and all the wonderful events to come.**

**Love your friend at Spangle Drive,  
Carolyn**

# Tanner Park Senior Center

Baylawn Avenue, Copiague, NY 11726 631-842-7773

Center Hours: Monday - Friday 9:00am - 4:00pm

Director: *Kerry Riordan*

Billiards/Card Playing/Table Games



Sponsored by the Town of Babylon Rich Schaffer, Supervisor

Funding provided by the Administration for Community Living through New York State Office for the Aging & Suffolk County Office for the Aging and the Town of Babylon.

SUGGESTED ANONYMOUS VOLUNTARY CONTRIBUTIONS OF \$1.00 FOR BREAKFAST & \$2.00 FOR LUNCH IS USED TO ENHANCE THE PROGRAM.

## MARCH

Mon-Mar 2	Morning Bingo with Winnie <b>Music and Entertainment with Willie Sacco</b>	10:45am 12:30pm	
Tue-Mar 3	Computer classes with Betty (By appointment only-See a staff member) <b>Zumba with Ricky</b> (Chair or free standing-Come join the fun!) <b>Karaoke with Carol</b>	11:00am 11:00-12:00pm 12:30pm	
Wed-Mar 4	Line Dancing with Eileen Shopping-Walmart (Sign-up sheet in front lobby) Morning Bingo with Winnie <b>Music with Mark Danti</b>	10:00am-12:00pm 10:30am 10:45am 12:30pm	
Thu-Mar 5	Bingo games (with Cash prizes) Bingo cards sold \$1 each or 6 for \$5	11:00am-2:00pm	
Fri-Mar 6	<b>Joe DePalo's Big Band</b>	10:00am-12:00pm	
Mon-Mar 9	Morning Bingo with Winnie <b>Music with Dominick Paradise</b>	10:45am 12:30pm	
Tue-Mar 10	Computer classes with Betty (By appointment only-See a staff member) <b>Music with Curtis Maxwell</b>	11:00am 12:30pm	
Wed-Mar 11	<b>SCOFA-Senior Advocate</b> Line Dancing with Eileen Shopping-Dollar Tree (Sign-up sheet in front lobby) Morning Bingo with Winnie <b>Music with Bobby Bahama</b>	8:30am-1:00pm 10:00am-12:00pm 10:30am 10:45am 12:30pm	 Line Dancing
Thu-Mar 12	Bingo games (with Cash prizes) Bingo cards sold \$1 each or 6 for \$5	11:00am-2:00pm	
Fri-Mar 13	<b>St. Patrick's Day Party and music by Joe DePiola</b> (You must be signed up to attend this event) *See your party table captain or committee member	11:00am-3:00pm	

# TANNER PARK UPCOMING EVENTS



Mon-Mar 16	Morning Bingo with Winnie	10:45am	
	Irish Tea Leaf Readings with Carol	12:30pm	
Tue-Mar 17	Computer classes with Betty (By appointment only-See a staff member)	11:00am	
	Island Harvest food program	11:00am-12:00pm	
	<b>Music with the LI Banjo's</b>	<b>12:30pm</b>	
Wed-Mar 18	Line Dancing with Eileen	10:00am-12:00pm	
	Shopping-Walmart	10:30am	
	(Sign-up sheet in front lobby)		
	Morning Bingo with Winnie	10:45am	
	<b>Music with Bob D'Amato</b>	<b>12:30pm</b>	
Thu-Mar 19	Bingo games (with Cash prizes)	11:00am-2:00pm	
	Bingo cards sold \$1 each or 6 for \$5		
Fri-Mar 20			
Mon-Mar 23	Morning Bingo with Winnie	10:45am	
	<b>Music and Entertainment with Steve Mitchell as Elvis</b>	<b>12:30pm</b>	
Tue-Mar 24	Computer classes with Betty (By appointment only-See a staff member)	11:00am	
Wed-Mar 25	Line Dancing with Eileen	10:00am-12:00pm	
	Shopping-Dollar Tree	10:30am	
	(Sign-up sheet in front lobby)		
	Morning Bingo with Winnie	10:45am	
Thu-Mar 26	Big Bingo games (with Cash prizes)	11:00am-2:00pm	
	Bingo cards sold \$2.50 each - no limit		
Fri-Mar 27	<b>Horse Racing</b> (Hot dogs will be available to purchase)	<b>12:30pm</b>	
Mon-Mar 30	Morning Bingo with Winnie	10:45am	
	Laugh Clinique with Carol	12:30pm	
Tue-Mar 31	Computer classes with Betty (By appointment only-See a staff member)	11:00am	

ALL EVENTS SUBJECT TO CHANGE

**NOTARY PUBLIC** - Arlene Deland (Tanner Park Staff Office)



# TANNER PARK ACKNOWLEDGEMENTS

## HAPPY BIRTHDAY TO ALL OUR MARCH CELEBRANTS

Christopher Alley	Maria Eckert	Nick Radesca
Veronica Anemone	Joan Gasparro	Ajaz Rasul
George Antoniadis	John Grimaldi	Millie Santiago
Frederick Ardis	Ed Gross	Paula Scalise
Patricia Baker	Maria lamarelli	Danny Scarna
Rosalie Bamundo	Ray Jensen	Connie Sesto
Theresa Bonafede	Kathleen Kavanaugh	Norma Siebert
Cecilia Bourren	Bob Keats	Veronica Strack
Leonardo Caporusso	Anthony Maltese	Ian Tait
Maria Chiarenza	Sue Maone	Linda Tarpinian
Linda Cirillo	James Messina	Ana Torres
Lucy Clemons	James Moran	Maria Trezzo
Ginny Colletti	Barbara Pepe	Nancy Vannata
Mary Cuteri	Fay Possidente	George Vazquez
Sharon Daniels	Marie Powers	Willie Vazquez
Serafina Diana	Walter Puhalski	



## HAPPY ANNIVERSARY

Gloria Amoroso  
Carol Fischer  
Chris Gambino  
Rosemary Imbesi  
Hilda Raimondi



Mary Rock  
Anne Siegfried  
Pat Sejut  
Toni Stevens  
Al Sullo  
Barbara Valcich



## PEACE, PRAYERS AND BLESSINGS



# Chuckles

My son got sent out of class today for being sarcastic. The teacher said, "what would your parents say if I phoned them?"

He replied, "Hello".

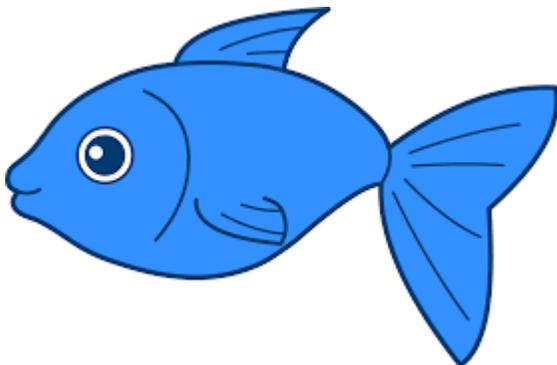
Why did the fish blush?

He saw the oceans bottom.

There's a potato chip truck blocking the highway!

Expect de'lays

Had a little fender bender today. The other driver was a midget. When he got out of the car he said... "I'm not happy!" I said, "which one are you then?"





## TANNER PARK TRIPS



### \*NEW PARKING REGULATIONS FOR TRIPS\*

Please park your cars to the far right of the Tanner Park Senior Parking Lot (when you face the front of the Senior Center the parking spots will be on your right hand side). *Thank you!*

**THE TOWN OF BABYLON ASSUMES NO RESPONSIBILITY FOR ANY INJURY TO PERSONS OR ANY PROPERTY OR LOSS DURING TRANSPORTATION, AT THE ACCOMMODATION, OR DURING ANY OTHER PHASE OF THE TRIPS DESCRIBED WITHIN THIS BOOK.**

**MAKE CHECKS PAYABLE TO: BAYVIEW TOURS INC.**



**MAKE CHECKS PAYABLE TO: BAYVIEW TOURS INC.**

**March 8-12, 2026 (Sun-Thu) LAS VEGAS, NV** (\$1395.00 Double, \$1696.00 Single, \$1349.00 Triple) Checks payable to "Bayview Tours Inc". See trip board in main lobby for more details.

**APRIL 22, 2026 (Wed) JERSEY BOYS-CM PAC OAKDALE** \$165.00 PP

Includes transportation, hot buffet lunch at Jackson Hall, show admission, tax and gratuities! Full payment due at trip sign-up. Payable to "Bayview Tours". Bus departs at 11:15am (boarding at 11:00am). Our estimated return to Tanner Park is 5:30pm, depending on traffic.

**May 5-6, 2026 (Tue-Wed) "THE MARVELOUS WONDERETTES" CAPS & GOWNS at the PINES DINNER THEATRE, Lehigh Valley, Bethlehem, PA-Allentown, PA.** \$429.00 PP Double, \$499.00 Single, \$409.00 Triple. \$100 deposit at trip sign-up. Balance due by March 4, 2026. Includes bus, lodging at Wind Creek, \$40 slot play, 3 meals, a matinee show, snacks & tips!! Bus departs at 8:00am (meet at 7:30am-Tanner Park lower lot). Bus returns to Tanner Park by 7:30pm Wednesday.

**June 3, 2026 (Wed) THEATRE THREE-MEL BROOK'S "YOUNG FRANKENSTEIN"** \$155.00 (limited to 40 seats). Includes transportation, lunch at Ruvo East restaurant, matinee show, snacks, and tips (menu items can change). See trip board in main lobby for further info. Bus departs Tanner Park at 10:15am (10:00 boarding). Returns at 6:00pm.

**July 6-8, 2026 (Mon-Wed) LOBSTERFEAST 2026** \$799.00 Double (\$920 Single/\$769 Triple) Includes bus transportation, two nights lodging, The Game Show with big prizes, two breakfasts, two lunches, two dinners (one w/DJ & open bar), \$25 slot play and \$15 lunch credit at Resorts World Catskills (for those going to the casino), snacks on the bus, taxes & gratuities. \$100 per person due at trip sign-up! Balance is due by May 7, 2026. Check trip board in main lobby for more info.

**Please see Kerry @ Tanner Park Senior Center for more info on these trips or call the office at (631) 842-7773.**

### **NEW TRIP 2027**

**JUNE 10-19, 2027 (Thu-Sat) CRUISE ALASKA** Total trip cost: (estimated):

\$3700.00 per person double occupancy, \$5300.00 single occupancy

This is the estimated TOTAL cost, with ground transportation, round-trip air, 7 nights cruise, one night hotel, tours, most gratuities, taxes and fees. The cruise is secured, but airfare and hotel rates are not currently available.

Details include:

- Depart NY for Vancouver Thursday, June 10, 2027
- Arrive in Vancouver (9pm), with touring the next day
- RC Anthem of the Seas sails June 11-18, 2027 (Fri-Fri)
- Post-cruise bus excursion in Anchorage (Friday)

Evening flight from Alaska to NY arrives next day on Saturday, June 19, 2027.

Information provided is accurate as of 2/2/2026.

\$500 deposit **PER CABIN** due at trip sign-up. See Kerry for more info.



## From the Desk of Kerry Riordan, Director

Happy March to all!

A month closer to spring and the warmer weather. March 20<sup>th</sup> is actually the 1<sup>st</sup> day of spring and on March 8<sup>th</sup> we turn our clocks ahead one hour. The days will be longer and spring will be in the air.

Come on down and enjoy your day at the center. The weather will be getting nicer and we won't have any excuses to stay home. Always something fun to do here.

We have our St. Patrick's Day party on Friday, March 13<sup>th</sup> with a delicious corned beef lunch and music with Joe DePiola.

March is also Women's History month. The Town of Babylon will be hosting our 37<sup>th</sup> Women's History program at the Walter G. O'Connell H.S. in Copiague on March 26<sup>th</sup> at 6pm. Please join us!

Happy March to all.

*Kerry*



# Wyandanch Senior Nutrition Center

28 Wyandanch Ave., Wyandanch, NY 11798 \* 491-4889, Hrs: Mon. - Fri. 9 a.m. to 4 p.m.

*Director: Alicia Portwine*

**Sponsored by the Town of Babylon Rich Schaffer, Supervisor**

**Funding provided by the Administration for Community Living through New York State Office for the Aging & Suffolk County Office for the Aging and the Town of Babylon.**

HOT MEALS ARE SERVED DAILY. VOLUNTARY ANONYMOUS CONTRIBUTIONS FOR BREAKFAST \$1.00 AND LUNCH \$2.00.

