

November & December Programs

Registration is ongoing.

A valid Bay Shore-Brightwaters Library card is required to register.

www.bsbwlibrary.org

631-665-4350

In-Person Programs for Adults

Senior Fitness - BBA102

Tuesdays: November 1, 8, 15, 22, 29

December 6, 13,

10:00 AM-11:00 AM

Fee: \$24.00

Our popular "Simply Stronger" senior fitness classes are designed to help you maintain flexibility and strength. This class is suitable for everyone.

Twist & Flow Yoga - BBA126

Mondays, November 7, 14, 21, 28 & December 5

6:00 PM - Fee \$30.00-*please pay at the Circ desk

This class will incorporate various stretching and breathing exercises to center, ground, energize and balance the body.

Limit 15 students. Open to Bay Shore-Brightwaters Public Library Card holders only

Smarter Social Security: Strategies to Optimize Spousal and survival benefits-

BBA141

Tuesday, November 1 at 6:30 PM

This class will provide in detail spousal benefits and ways to optimize them.

Medicare Made Easy - BBA142

Monday, November 7

2:00 PM - 3:00 PM

Get assistance navigating the issues involved in insurance planning for people who are eligible for medicare.

Holiday Food Drive

November 10-December 15

Donations will be accepted

Please donate the items listed below to help our neighbors in need. There will be a bin near the lobby to place donations in.

Suggested items:

*Low sodium canned vegetables, soup and fruit

*Canned meat, whole wheat pasta, and cereal.

*Nutritional beverages such as Boost and

Ensure and personal care items.

Hiking Long Island- BBA138

Tuesday, November 15 at 6:30 PM

Author Lee McAllister will present many hiking opportunities available on Long Island. This lecture encompasses the geology, history (nature and human), flora, fauna and topographical features that make Long Island such an interesting place to hike at any season.

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Senior Assistance- BBA275

Friday, November 18

10:00 AM- Noon

Get answers to any questions you may have on Medicare Entitlement programs and services for seniors, as well as explanations of federal, state and local programs available. You can get help with IT-214, HEAP and food stamp applications. Mr. John Bruno will assist you with any paperwork that you need filled out. These services are provided by the Suffolk County Office for the aging. This service is offered on a first come, first serve basis.



Intro to the iPad & iPhone - BBA133

Friday, November 18

10:00 AM-12:00 PM

Limit: 25 patrons

Learn all about Apple's hottest gadget. You will get an intro to the hardware, learn how to access the Internet and email, understand the settings, use the apps and learn how to get new ones, discover many tips and tricks and much more. Bring your device if you have one.



Medicare Educational Workshop-BBA140

Thursday, December 8

6:00 PM-8:00 PM

Understand your entitlements, cost share and how to choose the most appropriate Medicare Health Plan for your individual needs.

Long Island Harmonizers Holiday Concert- BBA139

Sunday, December 11 at 1:00 PM

We're a group of some 30+ men who sing four-part a cappella harmony in the barbershop style both for our own enjoyment and to entertain our