TRANSPORTATION PROVIDED FOR SENIORS THAT LIVE IN THE TOWN OF BABYLON ON A LIMITED BASIS.

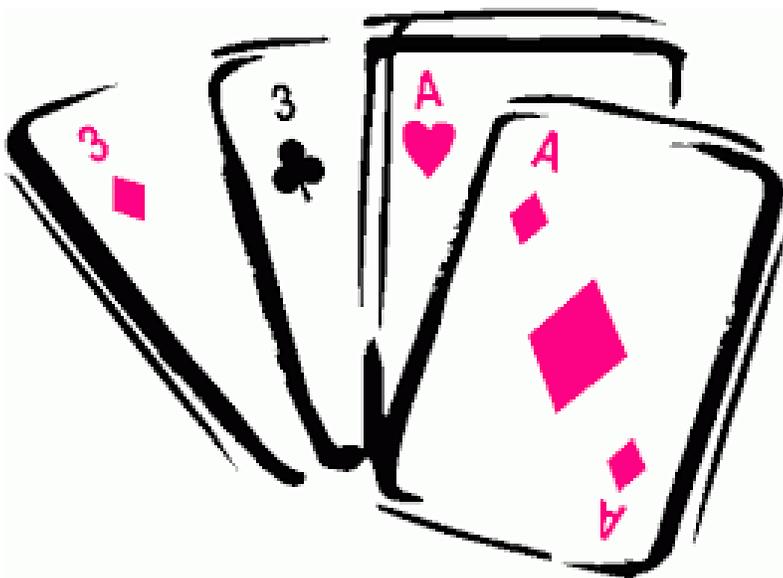
COMPUTER ROOM OPEN DAILY FOR SENIOR USE 11:00AM – 2:00PM

COMMUNITY DEVELOPMENT, FRAIL ELDERLY SERVICES M-F 9:00AM-2:30PM

SENIOR ADVOCATE FROM THE SUFFOLK COUNTY OFFICE OF THE AGING, AVAILABLE TO PROVIDE ASSISTANCE WITH FILLING OUT MEDICAID, FOOD STAMPS & HEAP APPLICATIONS: ONCE EACH MONTH – CALL CENTER FOR DATES.

## Daily Events

ARTS & CRAFTS, BINGO, BILLIARDS, CARD PLAYING, TABLE GAMES, MOVIES, EXERCISE. SUGGESTED ANONYMOUS VOLUNTARY CONTRIBUTIONS OF \$1.00 FOR BREAKFAST & \$2.00 FOR LUNCH IS USED TO ENHANCE THE PROGRAM.



# MARCH



WYANDANCH SENIOR NUTRITION CENTER  
 28 WYANDANCH AVE., WYANDANCH, NY 11798  
 CALL THE CENTER FOR DETAILS AND  
 INFORMATION (631) 491-4889 \*COMPUTER ROOM  
 OPEN DAILY\*

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
1	2 BINGO 11a Exercise 11a Chair Yoga 12:45p French Class 1 1p Table Games/Crafts 1p	3 BINGO 11a Walmart 10:30a French Class 2 1p Crafts/Games/Jewelry 1p	4 BINGO 11a Craft Class 11a Exercise 11a Bowling 12:30p Jewelry Class 1p	5 LI Cares 10:30a-11:30a BINGO 11a AC Health 12:30p Crafts/Games/Jewelry 1p Always Compassionate Care 12:30p	6 BINGO 11a Exercise 11a Craft Class 11a Crafts or Games 1p French Class 1 1p	7
8	9 BINGO 11a Exercise 11a VNS-12:15p Chair Yoga 12:45p French Class 1 1p Table Games/Crafts 1p	10 BINGO 11a Walmart 10:30a French Class 2 1p Crafts/Games/Jewelry 1p	11 BINGO 11a Craft Class 11a Exercise 11a Jewelry Class 1p	12 BINGO 11a Craft Class 11a Exercise 11am Crafts/Games/Jewelry 1p	13 BINGO 11a Exercise 11a Craft Class 11a Crafts or Games 1p French Class 1 1p	14
15	16 BINGO 11a Exercise 11a Chair Yoga 12:45p French Class 1 1p Table Games/Crafts 1p	17 <u>ST. PATRICK'S DAY</u> BINGO 11a Walmart 10:30a French Class 2 1p Crafts/Games/Jewelry 1p	18 BINGO 11a Craft Class 11a Exercise 11a HWCLI @ 12:30p Jewelry Class 1p	19 BINGO 11a Exercise 11am Craft Class 11a Crafts/Games/Jewelry 1p AFA trip-12:45p	20 BINGO 11a 	21
22	23 BINGO 11a Exercise 11a Chair Yoga 12:45p French Class 1 1p Table Games/Crafts 1p	24 BINGO 11a Walmart 10:30a French Class 2 1p Crafts/Games/Jewelry 1p	25 Senior Advocate 10A-1P BINGO 11a Exercise 11a Jewelry Class 1p Craft w/Boyd Funeral Home 12:45p	26 BINGO 11a Exercise 11am Craft Class 11a Crafts/Games/Jewelry 1p TOB Women's History	27 BINGO 11a 	28
29	30 BINGO 11a Exercise 11a Chair Yoga 12:45p French Class 1 1p Table Games/Crafts 1p	31 BINGO 11a Walmart 10:30a French Class 2 1p Crafts/Games/Jewelry 1p		Program 6pm Copiague HS Women's History Month 		

# Wyandanch Senior Nutrition Center

## MARCH BIRTHDAYS

Sandra Velez  
Perry Myers  
Lucy Clemons  
Mary Warren  
Vernell Garrett  
Nelly Nash  
Vanessa Simpson

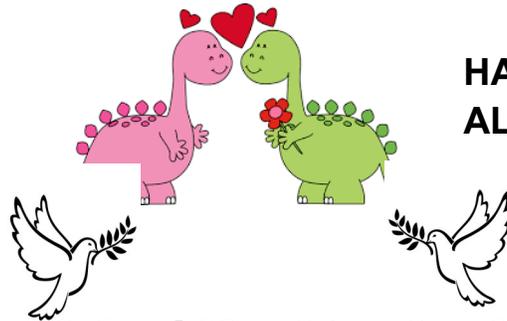
Francisco Sanchez  
Janice Washington  
Violette Basile  
Jeanette Zambrotta  
Cherryl Spencer  
Fred Briggs  
Patricia Greenridge

Bertha Robinson  
Kenneth Segers  
Henry Finn  
Ellen Britt  
Nathaniel Mitchell  
Gracie Hull  
Esther White



*"Count your age by friends, not years. Count your life by smiles, not tears." — John Lennon*

We hope your birthday is full of rainbows, love and laughter!



**HAPPY ANNIVERSARY TO  
ALL MARCH CELEBRANTS!**

### CONDOLENCES and COMFORTING THOUGHTS TO:

To the family of **Ms. Mattie Briddel**, a newer member of the center. Always giving a smile and warm greeting to everyone she met. To our senior cook **Fannie Thompson** on the loss of her husband of 39 years, **Jay Thompson**. **Jay** was a man of honor and his family was everything to him. To the family of **Kenneth Lindsay**, a former driver for our senior buses and a past Senior center member and Committee member here at the Center. Kenny was the man, organizing party and trips for the center as well as teaching everyone the latest line dances and singing his favorite gospel or old school songs. Mr. Kenny gave so much to us, please keep his wife and family in prayer.

*"May your happy memories give you peace and comfort during this challenging time."*



Alda Miller  
Ruth Mann  
Pauline Chamberlain  
Jeanette Zambrotta  
Dorothy Crawford  
Fannie Batchelor

Barbara Brown  
Stanley Payne  
Patricia Lewis  
Deborah Mack  
Celia Pierre

*"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou*



# LAUGH FOR THE DAY



**What does the shamrock say to a leprechaun on March 17<sup>th</sup>?** Irish you a happy St. Patrick's Day!

**Did you hear about the man who proposed to his girlfriend on St. Patrick's Day with a cubic zirconium ring?** Talk about a sham-rock!

**Why do basketball players who love building with Legos never make it to the March Madness tournament?** Because they only throw bricks!

**Can you believe how long February felt this year?** Thankfully, time Marches on!

**Why is everyone so tired at the end of the third month of the year?** 31 days is a long March!

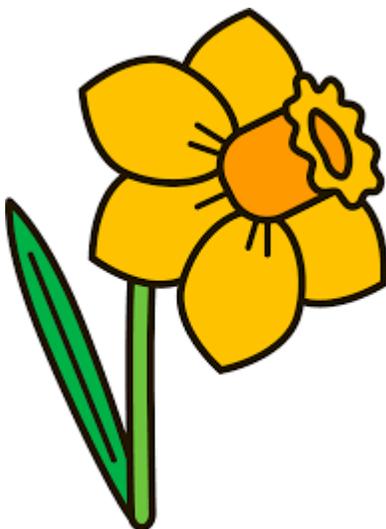
**How is a clock like a frog in March?** They both spring ahead!

**Why do gardeners always poor mulch at the base of their trees in March?** To make sure their underplants stayed covered!

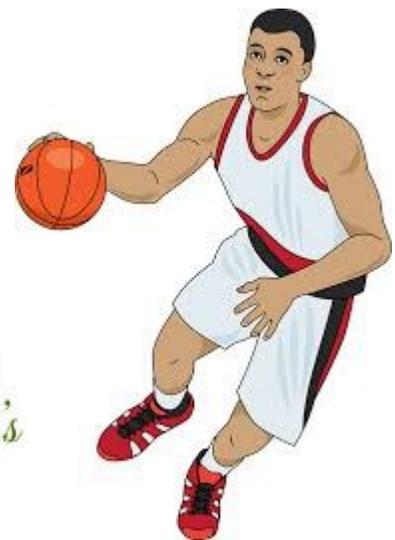
**What did the flower say to the angry gardener when he sprouted three weeks early?** Daffodil with it!

**What kind of flower can you expect to kiss you when it arrives in March?** The one with tu-lips!

**How do trees make sure that they're heard when they start budding in March?** They use amp-leaf-ication!



*Happy  
St. Patrick's  
Day*



# Food

## Food History- National Cheese Doodle Day

Today we celebrate cheese doodles, snacks which are also commonly known as cheese puffs or cheese curls. Cheese doodle is a colloquial term which is taken from a brand of the snack Cheez Doodle. Cheese doodles are made of puffed corn of various shapes and sizes- they may be curly, straight, made into balls, and more. They are covered with cheese powder or a cheese-flavored powder. The most popular brand in North America today is likely Cheetos, which debuted in 1948 and is made by Frito-Lay.

Two different companies are credited with inventing cheese doodles or puffs in the 1930s. One was the Flakall Corporation in Beloit, Wisconsin. A machine to make them was patented by Clarence J. Schwebke in 1939. The cheese puffs began being sold by the Adams Corporation in 1946, under the name of Korn Kurls. The other early company to make the snack was the Elmer Candy Corporation in New Orleans. They invented their version in 1936. Being given the name CheeWees, they began being marketed by Elmer's Fine Foods in the 1940s, and are still made today.

Cheez Doodles became the most popular brand of the snack on the East Coast. They were invented -or "developed" as he called it-by Morrie Yohai, who was president of the King Kone Company in the Bronx, which he owned with his late father and cousin. King Kone made ice cream cones and cheese crackers, among other things. They eventually changed their name to Old London Foods. Yohai came across a machine that "processed cornmeal under high pressure into a long tube shape." He used a blade to cut the product into three-inch-long-tubes, flavored it with orange cheddar cheese and other seasonings, and baked it. In 1948, the company released it as a Cheez Doodle. In the 1960s, Old London Foods was bought out by Borden, and Yohai became vice president of Borden's snack division. Wise Foods was one of the snack companies owned by Borden, and Cheez Doodles were under their wing. Wise Foods has since been bought out several times, but Cheez Doodles continue to be made.



# Poem

## Hope Is the Thing with Feathers

“Hope” is the thing with feathers-  
That perches in the soul-  
And sings the tune without words-  
And never stops-at all-

And sweetest- in the Gale-is heard-  
And sore must be the storm-  
That could abash the little Bird  
That kept so many warm-

I’ve heard it in the chilliest land-  
And on the strangest Sea-  
Yet-never-in Extremity,  
It asked a crumb-of me.



**IT'S  
GAME  
DAY**

# MARCH MADNESS WORD SEARCH



S	B	C	H	A	M	P	I	O	N	S	H	I	P
L	U	S	E	C	N	U	O	B	H	A	U	F	A
F	Z	T	N	E	M	A	N	R	U	O	T	S	B
Z	Z	L	E	A	G	U	E	C	E	A	S	B	R
A	E	T	U	M	L	N	K	C	F	I	H	E	A
R	R	I	E	E	A	U	A	F	S	A	C	S	C
E	L	R	B	A	E	R	E	T	G	N	A	T	K
B	E	E	B	S	M	S	C	A	O	E	O	A	E
O	M	A	D	N	E	S	S	H	A	S	C	A	T
U	A	S	P	O	O	H	S	E	L	E	B	L	T
N	S	D	E	F	E	N	S	E	I	M	A	R	U
D	N	I	B	L	L	A	B	T	E	K	S	A	B
U	S	I	N	T	E	R	C	E	P	T	I	O	N
H	P	D	N	E	S	N	E	F	F	O	C	O	A

- BASKETBALL
- OFFENSE
- ASSIST
- HOOPS
- TEAM
- MADNESS
- BUZZER
- INTERCEPTION
- GOAL
- REBOUND
- LEAGUE
- MARCH
- BRACKET
- BOUNCE
- CHAMPIONSHIP
- DEFENSE
- TOURNAMENT
- COACH

NAME: \_\_\_\_\_

SCORE: \_\_\_\_\_





# St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A



CLOVER  
COINS  
CORNED BEEF  
TRADITION  
GREEN

IRELAND  
IRISH  
LEPRECHAUN  
LUCK  
MARCH

PARADE  
PATRICK  
POT OF GOLD  
RAINBOW  
SHAMROCK



CRAYONSANDCRAVINGS.COM

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**WORD SCRAMBLE**  
**DIRECTIONS:**  
Unscramble each set  
of letters to discover  
a vocabulary word  
relating to the fun-  
filled month of March.

CNSTIE \_\_\_\_\_  
TEYBUFLRT \_\_\_\_\_  
TPCAIRK \_\_\_\_\_  
REENG \_\_\_\_\_  
RDGENA \_\_\_\_\_  
REWOFL \_\_\_\_\_  
IKET \_\_\_\_\_  
RAMHC \_\_\_\_\_  
IGNSPR \_\_\_\_\_  
PAARDE \_\_\_\_\_  
YDNWI \_\_\_\_\_  
PCHRAUNELE \_\_\_\_\_

OLERV \_\_\_\_\_  
LOOMB \_\_\_\_\_  
KULC \_\_\_\_\_  
SRTAEE \_\_\_\_\_  
ROWNABI \_\_\_\_\_  
CICPNI \_\_\_\_\_  
MHCROSKA \_\_\_\_\_  
ESSOAN \_\_\_\_\_  
FDOFDIAL \_\_\_\_\_  
QXUNOEI \_\_\_\_\_  
SBAAKETBALL \_\_\_\_\_  
OUDROTOS \_\_\_\_\_

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**Answers Unscramble:**

- |              |                |                |
|--------------|----------------|----------------|
| 1. Insect    | 9. Spring      | 17. Rainbow    |
| 2. Butterfly | 10. Parade     | 18. Picnic     |
| 3. Patrick   | 11. Windy      | 19. Shamrock   |
| 4. Green     | 12. Leprechaun | 20. Season     |
| 5. Garden    | 13. Clover     | 21. Daffodil   |
| 6. Flower    | 14. Bloom      | 22. Equinox    |
| 7. Kite      | 15. Luck       | 23. Basketball |
| 8. Charm     | 16. Easter     | 24. Outdoors   |

## **A MESSAGE FROM ALICIA PORTWINE DIRECTOR, WYDANCH SENIOR NUTRITION CENTER**

Magnificent March,

We have made it through a rough winter and are ready to welcome the spring. Winter months can keep us indoors, but as the weather warms, it's an excellent time to get out and enjoy the fresh air. However, as we move from the cold of winter to the mild warmth of spring, it's important to adjust your exercise routine accordingly. If you have been sticking to indoor activities, it's a good idea to ease into outdoor exercises like walking, stretching, or swimming. Gradually increase the intensity of your workout to avoid overdoing it too soon.

*Peace always,*

*Alicia*

“Our life is March weather, savage and serene in one hour.”-**Ralph Waldo Emerson**



“Don’t sit down and wait for the opportunities to come. Get up and make them.”-**Madam C.J. Walker**

Wyandanch Senior Nutrition Center  
 28 Wyandanch Avenue  
 Wyandanch, New York 11798  
 631 491-4889

# MARCH 2026

Sun	Mon	Tue	Wed	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				

Persons with self-declared incomes at or above 185% of the federal poverty level are encouraged to make a contribution equal to the actual cost of the meal. If you would like to visit the Center for lunch, you must call one day in advance before 12:00 noon to advise us at (631) 491-4889.

\*\*\*MENU SUBJECT TO CHANGE\*\*\*SEE YOUR CENTER MANAGER FOR UPDATES\*\*\*

# Wrinkles in the Mirror

Studying my face in the mirror  
I noticed wrinkles.  
I was about to feel sorry  
For myself for aging so,  
until I took a closer look,

and,

I realized that  
they were not really  
wrinkles.

They were really  
more like smiles  
etched on face,  
reflecting moments  
and memories  
of a life fully lived.

They represented the  
happy, sad, and profound lessons  
life has taught me.

These wrinkles  
give my face character.

Submitted by: Gene McParland  
North Babylon



## Senior Citizen Trivia Questions & Answers

- 1. In 1960, someone used a U-2 plane for spying and was imprisoned by Russia. Who did it?**  
Gary Powers was imprisoned for his spying activities.
- 2. What was the name of the first novel that was ever written using a typewriter?**  
"Tom Sawyer" was written by Mark Twain, and it was the first book to be written on a typewriter.
- 3. What do fire escapes, laser printers, bulletproof vests and windshield wipers have in common?**  
They were all invented by women.



## Our Lady of Grace

### Widows & Widowers Club

Our Lady of Grace Parish Center  
666 Albin Avenue, West Babylon, NY 11704  
Sarah Wankmiller, President  
(631) 482.8584

#### MONTHLY MEETINGS

Third Friday of the month, 12noon, Room 109  
Our Lady of Parish Center-Refreshments served.

#### ACTIVITIES

Luncheons, Chinese Auctions, Bingo  
Silent Auctions, Excursions

**PLEASE CALL FOR FURTHER INFORMATION.**



- 4. Each day, Hasbro prints more money for Monopoly than the United States Treasury prints for the entire country. Is this true or false?**

Believe it or not, this amazing fact is entirely true.

- 5. Who created the miniskirt in 1964?**

A British designer named Mary Quant eventually became famous for inventing the miniskirt in 1964.



- 6. During the 1950s, Daniel Boone and Davy Crockett were famous for wearing a certain kind of hat. What was it?**

Both men were known for wearing coonskin hats.

- 7. True or false? When Hershey Kisses first came out in 1907, they did not have an inner strip. This was added in 1921 to distinguish Hershey Kisses from their competition.**

This is entirely true. Until 1921, Hershey Kisses came wrapped in foil only. The little plumes eventually became one of the most iconic aspects of Hershey Kisses.



- 8. In 1963, the United States Postal Service added something to every address in the United States. What was it?**

During 1963, every household was attached to a ZIP code for the first time.

- 9. Bob Dylan said you should not trust people over a certain age. What age was that?**

He said to never trust anyone over the age of 30.

Source: <http://crestwoodmanoronline.org/blog/25-remember-when-trivia-questions-for-seniors/>

*Barbara*

# Seniors of St. Cyril & Methodius Church

Senior Center, 125 Half Hollow Road  
Deer Park, New York 11729 631-667-4044

Dorothy Gallub - President  
Debbie Vicovich - Vice President  
Mary Indelicato - Treasurer

**Monthly Meetings: 1<sup>st</sup> Tuesday at 2:30 P.M.**

ACTIVITIES: Art class, Exercise, Bingo.

Instructors: Annette Campbell & Marge Pasqualone.



## DEER PARK HOMEMAKERS

*Come for:*

- ❖ Crafts, Games, Speakers
- ❖ Community Service Projects
- ❖ Outings to Local Off-Broadway Plays and Places of Interest
- ❖ Fun, Conversation and Refreshments



**When:** Most Mondays of the month at 10 a.m.

**Where:** Community Presbyterian Church  
1843 Deer Park Avenue (corner of Lake Avenue)

**Contact:** Sue Cotter at 631-669-8312

*Note: Not affiliated with any church denomination)*

## Amityville Village Senior Citizens

Park North School

Park Ave. & Ireland Place, Amityville (enter at rear parking lot)

Phone: 264-5353

**Director: Myra Lee (917) 362-2777**

### Commission Members:

Janice Soares, Pat O'Neill, Marilyn Brous, Sheila Schroeder, Christine Schulze, Carol Seery,  
Liaison – Jessica Bernius

Directions: Rte. 110 South, bear right at the gazebo. At the blinking light, turn right onto Ireland Place. Make a left into the parking lot behind the red brick building. Enter through the rear door and up the ramp.

**Current Operating Hours 9:30 a.m. — 1:30 p.m.**

**Please call for further information**



**BIRTHDAY GREETINGS  
TO ALL MARCH  
CELEBRANTS!**



## Meaning & Origin of Common English Expressions

# Straight from the horse's mouth



**Definition:** To get information directly from a reliable source.

**Origin:** During the 1900s, in order to determine the age of a horse, a buyer would examine its teeth. This would confirm or dispute the age that the seller claimed.

Source: <https://storyempire.com/2024/08/12/the-origins-of-21-common-phrases/>

*Barbara*

## Things You Might Not Know Were Invented by Women

Necessity isn't the only mother of invention. Though it wasn't always easy to get patents or the credit they deserved, women are responsible for many items we use today. Below are some of the best inventions women have been responsible for throughout history.

# Monopoly



Elizabeth Magie created *The Landlord's Game* to spread the economic theory of Georgism—teaching players about the unfairness of land-grabbing, the disadvantages of renting, and the need for a single land value tax on owners. Fun stuff! Magie patented the board game in 1904 and self-published it in 1906. Nearly 30 years later, a man named Charles Darrow rejiggered the board design and message and sold it to Parker Brothers as *Monopoly*. The company bought Magie's patent for the original game for \$500 and no royalties.

**Barbara**

Source: <https://www.mentalfloss.com/article/53164/19-things-you-might-not-know-were-invented-women>

# NEW YORK TRIVIA

According to the International Bartender's Association, 5 cl of Rye Whiskey, 2 cl of sweet red vermouth, and a dash of Angostura bitters are the ingredients in what cocktail, which is named for a New York City borough?

**Answer: Manhattan**



*New York*

Source: <https://www.funtrivia.com/en/Geography/New-York-City-13022.html>

*Barbara*



# RAINBOW SENIOR CENTER



293 Buffalo Ave. Lindenhurst, 631-957-7526  
Funded by Incorporated Village of Lindenhurst  
Dawn Shipsey – Center Manager  
Weekly Hours – 8:00 am – 3:30 pm

Monday & Wednesday – Exercise Class 10:30  
Tuesday & Friday – Bingo 10:45 am  
Thursday – Quilt Class 10:30 am – 2:30 pm  
Friday – Art Class 10:00 am – 2:00 pm  
Mon – Friday – Card Room & Pocket Billiard



## ~FEBRUARY 2026~

~ THE RAINBOW SENIOR CENTER IS A NUTRITION SITE ~  
HOT MEALS ARE SERVED EVERY MONDAY - FRIDAY.

SUGGESTED VOLUNTARY & ANONYMOUS CONTRIBUTION OF \$2  
FOR INFORMATION PLEASE CONTACT OUR OFFICE. 631-957-7526

Funded by the U.S. Administration for Community Living through  
New York State Office for the Aging and Suffolk County Office for the Aging



## OUR WEEKLY EVENTS

### EXERCISE CLASS – 10:30 AM

### MONDAYS & WEDNESDAYS

Start your morning with our sit-down exercise class. Plenty of bending & stretching.

### EXERCISE CLASS w/MAXINE – 11:00 AM

### MONDAYS

Join us for some fun and fitness. Bring your light weights if you choose.

### BINGO 10:45AM

### TUESDAYS & FRIDAYS

B-I-N-G-O!

### TAI CHI & ACUPRESSURE – 11:00 AM

### WEDNESDAYS

A self-paced system of gentle physical exercise and stretching along with learning the technique of pressing acupoints to help muscles relax and improve blood flow.

### QUILTING CLASS – 10:30 AM – 2:30 PM

### THURSDAYS

Join our quilting class and learn to sew. Projects are for donation & personal use.

### ART CLASS – 10:00 AM – 2:00 PM

### FRIDAYS

Join our art class and learn to paint. Beginners thru advanced seniors are welcome.

Van Service from your home to and from the Rainbow Center provided to Inc. Village of Lindenhurst & Town of Babylon Residents at NO Charge.  
PLEASE CALL FOR DETAILS.

# OUR MONTHLY EVENTS

## **SENIOR ADVOCATE – 8:30 – 10:30 AM**

**WEDNESDAY ~ MARCH 4**

If you need to see our Suffolk County senior advocate please call the office for an appointment.

## **RIGHT HERE, RIGHT NOW – 10:30 AM CHAIR YOGA**

**THURSDAY ~ MARCH 19**

Low stressor chair yoga and breathing exercises.

## **CAPTAIN KIRK – 11:00 AM**

**THURSDAY ~ MARCH 26**

Dance the morning away with DJ Captain Kirk. Pizza available to order in the office morning of by 10:30 AM. \$2.50 per slice, soda and snack.

# SAVE THE DATE

## **LINDENHURST HIGH SCHOOL SENIOR CITIZENS PROM**

**SATURDAY ~ APRIL 25**

The L.H.S. annual senior citizen prom enjoys *"A Night in the City"*. Tickets are a \$7 donation for the Rainbow Senior Center Scholarship Fund. Please purchase tickets in the Rainbow Center office. Absolutely NO tickets will be sold at the door. From 4 – 7 PM at the Lindenhurst Senior High School. Directions are available.

# RAINBOW TRIPS

All trips must be signed up for in advance

## **DIAL M FOR MURDER**

**SUNDAY ~ APRIL 19**

Manes Studio Theatre presents *Dial M for Murder*. Dinner following at Goccia D'Oro. \$68 per person cash. Call Joan for availability.

## **WIND CREEK CASINO**

**MONDAY ~ MAY 4**

Take a chance at Wind Creek Casino in Bethlehem, PA. \$80 per person cash, includes current casino package and transportation.

## **WOODLOCH PINES RESORT**

**MONDAY – FRIDAY ~ MAY 25 – MAY 29**

See Joan for details.



## **DRIVERS WANTED**

The Town of Babylon is hiring  
On-call Senior Van Drivers

This position requires that you have a CDL License with a "P" endorsement.

\$17.41/hour

Please contact:

The Department of Human Services

631-464-4340



## Advertisement

# Are You on Medicare or Soon Becoming Eligible For Medicare?

*Are You Paying More Than \$20 For Your Brand Name Drugs?*

*Do You Pay Hundreds A Month For Your Plan, But Go To The*

*Doctor Less Than 20 Times A Year?*

*Are You Finding It Hard To Keep Up With Your Monthly Copayments?*

*Confused About Medicare And Your Best Options?*

**If You Answered "Yes" To Any Of These Questions, You Need To Call Us!**

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### **Did you know?**

60% of the current medicare population is on the wrong plan? (Most people make their medicare plan decision based on a television commercial, or a family friend/relative)  
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THAT'S WHAT WE DO!**

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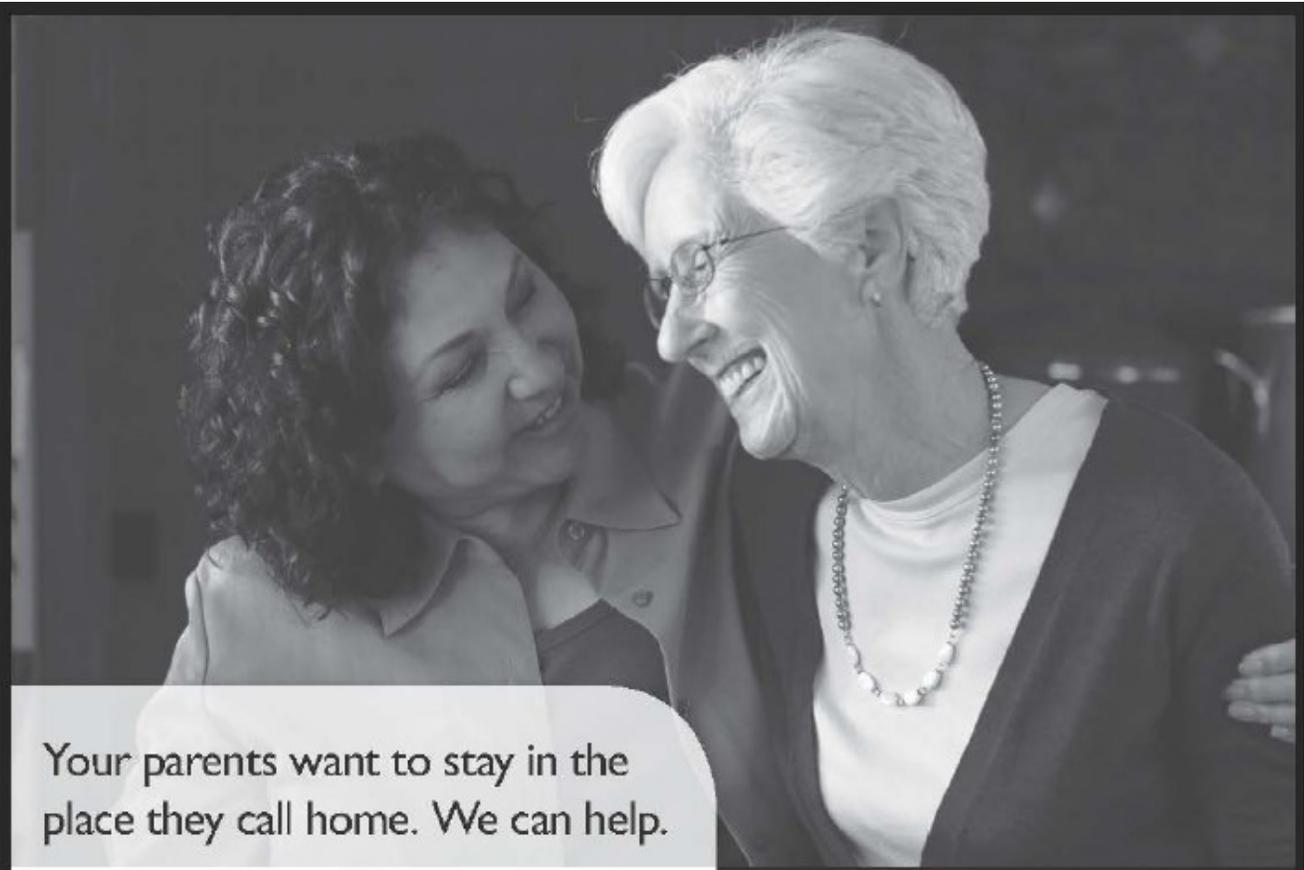


370859N031120

*when you're here, you're home...*

565 Albany Avenue | Amityville, NY 11701 | (631) 842-6091 | [www.dominicanvillage.org](http://www.dominicanvillage.org)

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- Telehealth
- Pastoral Care
- Behavioral Health
- Palliative Care
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- Home Infusion

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- Volunteer Services
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- Short-term inpatient care for symptom and pain management
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# Advertisement



Urban League of  
Westchester County, Inc.

**FOR LONG ISLAND AND  
QUEENS RESIDENTS**

**URBAN SENIORS JOBS PROGRAM /SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**

**EARN UP TO \$400.00 A WEEK!!!**



**AGES 55 AND OLDER**

- ✓ LOW INCOME
- ✓ UNEMPLOYED

**INTERNSHIP & APPRENTICESHIPS**

- ✓ Paid on the Job Training
- ✓ Access to job fairs & recruitment opportunities
- ✓ Counselors & Career Advisors

**The Urban Seniors Jobs Program (USJP)**

Is a workforce development program that provides subsidized, service-based training, supportive services and skills training for low-income, unemployed persons 55 or older.

The goal of the program is to provide workers with on-the- job paid training to help them develop the skills and confidence to find employment.

**EQUAL OPPORTUNITY EMPLOYER**

**For information, please call any of our three locations:**

**Suffolk County  
(631) 464-4560  
Ext.1**

**Nassau County  
(516) 485-5000  
Ext. 1140**

**Queens  
(929) 609-1085**

The National Urban League Urban Seniors Jobs Program is ninety percent (90%) funded by the U.S Department of Labor. The total value of the grant is \$15,427,242.32 of which \$13,884,517.99 is federally funded and \$1,542,724.33 (10%) is from non-federal funding.

## Advertisement



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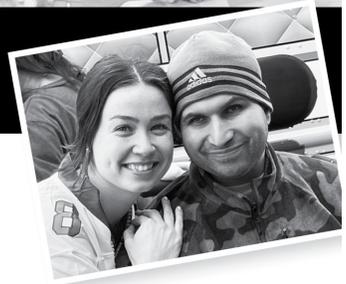
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# Advertisement

## We make senior living simple.

Call us when it's time to consider senior living.

Oasis Senior Advisors is a **free** and confidential service that navigates senior care options. We offer resources, knowledge and expertise to personalize your family's needs and find the "right" fit. No matter where you are going, Oasis makes getting there easy.

### Our services include, but are not limited to:

- An in-person consultation and assessment to determine, narrow down, and tour available senior living options that are the "right" fit.
- Resources for trusted legal advice, senior movers, geriatric care managers, dementia specialists, physicians and more.



### **Matt Virgilio**

President

 (631) 372-2190

 [MVirgilio@YourOasisAdvisor.com](mailto:MVirgilio@YourOasisAdvisor.com)

 [OasisSeniorAdvisors.com/Central-Long-Island](https://OasisSeniorAdvisors.com/Central-Long-Island)

 Central Long Island





## *Discover The Power of Nutrition*

Every March, the Academy of Nutrition and Dietetics takes the lead in the annual campaign of National Nutrition Month. This year they are focusing on “Discovering the Power of Nutrition”. This brings attention to the importance of making healthier food choices while staying on a budget and connecting you to a Registered Dietitian Nutritionist.

Select from a variety of foods from the major food groups. For instance, making half your plate fruits and vegetables, besides adding color to your plate, they are rich in vitamins, minerals, and dietary fiber. Aim for at least 2 cups a day. Make half your grains *whole* grains; select breads, cereals, rice, and pasta made with *100%* whole wheat.

Switch to lean proteins or plant-based proteins. This includes skinless poultry, fish, lean cuts of beef, beans, lentils, or tofu to name a few. The amount of protein varies from person to person. Choose low-fat or fat-free dairy products; aim for 3 servings a day. Making these simple changes can help prevent chronic diseases like heart disease, diabetes, high blood pressure, among others.

When you find yourself having trouble sticking with your weight plan or health goal consulting a Registered Dietitian Nutritionist (RDN) can be helpful. An RDN can come up with a meal plan that specializes in your needs and offer accurate sources of nutritional information that is backed by science. Additionally, they can assist you in learning about food safety, cooking methods, and meal preparation to help you avoid mealtime stress.

RDN's also may assist you with connecting you to your local community resources such as senior citizen centers and/or local food pantries. This is especially beneficial if you find yourself facing food insecurity. Local senior citizen centers may provide you with a hot meal or two straight to your home in the event you are not able to get around. Local food pantries provide free non-perishable groceries such as canned goods, cereal, pasta, or canned meats. So, this March don't be afraid to discover the power of nutrition!

Visit our website for more information & free programs. [www.snapedny.org](http://www.snapedny.org).



Cornell Cooperative Extension | Suffolk County

423 Griffing Avenue, Suite 100 • Riverhead, New York 11901-3071 • 631.727.7850 • [www.ccesuffolk.org](http://www.ccesuffolk.org)

# Town of Babylon Health & Wellness

## Hot Tips from Rob



## Healthy Aging: The Power of Sleep and Nutrition

March is a month of awareness for both Nutrition and Sleep! It is the perfect time to focus on two essentials for senior health: balanced diet and proper rest. These pillars of wellness work hand-in-hand to increase health, boost energy, improve mood, and support longevity.

### Nutrition: Fuel for a Vibrant Life

As we age, our bodies need fewer calories but more nutrients to maintain strength and vitality. Good nutrition helps prevent chronic conditions, supports immunity, and keeps energy levels steady.

### Benefits of Good Nutrition

- Supports heart and brain health
- Maintains strong bones and muscles
- Boosts energy and mood
- Helps manage chronic conditions



### Easy Nutrition Tips

- Eat colorful plates: Include fruits and vegetables of different colors for a variety of nutrients (Fun Tip: eat seasonal foods)!
- Stay hydrated: Aim for 6–8 glasses of water daily.
- Choose lean proteins: Fish, poultry, beans, and nuts are great options.
- Limit processed foods: Reduce added sugars and sodium.
- Add fiber: Whole grains, fruits, and vegetables aid digestion and help lower cholesterol and blood pressure.

### Sleep: Your Body's Natural Reset

Sleep is much more than rest; it is essential for memory, mood, and physical health. Seniors often experience changes in sleep patterns, but quality sleep remains crucial for healthy aging.

### Benefits of Good Sleep

- Improves memory and concentration
- Supports immune system
- Reduces risk of falls and accidents
- Enhances emotional well-being

### Easy Sleep Tips

- Stick to a schedule: Go to bed and wake up at the same time daily.
- Limit Electronics: Turn off stimulating TVs, phones, computers before bed.
- Create a calming routine: Read or listen to soothing music before bed.
- Limit caffeine and alcohol: Especially in the afternoon and evening.
- Keep the bedroom cool and dark: Ideal for restful sleep.
- Stay active during the day: Light exercise promotes better sleep.



### Final Thought

Healthy aging starts with small, consistent habits. By prioritizing balanced nutrition and restful sleep, everyone can enjoy more energy, better health, and a higher quality of life!

Have a healthy and restful March,

**Rob Labiento, TOB Health & Wellness Director**

# West Babylon Public Library

211 Route 109 West Babylon, NY 11704 (631) 669-5445



## LUCK BY THE PIECE: SHAMROCK MOSAIC

**Monday, March 2, 6-8:30 pm**

Create your own shamrock mosaic! No experience needed—just a bit of luck and creativity. Craft a sparkling four-leaf masterpiece perfect for St. Patrick's Day or gift giving. **Non-refundable/transerable program fee: \$5.**

## ENGLISH FOR BEGINNERS

**Tuesday, March 3**

**6:15-7:15 pm**

Join us for this monthly class to help enhance your English language skills.

## YOGA

**Wednesdays: March 4-25**

**6-7 pm**

Non-refundable/transerable fee for the 4-week February sessions: \$8.

## PAINT NIGHT: SPRING STROLL

**Thursday, March 5, 6:45-8:30 pm**

Join us and paint your very own masterpiece. **Non-refundable/transerable materials fee: \$5.**

## ZUMBA

**Fridays: March 6-27**

**10:15-11:15 am**

Non-refundable fee for the 4-week February sessions: \$8

## FRIDAY FLICKS

**Movies begin at 1 pm**

**Friday, March 6:** Springsteen: Deliver Me From Nowhere (PG-13, 119 min)

## THE DAY TRIPPERS: BEETLES

**Saturday, March 7**

**1-3 pm**

## TRIBUTE BAND

Since 2021, The Day Trippers have been wowing audiences across Long Island and NYC with their high-energy tribute to The Beatles' greatest hits. Come experience the music that changed the world.

## USING AI (ARTIFICIAL INTELLIGENCE)

**Monday, March 9**

**7-8:30 pm**

## IN YOUR DAILY LIFE

Curious about AI? Discover simple, everyday ways artificial intelligence can help you save time, stay organized, and boost creativity.

## NYBC-BLOOD DRIVE

**Monday, March 10**

**11:30 am-4 pm**

Please come show your support and donate blood with the *New York Blood Center*. No registration required.

## MEDICAID ENROLLMENT ASSISTANCE

**Wednesday, March 11**

**10 am-1:30 pm**

Sign up is first-come, first-served and free of charge. For more information, call the *Nassau Suffolk Hospital Council* at 631-435-3000.

## SPRING TOTE KIT

Join Shirley Ruby virtually to make a pretty spring tote. **Non-refundable/transerable program fee: \$5.**

## BUSY PERSON'S BOOK GROUP

**Thursday, March 12**

**7-8:30 pm**

Horse by Geraldine Brooks.

## IMAGINE AND MAKE

**Monday, March 16**

**6-8 pm**

Explore the Library's Makerspace and bring your ideas to life! Learn how to use tools like Cricut cutting machines, the poster and sublimation printers, button makers, and more to create unique projects from start to finish. Programs may cover everything from choosing and cutting a design to completing your final product. Basic computer skills and a working email address are required, and participants should come with a project idea in mind. **Non-refundable/transerable fee: \$5**

## DIY: SHAMROCK HEART HANG KIT

**(March 17-23)**

West Babylon Card Holders Only.

## CASUAL CRAFTING KIT

**(March 19-March 25)**

Get crafty in your down time with these monthly kits for adults. Each kit comes with a small DIY craft to be completed at your leisure. **West Babylon Card holders only.**

## LIBRARY GAME ZONE: BINGO

**Thursday, March 19**

**3-4 pm**

Prepare for an afternoon of friendly competition and exciting prizes! Whether you're a seasoned Bingo player or new to the game, this is a chance to enjoy an afternoon of fun with other community members. Join Librarian Phyllis for this fun-filled afternoon.

## EASY KIMCHI FRIED RICE

**Thursday, March 19**

**7-8:30 pm**

This hearty fare includes fresh vegetables, cubed ham and Korean seasonings. Served with Cucumber Salad. **Non-refundable/transerable program fee: \$5.**

## FRIDAY FLICKS

**Movies begin at 1 pm**

**Friday, March 20:** Mamma Mia! (PG-13, 108 min)

## FRIENDS OF THE LIBRARY MEETING

**Saturday, March 21**

**11 am-12 pm**

The Friends mission is to support the library and our West Babylon community. Our non-profit organization needs active volunteers to accomplish this mission. Please join us at our next meeting! New members are always welcome. See you there!

## MEDICAID ENROLLMENT ASSISTANCE

**Tuesday, March 24**

**10 am-1:30 pm**

Sign up is first-come, first-served and free of charge. For more information, call the *Nassau Suffolk Hospital Council* at 631-435-3000.

## ENGLISH FOR BEGINNERS

**Tuesday, March 24**

**6:15-7:15 pm**

Join us for this monthly class to help enhance your English language skills.

## IMAGINE & MAKE: POSTERS (CANVA)

**Wednesday, March 25**

**6:30-8 pm**

Discover the magic of Canva as you learn how to set up your free account and create custom designs. In this hands-on class, you'll make and print a poster to take home — perfect for events, marketing, photo collages, and more! **Non-refundable/transerable program fee: \$5.**

## SENIOR ADVOCATE

**Thursday, March 26**

**10 am-12 pm**

A Suffolk County Office for the Aging representative will be here to help with Medicaid, Senior ID Cards, food stamps & more. Patrons will be helped on a first come, first served basis.

## LET'S TALK ABOUT BOOKS

**Thursday, March 26**

**1:30-3:30 pm**

Good Dirt by Charmaine Wilkerson

## 250 YEARS OF LONG ISLAND HISTORY

**Thursday, March 26**

**7-8:30 pm**

This July, the United States will celebrate 250 years as a country. Join Eco-Photo Explorers as we uncover Long Island's unique journey—from wartime events to cultural milestones—shaping the island we know today. A fast-paced, fascinating look at two and a half centuries of local history.

## IMAGINE AND MAKE

**Monday, March 27**

**11 am-1 pm**

Explore the Library's Makerspace and bring your ideas to life! Learn how to use tools like Cricut cutting machines, the poster and sublimation printers, button makers, and more to create unique projects from start to finish. Programs may cover everything from choosing and cutting a design to completing your final product. Basic computer skills and a working email address are required, and participants should come with a project idea in mind. **Non-refundable/transerable fee: \$5**

## EMPIRE DEFENSIVE DRIVING

**Saturday, March 28**

**10 am-4 pm**

Attend this class and you may be eligible for an auto premium discount and reduction of violation points. A \$35 non-refundable check or money order (NO CASH) payable to *Empire Safety Council* is due within 48 hours of signing up to keep your spot.

## SEW AN EYE PILLOW

**Monday, March 30**

**6:30-8:30 pm**

Learn basic sewing skills while creating a soothing and relaxing aromatherapy eye pillow. This class pairs well with the Peaceful Sleep Class. **Non-refundable/transerable program fee: \$5.**

## COMMUNITY MENTAL HEALTH

**Tuesday, March 31**

**2-4 pm**

## PROMOTION & SUPPORT PROGRAM INFORMATION TABLE

The *Community Mental Health Promotion and Support Program (COMHPS)* is a free, anonymous initiative funded by the New York State Office of Mental Health. It enhances mental health by offering emotional support, brief counseling, tailored workshops, support groups, wellness activities, and referrals to resources and professionals. No registration required.

## FOLDED SPRING FLOWERS

**Tuesday, March 31**

**7-8:30 pm**

Join us for a relaxing, creative space to learn the art/craft of paper flower making.

**Non-refundable/transerable materials fee: \$5.**

# Copiqague Memorial Public Library

50 Deauville Blvd, Copiqague NY 11726 (631) 691-1111; Fax (631) 691-5098



**Spring Renewal Through Meditation | Tuesday, March 3 | 7:00 - 8:00 PM | This program will be held via Zoom.**

Start the spring season with a reflection of new possibilities, growth and renewal as Arvind Naik long time meditator and meditation instructor shares a simple, yet powerful meditation technique leading to the deepest levels of peace and joy.

**First Precinct Community Meeting | Thursday, March 5 | 12:00 - 2:00 PM**

Meet with local SCPD community liaison Officer Dara to ask questions, share concerns and learn more about neighborhood issues in a friendly forum. All are welcome to attend. **Registration not required.**

**Portion Sizes and Fast-Food | Thursday, March 5 | 6:00 - 7:00 PM**

Join SNAP Ed Nutrition Educator Anthony Garcia during National Nutrition Month for an eye-opening program that explores how portion sizes and fast-food impact our health. Learn how to spot hidden calories, understand serving sizes, make smart choices when dining out and how to make fast food healthier.

**Hula Hoop Fitness | Fridays, March 6, 13, 20 | 6:30 - 7:30 PM**

Join fitness instructor Jeannie Pendergrass for a fun, high-energy class that blends cardio, toning, and rhythm into one dynamic workout. Whether you're a beginner or a seasoned hooper, Jeannie's upbeat coaching and creative routines will help you build core strength, improve coordination, and ignite your inner joy.

**Afternoon Book Discussion | Thursday, March 12 | 3:00 - 4:30 PM**

***The Girls in the Stilt House* by Kelly Mustian**

Download a copy of this book from Libby or pick up a copy at the Circulation Desk.

**Pictionary Game Night | Thursday, March 12 | 6:30 - 8:00 PM**

Get ready for a fun round of the classic game Pictionary. Gather your team, unleash your creativity and let the laughter roll. Not an artist? No worries, victory isn't about perfect drawings, just quick guesses and big fun.

**Long Island Sierra Club: LI Pine Barrens Society**

**Thursday, March 12 | 6:30 - 8:30 PM**

Join us for a viewing of the Best of the Rest campaign video to discover how LIPBS works to safeguard our region's sole-source aquifer from contamination and protect the natural habitats that support Long Island's diverse wildlife.

**Let's Learn to Crochet | April 21 session will be held 12:00 - 1:30 PM.**

**Tuesdays, March 17, 24, 31 + April 7, 21, 28 + May 5 | 10:30 AM - 12:00 PM**

Back by popular demand! Join Cynthia Noble to learn the basics of crocheting in a fun, relaxed setting. Please bring a crochet hook in size H/8 (5.00 mm), I/9 (5.50 mm), or J/10 (6.00 mm), along with one skein of medium weight (4) yarn.

**Smartphone Photography: Editing with Apps**

**Wednesday, March 18 | 6:30 - 8:30 PM**

Join award-winning photographer Holly Hunt for a hands-on workshop in smartphone photo editing. Holly will guide you through the essential tools, features and settings in two of the most popular, user-friendly and free editing apps: Snapseed and Lightleap. Please download Snapseed and Lightleap before the class.

**Healthcare Navigator Assistance | Fridays, March 20 May 15 | 2:00 - 6:00 PM**

Previously known as Medicaid Enrollment Assistance for the Aged, Blind and Disabled. Representatives from the Nassau-Suffolk Hospital Council will assist with Medicaid enrollment as well as the New York State of Health Marketplace. Assistance will be given on a first come, first served basis. **For more information, please call the Nassau-Suffolk Hospital Council at 631-963-4168.**

**Sympatico Jazz Concert | Saturday, March 21 | 3:00 - 4:30 PM**

Sympatico's music is a nostalgic mixture of jazz, blues, and pop. Enjoy the hits of yester-year made famous by great performers like Burt Bacharach, Sergio Mendez, Sarah Vaughan, Nina Simone, Etta James, and others.

**Spring Artisan Market | Sunday, March 22 | 12:00 - 3:00 PM**

Celebrate local creativity and craftsmanship at this artisan event. Browse a curated selection of hand-made goods from talented local makers, including soaps, handbags, fresh sourdough bread, and more. Support small businesses, connect with your community, and discover unique, one-of-a-kind finds. **Registration not required.**

**Seed Library | Beginning Monday, March 23.**

The Seed Library is back! Please feel free to take 5 packets of our organic, non-GMO vegetable and flower seeds to plant in your garden this year. Stop by the Information Desk to check out your seed packets using your Copiqague Library card.

**New Beginnings | Monday, March 23 | 6:30 - 8:00 PM**

If you are divorced or widowed, single, aged 50 plus who would like a new beginning, come and be inspired to make new friends and learn new skills towards reinventing yourself. Social worker and life coach Marla Matthews will lead this discussion.

**Savvy Sightseer: Republic of Ireland | Tuesday, March 24 | 6:30 - 7:30 PM**

There's a reason it's called the Emerald Isle! This enchanting island, roughly 175 miles wide and 300 miles long, is rich with history, natural beauty, windswept moors, vibrant cities, and charming coastal towns. From Dublin to Bunratty, the Republic of Ireland offers sights as varied as its many shades of green. Join travel enthusiast Jeanne Schnupp for the journey.

**Alzheimer and Dementia Support Group | Wednesdays, March 25 + April 29 + May 27 | 1:00 - 2:00 PM**

Connect with other community members to share your experience with this tragic disease. For more information and to register, please call 1-800-272-3900.

**The Wrecks of the Florida Panhandle | Wednesday, March 25 | 6:30 - 8:00 PM**

Along Florida's panhandle, the Gulf Coast hosts an impressive array of shipwrecks, most intentionally sunk to create artificial reefs. Join the Eco-Photo Explorers as they explore Florida's artificial reef program and visit the USS Oriskany, the world's largest intentionally sunk ship, as well as highlight dives to several other notable wrecks.

**Crystals 101 | Thursday, March 26 | 6:30 - 8:00 PM**

Join Certified Master Crystal Healer Dina Rosenberg of Amityville Apothecary as you explore basic crystal families, discover how different shapes influence energy, and learn how crystals interact with the body. Each participant will receive a helpful handout and their own crystal set to continue the journey at home.

**Cookies, Coffee and Karaoke | Friday, March 27 | 3:00 - 5:00 PM**

It's Karaoke Friday! Sing your favorite song or enjoy the tunes sung by your family and friends. Refreshments will be provided.

**Defensive Driving | Saturday, March 28 | 9:30 AM - 4:30 PM**

Save money on your car insurance! A \$33.00 fee payable to Diana APW (Accident Prevention Workshop) by check, money order or cash is due the day of class. Please arrive early to sign in. Late comers will not be admitted. Please bring a pen and your driver's license. **Registration is required.**

**Evening Book Discussion | Monday, March 30 | 7:00 - 8:30 PM**

***The Wedding People* by Alison Espach | This program will be held in person and via Zoom**

Download a copy of this book from Libby or pick up a copy at the Circulation Desk.

**Carol Burnett: Timeless Comedienne | Tuesday, March 31 | 6:30 - 8:30 PM**

Join film historian Larry Wolff for a look at the legendary Carol Burnett, the groundbreaking Queen of Variety. Explore her rise from hardship to television and Broadway stardom, her barrier-breaking eleven year primetime show and key moments from her film career. Enjoy some of her funniest sketches, including the iconic *Went with the Wind*, along with a display of memorabilia, books and autographs.



**Free Homebound Delivery and Pickup**

Amityville Library District residents who are physically unable to come to the library due to illness, age, or disability are eligible for our homebound services. Please contact the Reference Desk at 631-264-0567 for more information.

**Estate Planning (In Person)                      Tuesday, March 17                      2:00 pm to 3:00 pm**

Join attorney Kathleen Rose from the Law Firm of Kathleen M. Rose, PLLC. for this seminar on creating wills, trusts, health care proxies, powers of attorney, avoiding probate, plus so much more. Kathleen will also go over Medicaid planning for long-term care, creating trusts and handling estate administration. Please bring any questions you have regarding any area of estate planning.

**New Beginnings with Marla                      Friday, March 20 & April 24                      4:00 to 5:00 pm**  
**(In-person)**

Have you recently experienced a major life change? Are you single, divorced, widowed or an empty nester and looking for a new beginning? Join this inspired discussion, social and support group facilitated by life coach and television talks show host, Marla Matthews.

**Windows File Management                      Monday, March 23                      6:00 to 8:00 p.m.**

Organize your computer! This class provides an understanding of the Windows file management structure including drives, folders and files. Create folders, copy/move files, and delete folders and files. Prerequisites: Computer Kindergarten and 1st Grade or equivalent

**Turn the Tap – From Workplace                      Monday, March 23 or                      7:00 p.m. to 8:00 p.m.**  
**Savings to Retirement Income                      Monday, April 20**  
**(In-Person)**

In this educational seminar, Financial Planner & Advisor Matthew Monk will break down the common options available for workplace retirement accounts such as 401(k)s, 403(b)s, and 457 plans. Attendees will learn how these plans work, what options are available as they move closer to or into retirement, and how to transition these savings into long-term retirement income. During this seminar, participants will gain a clearer understanding of how taxes can impact retirement and other investment accounts, how to avoid common pitfalls that can affect long-term outcomes, and how these plans can fulfill a financial plan. The discussion will also explore practical ways to turn retirement accounts into sustainable income streams, supporting long-term financial success, income planning, and flexibility throughout retirement.

**Medicare with Aja (In Person)                      Tuesday, March 24                      12:00 to 1:00 pm**

Medicare can be extremely confusing. Aja Link, a licensed, independent Medicare agent will break it down in simple terms and explain your different options for coverage. This seminar is purely educational and unbiased.

**Learn the A, B, C, & D's                      Wednesday, March 25                      2:00 p.m to 3:00 pm**  
**of Medicare (In-person)**

This educational seminar will answer all your Medicare questions by shedding light on eligibility, enrollment periods, supplements vs medicare advantage plans, drug coverage and pharmaceutical assistance programs. Bring your questions and get ready to finally grasp the fundamentals of Medicare.

**Financial Planning (In-person)                      Monday, March 30                      6:30 pm to 8:00 pm**

Please join Financial Professional, Jenifer Gold, as she shares how to help families and communities thrive through personalized protection and financial guidance. She has helped individuals and families build strong financial foundations - from life insurance and college funding to retirement planning and legacy protection. Jenifer's goal is to ensure that you and your loved ones feel confident, secure, and supported - today and for generations to come.

**North Babylon Public Library**  
**815 Deer Park Avenue, N. Babylon, NY 11703**  
**(631) 669-4020**



- |  |  |                           |
|--|--|---------------------------|
| <b>One-on-One Medicare Counseling and Assistance</b>   | <b>Tuesday, March 3</b>                | <b>9:30 AM - 12:30 PM</b> |
| Meet individually with an RSVP Suffolk volunteer from the Health Insurance Information, Counseling and Assistance Program for Medicare health insurance and benefits.<br>By appointment only.  |  |                           |
| <b>Social Work Intern Assistance</b>   | <b>Tuesdays, March 3, 10, 17, 24</b>   | <b>5:00 - 8:00 PM</b>     |
|  | <b>Fridays, March 6, 13, 20 and 27</b> | <b>1:00 - 5:00 PM</b>     |
| The Library offers a free service to patrons through the Social Work Intern Program at the Stony Brook University School of Social Welfare. Patrons will receive one-on-one assistance completing forms/applications, referrals to mental health resources and other topics.   |  |                           |
| <b>Sewing Club</b>   | <b>Tuesday, March 10</b>               | <b>3:00 - 4:30 PM</b>     |
| Bring your sewing machine, tools (scissors, seam ripper, etc.), and materials to the library to work on your projects. You must know how to thread a bobbin and use your machine. Registration is required.  |  |                           |
| <b>Rhythm and Wellness</b>   | <b>Friday, March 13</b>                | <b>10:30 - 11:30 AM</b>   |
| Join us for a fun and uplifting Latin dance workshop designed to boost your mental health and well-being! Move your body, lift your spirit, and connect with the rhythm of salsa, bachata, and merengue in a supportive and joyful environment. No experience needed—just bring your energy and an open heart! Registration is required. |  |                           |
| <b>Women in US Intelligence: From 1776 to the CIA</b>  | <b>Sunday, March 15</b>                | <b>2:00 - 3:30 PM</b>     |
| Les Paldy, author, professor and former CIA officer will tell little-known stories of women intelligence operatives who contributed to our security from our nation's founding to the present. Please register.  |  |                           |
| <b>Medicaid Enrollment Assistance</b>  | <b>Tuesday, March 17</b>               | <b>10:00 AM - 2:00 PM</b> |
| Enrollment assistance for adults and children, disabled or blind and anyone over the age of 65.<br>Call 631-435-3000, M-F, 9:00 AM - 5:00 PM for more information.   |  |                           |
| <b>New Voting Machines Demo</b>  | <b>Tuesday, March 24</b>               | <b>10:00 AM - 7:00 PM</b> |
| Patrons are free to come in, learn about the new Suffolk County voting machines, and test them out to prepare for the upcoming elections and the primaries in June.  |  |                           |
| <b>Computer Kindergarten for Adults</b>  | <b>Tuesday, March 24</b>               | <b>11:00 AM - 1:00 PM</b> |
| This class is for first-time computer users. Using Windows computers, this unique class covers the basics. Learn turning the computer on, the desktop, using the mouse, opening and closing programs and more.<br>Please register.   |  |                           |
| <b>Blood Drive Bus</b>   | <b>Thursday, March 26</b>              | <b>1:00 - 7:00 PM</b>     |
| The New York Blood Center Bus will be here in the Library parking lot. There is a critical need for blood donations at this time. <b>To prepare:</b> Eat well and hydrate, Bring a photo ID, Feel good and symptom free, Must be 17+ years of age, and Meet minimum weight requirements.   |  |                           |
| <b>Brushes &amp; Bliss</b>   | <b>Friday, March 27</b>                | <b>10:30 - 11:30 AM</b>   |
| A calming and uplifting experience, offering benefits of emotional expression, stress reduction, and increased mindfulness. Please register.   |  |                           |
| <b>The Day Trippers: a Beatles Tribute Band</b>  | <b>Sunday, March 29</b>                | <b>2:00 - 3:30 PM</b>     |
| If you love the Beatles, then don't miss this captivating live concert from The Day Trippers, a Long Island Beatles cover band. This dynamic group will entertain you with an afternoon of the greatest iconic rock and pop songs ever written! Please register, space is limited.   |  |                           |
| <b>Senator Martinez Office Hours</b>   | <b>Thursday, April 2</b>               | <b>5:30 - 7:30 PM</b>     |
| Senator Monica Martinez's office is holding mobile office hours here at the Library.   |  |                           |

**Deer Park Public Library**  
44 Lake Avenue, Deer Park, NY 11729  
631-586-3000 \* Fax 631-586-3006



# Babylon Public Library

24 South Carll Avenue, Babylon, NY 11702 631-669-1624

Please use our parking lot located on Thompson Avenue behind Astoria Federal Savings Bank.



## Gentle Yoga

March 2, 9, 16, & 23; April 6, 13, 20, & 27

This 8-session class is focused on moving mindfully and with ease. Each session consists of standing, prone, and seated postures. The focus is on body awareness, strengthening, stretching, and the breath. Please bring a mat and a large towel or blanket. A non-refundable fee of \$40.00 is due at registration.

Mondays, 11:00am – 12:00pm

## Foundations of Investing

Whether you are new to investing or need a refresher, this presentation discusses the importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals. Please register for this program.

Monday, March 2, 6:00pm – 7:30pm

## Adult Games

March 2, 9, 16, 23, & 30

The Community Room is open for library patrons to play games of their own choosing. Patrons must bring their own games. New players are always welcome. Adults only. No registration required.

Mondays, 1:00pm – 4:00pm

## Writer's Workshop

March 3 & 24

New and experienced writers are welcome to join at any time. Feel free to bring any works in progress to share and discuss. Adults only, please. Registration is required.

Tuesdays, 5:30pm-7:45pm

## Chairobics & Strength

March 4, 11, 18, & 25; April 1, 8, 15, & 22

Join instructor Debbie Krzyminski for this 8-session chair-based exercise program which covers strength training, balance, aerobics and flexibility. Please bring a bottle of water and wear clothing that you can comfortably move in. A non-refundable fee of \$28.00 is due at registration.

Wednesdays, 2:30pm – 3:30pm

## Unleashing Your Intuition

We are all born with the gift of intuition - an inner compass that connects us to higher wisdom. In this transformative workshop, the Budapest Psychic, Rev. Maria D'Andrea, will show you how to awaken and strengthen your intuitive abilities to guide you in love, health, career, and beyond. Please register for this program.

Wednesday, March 4, 6:00pm – 7:30pm

## Hatha Yoga

March 5, 12, & 19; April 2, 9, 16, & 23

This 7-week session is an active class, suitable for beginners as well as more experienced practitioners, with alternative postures for different fitness levels. Please bring a mat and a large towel or blanket. There is a \$35.00 non-refundable fee due at registration.

Thursdays, 6:00pm – 7:00pm

## Wellness Walk Series

March 7 & 21; April 11 & 18

Looking to be more active? Join us for this 4-session Wellness Walk series at Argyle Lake Park with Certified Personal Trainer Athena Manzella. Walkers will meet at the library by 9:55am and walk over to the park together. Registration is required.

Saturdays, 10:00am – 11:00am

## Whales, Dolphins, and Seals, Oh My!

The waters of Long Island are home to several species of marine mammals, many of which may be viewed with increasing regularity from shore or via a short boat trip. Dive in and explore this fascinating group of animals while learning about the amazing seal, whale, and dolphin species that inhabit our local waters. Presented by Dr. Artie Kopleman, President of the Coastal Research and Education Society of Long Island (CRESLI). Please register for this program.

Monday, March 9, 6:00pm – 7:30pm

## Plots & Pastries: Brooklyn

We will be reading the book *Brooklyn* by Colm Tóibín. Copies will be available at the Adult Reference Desk. Please register for this program.

Tuesday, March 10, 10:00am – 11:00am

## Classic Film Club: *Waterloo Bridge*

Watch and discuss the classic film *Waterloo Bridge* (1940) starring Vivien Leigh and Robert Taylor. Running time: 108 minutes. No registration necessary.

Wednesday, March 11, 5:30pm – 7:30pm

## Evening Book Discussion: *Tender at the Bone*

We will be reading the memoir *Tender at the Bone: Growing Up at the Table* by Ruth Reichl. Copies will be available at the Adult Reference Desk. Registration is required.

Thursday, March 12, 7:00pm – 7:45pm

## Medicare Savings Program & Medicaid

### Application Assistance

Health & Welfare Council of Long Island's certified Healthcare Facilitated Enrollers will be at the library to provide enrollment assistance. Please call their Healthcare Access Line at 516-505-4426 to make an appointment.

Friday, March 13, 11:00am - 2:00pm

## Tal Naccarato in Concert

Join us for a solo acoustic performance by guitarist, songwriter, and instrumentalist, Tal Naccarato. A musician in the Americana/Folk- Blues tradition, Tal performs works from his original and traditional repertoire. Please register for this event. This concert is sponsored by the Friends of the Babylon Public Library, the Babylon Village Arts Council, and partially funded through Suffolk County.

Saturday, March 14, 2:00pm-3:30pm

## Electric Vehicles 101

Join Drive Electric Long Island to learn the history of electric vehicles (EVs), EV basics, cost savings, environmental considerations, EV charging basics, available incentives, common myths and misperceptions, and resources available to continue learning. Please register for this program.

Monday, March 16, 6:00pm – 7:00pm

## Free Health Screenings

The Catholic Health Services Community Outreach Bus will be at Babylon Library from 10:00 am - 2:00 pm to offer health screenings, patient education, and referrals to care. Catholic Health Services does not ask individuals about immigration status, insurance is not required and there are no fees. No appointments are necessary.

Wednesday, March 18, 10:00am – 2:00pm

## Revolutionary War Spies on Long Island

Lecturer Art Billadello presents the stories of the brave men and women from Setauket and surrounding areas who risked their lives spying for George Washington during the American Revolution. Please register for this program.

Saturday, March 21, 2:00pm – 3:30pm

## Maria's Mexican Cooking: Carnitas

Discover how to make Carnitas, a classic Mexican pulled pork dish — tender, flavorful, and served with rice! A non-refundable \$5.00 fee is due at registration.

Monday, March 23, 6:00pm-7:00pm

## Friday Films: *Wicked: For Good*

We will be showing the film *Wicked: For Good* (2025) starring Cynthia Erivo and Ariana Grande. Rated PG. Running time: 137 minutes. Adults only, please. No registration required.

Friday, March 27, 2:00pm - 4:15pm

## Pressed Glass Flower Lantern

Samantha He will show you how to design and make a beautiful glass lantern with real pressed flowers. A non-refundable \$5.00 fee is due at registration. This is an in-person program and take-home kits are not available.

Monday, March 30, 6:00pm – 7:30pm

# Lindenhurst Memorial Library

One Lee Avenue, Lindenhurst, NY 11757 631-957-7755



## **WHALERS WANTED**

**Thursday, March 5, 6:00-7:00pm**

Explore the history behind the African diaspora's contributions to the whaling industry and craft your very own wooden boat with the Whaling Museum and Education Center.

## **FREE FOR ALL: THE PUBLIC LIBRARY**

**Sunday, March 8, 2:00-4:00pm**

Join us in partnership with the Town of Babylon public libraries for a screening of Free for All: The Public Library. The documentary chronicles the evolution of the nation's public libraries, following the stories of library visitors and staff striving to implement innovative policies, and celebrate a civic institution whose offerings are free and whose doors are open to all. A discussion will follow the movie. No registration.

## **LML GARDEN CLUB: ORGANIC VEGETABLE GARDENS**

**Monday, March 9, 7:00-8:00pm**

Learn how to grow food in your backyard with Cornell Cooperative Extension and then select organic vegetable seeds from our seed library.

## **COFFEE & CONVERSATION BOOK DISCUSSION**

**Tuesday, March 3, 10:00-11:00am**

All the Colors of the Dark by Chris Whittaker

## **FRIDAY AFTERNOON MOVIES**

**Fridays, 1:00-3:00pm**

No Registration

March 13 Brooklyn (PG-13, 111 mins)

March 27 The Senior (PG, 99 mins)

## **DEFENSIVE DRIVING**

**Friday, March 6, 9:45am-4:00pm**

\$30pp non-refundable fee, cash (exact change) or check payable to Empire Safety Council. Bring your ID and payment to class.

## **DROP-IN CARDS AND MAHJONGG**

**Thursdays, January 8- March 12, 10:00am-12:00pm**

Join us in our Wellwood Room for games, coffee, and socialization. Bring your friends or make new ones. No Registration.

## **THE DUBLINAIRES**

**Thursday, March 12, 2:00-3:30pm**

Enjoy an afternoon of traditional and American Irish folk music.

## **MEET WITH A PSEG ADVOCATE**

**Wednesday, March 11, 1:00-3:00pm**

Meet with a PSEG advocate to discuss financial assistance, free energy saving programs, questions about your bill, and more. Register now with a staff member for a 15-minute appointment by calling 631-957-7755 x 140.

## **ALZHEIMER'S DISEASE CAREGIVER SUPPORT GROUP**

**Monday, March 16, 6:00-7:00pm**

Family members will receive emotional support and education, enabling them to better understand and manage Alzheimer's Disease.

## **TEEN TECH HELP**

**Saturday, March 28, 11:00am-2:00pm**

Get one-on-one help with your phone, computer, or tablet from a teen volunteer. Appointments are available at 11:00am, 12:00pm, and 1:00pm. Register now with a staff member for a 45-minute appointment.

## **NEW BEGINNINGS SINGLES 50+ DISCUSSION GROUP**

**Tuesday, March 31, 7:00-8:30pm**

Make new friends in this group led by life coach Marla Matthews.

## **MEDICARE ONE-ON-ONE ASSISTANCE AND COUNSELING**

**Monday, March 16, 10:00am-1:00pm**

Register for a 45-minute telephone appointment with a Suffolk County RSVP volunteer who will answer your questions specific to your needs regarding Medicare health insurance and benefits. Medicare Saving Program and EPIC. By registering for this program, you agree to let the library give your information to the RSVP counselor. Register now with a staff member by calling 631-957-7755 x140.

## **VETERANS SOCIAL CLUB**

**Wednesday, March 25, 10:00-11:00am**

Engage and interact with other veterans and military members while learning how to access available resources from community organizations.

**Wyandanch Public Library, 14 S. 20th Street, Wyandanch, NY 11798  
 631.643.4848**

- |   |   |
|---|---|
| <b>ESL (thru Boces)</b>   | <b>Mondays/Tuesdays 10:00 AM - 1:30 PM</b>                  |
| <b>ESL (thru Farmingdale)</b>   | <b>Wednesdays/Fridays 10:00 AM - 1:30 PM</b>                |
| <b>Free Tax Help</b>  | <b>Mondays, beginning February 2, ends Monday, March 30</b> |
| 10:00 AM, 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM, 4:00 PM  |   |
| Free tax help will be available at the library beginning January 12. You must make an appointment and bring a photo ID, 2024 tax return if available, direct deposit bank info, and a W2 wage earning for 2025 (salary cannot exceed \$65K).  |   |
| <b>Sit n' Fit Exercise is back!</b>   | <b>Saturdays, March 7, 14, 21 10:00 - 11:00 AM</b>          |
| Need exercise? Looking to get into shape? Join us for an exciting session of sit 'n fit exercise!   |   |
| Sit or stand, you'll get a great workout! Wear comfortable clothes and sneakers.  |   |
| <b>Learn How to Play Guitar</b>   | <b>Saturdays, March 7, 14, 21 11:00 AM, 11:30 AM</b>        |
| Learn to play the guitar at our introductory one-on-one lessons at the library. No experience needed and the guitar is provided. Sign up at the Adult Reference Desk.   |   |
| <b>Defensive Driving</b>  | <b>Monday, March 9 10:00 AM - 4:00 PM</b>                   |
| \$30 six-hour certification course to save 10% on car insurance. Ways to pay: \$30 check or money order made out to "Empire Safety Council", or \$30 cash. Payment must be received on the day of class or earlier. Learn lifesaving driving skills and reduce driver's license points. |   |
| <b>Intro to Crochet</b>   | <b>Friday, March 13 3:00 - 4:00 PM</b>                      |
| Learn the basics of crochet - holding a hook, simple stitches, and starting a small project. Materials provided. Open to Wyandanch residents only.  |   |
| <b>Crochet Club</b>   | <b>Monday, March 16 2:00 - 3:00 PM</b>                      |
| Join other crocheters for an informal gathering - sharing patterns, advice, problems, etc.<br>Note: this is not an instructional class. Open to all crocheters in the Town of Babylon.  |   |
| <b>Mediterranean Cooking with Chef Naela:</b>   |   |
| <b>Jordanian Baked Chicken with Potatoes and Onions</b>   | <b>Wednesday, March 11 6:00 - 7:30 PM</b>                   |
| Get ready to tantalize your taste buds and embark on a flavorful journey through the vibrant world of Mediterranean cooking!  |   |
| <b>Catholic Health Mobile Outreach Bus</b>  | <b>Monday, March 16 10:00 AM - 2:00 PM</b>                  |
| Free health screenings. Services for adults (18 and older) include: brief cardiac history, blood pressure screening, BMI screening, simple blood test for cholesterol and glucose, health education, referrals as needed, and resources for those without insurance.                    |   |
| <b>"I Am Woman"</b>   | <b>Wednesday, March 18 6:00 - 7:00 PM</b>                   |
| Concert/lecture provides an in-depth look at the life and times of legendary female songwriters and performers from the 1930's -1970's. Songs of empowerment, solidarity and defiance, the women's movement collided with pop and rock to forever change the nature of American music.  |   |
| <b>Elder Abuse and Exploitation</b>   | <b>Thursday, March 19 7:00 - 8:00 PM</b>                    |
| This program will cover common signs of elder abuse, prevalent scams targeting the elderly, and the steps to take if you or a loved one becomes a victim.   |   |
| <b>A Lecture About Nutrition</b>  | <b>Tuesday, March 24 6:00 - 7:00 PM</b>                     |
| March is nutrition month. Learn about diabetes, what a starchy veggie is, what makes a healthy plate, complex carbohydrates, etc.   |   |
| <b>Adult Book Club –</b>  | <b>Thursday, March 26 6:00 - 7:00 PM (online via zoom)</b>  |
| <b><i>Carnegie's Maid</i> by Marie Benedict</b>   |   |
| <i>Carnegie's Maid</i> tells the story of one brilliant woman who may have spurred Andrew Carnegie's transformation from ruthless industrialist into the world's first true philanthropist.   |   |
| <b>Repair Cafe</b>  | <b>Saturday, March 28 10:00 AM - 2:00 PM</b>                |
| Need something fixed? You can bring the following: electrical appliances, clothing, furniture, housewares, bicycles, toys etc. Anything that's broken (and which you can carry on your own) is welcome and has a good chance of getting adequately repaired.                            |   |
| <b>Adult Craft Program - Easter Carrot Treat Boxes</b>  | <b>Tuesday, March 31 5:30 - 6:30 PM</b>                     |
| Join us for a lively session of Easter crafting as we make carrot treat boxes that even the Easter Bunny will envy. Teens welcome!  |   |

# Editor's Section



## History of Daylight Savings Time

### Overview

Daylight saving time (DST) was first implemented by Germany in 1916 during World War I to conserve energy for the war effort, and the United States followed in 1918. The modern system of DST in the U.S. was standardized in 1966 by the Uniform Time Act, which also established time zones. The practice was briefly repealed after WWI, reinstated during World War II (1942-1945), and its start and end dates have been modified by subsequent legislation, most recently in 2005.

### Early Concepts and WWI

- ◆ 1784: Benjamin Franklin proposed a form of daylight saving, suggesting Parisians could save on candle costs by adjusting their sleep schedules.
- ◆ 1916: Germany implemented the first official daylight saving time to save fuel and increase energy for the war effort.

### World War II and Standardization

- ◆ 1942: The U.S. reinstated year-round DST, calling it "War Time," to conserve energy during World War II.
- ◆ 1945: DST was repealed again after the war.
- ◆ 1966: The Uniform Time Act was passed to standardize DST and its start and end dates across the country, though states could still opt out.

### Modern Changes

- ◆ **2005:** The Energy Policy Act extended daylight saving time by several weeks, beginning in 2007.
- ◆ **Current Status:** As of 2025, the act mandates DST from the second Sunday in March to the first Sunday in November in the United States. Arizona and Hawaii are among the states that do not observe it.

**Don't forget to set your clocks one hour ahead on Sunday, March 8th at 2:00 a.m.**

Until next month,

**Barbara**

Source: <https://www.google.com/>



# A Word from the Commissioner



Monthly Musings... Connections... With Grace & Gratitude ...

Hello Seniors!

Welcome to March! We're moving through the beginning of the year so fast! I hope you are all doing well and enjoying yourselves at our senior centers. This month brings with it the promise of the weather slowly changing as we welcome the first day of Spring on March 20<sup>th</sup>. And won't we be over the moon happy when we know for certain that this winter is over? We've been hit with quite a few snow storms this season so Spring will definitely be welcomed with open arms!

Each month our senior centers collaborate with various vendors and presenters to bring you important activities and services that could be beneficial to your health and/or your everyday lives. Please make sure to take advantage of the talks and information shared and if you have any questions, you can always ask your senior center directors for assistance. And if there's a topic you would like to know more about that hasn't been offered, please let them know and we will do our best to bring that information to you as well.

As we are still in the heating season, please feel free to give our administrative office a call if you are in need of assistance with heating. We can be reached at (631) 464-4340. You can also call the Wyandanch Resource Center at (631) 643-1960. Program eligibility requirements do apply. Please call for further information.

Please join us as we host our 37<sup>th</sup> Annual Women's History Month Program on Thursday, March 26<sup>th</sup> at 6:00pm at the Walter G. O'Connell Copiague High School. In following with the National Women's History Alliance's theme of *Leading the Change: Women Shaping a Sustainable Future*, we will honor our local Sherheroes whose dynamic efforts should be applauded and celebrated. We hope you will join us in celebrating their achievements.

We send our heartfelt condolences to a member of our Human Services staff, Fannie Thompson, on the passing of her husband Jay. Also our sincere condolences to the family of Kenneth Lindsay, a member of the Wyandanch Senior Center and a former driver with our Senior Transportation Department. We will continue to keep both families in our thoughts and prayers.

Happy Spring!

Traci



## Dates to Remember

- 3/8/26-Move clocks ahead one hour
- 3/17/26-St. Patrick's Day
- 3/20/26-March Equinox-Spring begins!
- 3/26/26-TOB Women's History Month Program

National Nutrition Month  
National Colorectal Cancer Awareness Month

## Tips for healthy living ... Welcome Spring!

- ◇ Start to declutter living spaces.
- ◇ Find a local senior exercise class.
- ◇ Stay active mentally by reading a new book or learning a new skill.
- ◇ Enjoy nature by scheduling outdoor activities.
- ◇ Plan safe and enjoyable travel.

Source: <https://vistagardensmemorycare.com>



BE SAFE BE HEALTHY

Spread love all year long!



grateful  
thankful  
blessed



Happy Birthday to all  
March celebrants!





# WORD SEARCH CHALLENGE!!!



## St. Patrick's Day



V	O	C	U	C	K	R	G	N	I	L	B	U	D
S	L	D	K	U	Y	S	H	A	M	R	O	C	K
A	N	I	C	A	T	H	E	D	R	A	L	C	I
L	C	E	L	T	I	C	Y	K	C	U	L	I	E
E	I	L	U	I	N	N	R	L	S	T	A	K	I
P	E	A	L	D	N	A	H	I	C	A	H	A	Y
R	E	V	D	N	M	U	S	I	C	S	W	C	G
E	E	I	P	A	R	A	D	E	E	S	T	O	R
C	H	T	A	L	I	A	I	K	R	E	L	H	E
H	C	S	L	E	Y	V	A	L	N	D	N	A	E
A	R	E	M	R	O	N	D	T	A	A	E	R	N
U	A	F	N	I	S	T	I	D	L	D	R	P	E
N	M	C	U	C	W	O	B	N	I	A	R	R	R
D	R	S	A	I	N	T	W	H	I	S	K	E	Y

CELTIC  
 SAINT  
 DUBLIN  
 SNAKES  
 IRELAND  
 MARCH  
 LUCKY  
 FESTIVAL  
 HARP  
 RAINBOW  
 SHAMROCK  
 MUSIC  
 LEPRECHAUN  
 GOLD  
 PARADE  
 WHISKEY  
 CATHEDRAL  
 GREEN

Play this puzzle online at : <https://thewordsearch.com/puzzle/5005/>

**"SAVE THE DATE"**  
**THURSDAY, MARCH 26<sup>TH</sup> 2026 6PM**



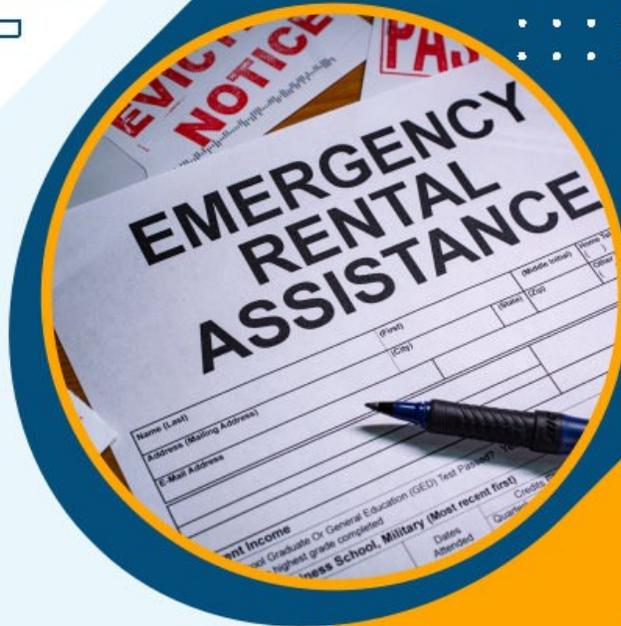
*TOWN OF BABYLON WOMEN'S  
HISTORY MONTH PROGRAM*

Walter G. O'Connell

Copiague High  
School

Auditorium





# TOWN OF BABYLON TENANT BASED RENTAL ASSISTANCE PROGRAM

The Long Island Housing Partnership, as administrator on behalf of the Town of Babylon, invites eligible applicants to apply to the Tenant Based Rental Assistance Program. The initiative is designed to aid extremely low-income households who are in rental arrears regain housing stability and prevent homelessness.

## Grant Assistance:

Eligible households must be located within the Town of Babylon and may receive a one-time payment of up to six (6) months of rental arrears assistance.



TENANT BASED  
RENTAL ASSISTANCE  
PROGRAM



For further details on  
eligibility and to apply:

<https://www.lihp.org/BabylonTBRA.html>



**URGENT!**  
**PLEASE DONATE TO**  
**THE TOWN OF BABYLON FOOD PANTRY**



The Town of Babylon's Food Pantry is now located on one Commerce Boulevard in North Amityville. The food pantry is in desperate need of donations! In these tough economic times, more and more families in our community are having a difficult time making ends meet. Please help them put food on their tables!

**Please bring non-perishable food items, canvas shopping bags, small toiletries and grocery store gift cards to:**

Town of Babylon Department of Human Services  
1 Commerce Boulevard  
Amityville, NY 11701  
631-464-4340

Town Hall Council Office  
200 East Sunrise Highway  
Lindenhurst, NY 11757

Old Town Hall  
47 West Main Street  
Babylon, NY 11702

Thank you for your concern for families who are less fortunate!



## **Babylon Town Services**

Office of Citizen Services .....	957-7474
Long Island Green Homes Program.....	422-4411
Town Animal Shelter .....	643-9270
Residential Garbage Collection .....	491-3200
Commercial Garbage Collection .....	422-7670
Parks, Recreation & Cultural Affairs.....	893-2100
Services for the Disabled .....	893-1050

### **Human Services**

Human Services Office.....	464-4340
Residential Repair .....	789-3309
Drug & Alcohol Counseling .....	422-7676

### **Town of Babylon Senior Nutrition Centers**

North Amityville Senior Center .....	789-3309
Rainbow Senior Center, Lindenhurst .....	957-7526
Spangle Drive Senior Center, North Babylon.....	422-7610
Tanner Park Senior Center, Copiague .....	842-7773
Wyandanch Senior Nutrition Center.....	491-4889

### **Youth Services**

Youth Bureau.....	422-7660
Youth Institute.....	422-7658

### **Local Hospitals**

Southside Hospital, Bayshore .....	968-3352
Good Samaritan Hospital, West Islip.....	376-3000

### **Other Useful Numbers**

Long Island Poison Control.....	516-524-2323
Babylon Breast Cancer Coalition .....	893-4110
Cancer Help Line, Stony Brook University Hospital... (800)UMC-2215	

### **Incorporated Villages**

Amityville Village Hall .....	264-6000
Babylon Village Hall.....	669-1500
Lindenhurst Village Hall.....	957-7500



**Rich Schaffer, Town Supervisor**

**Tony Martinez, Deputy Supervisor**

**DuWayne Gregory, Councilman**

**Anthony Manetta, Councilman**

**Terence McSweeney, Councilman**

**Geraldine Compitello, Town Clerk**

**Jennifer Montiglio, Receiver of Taxes**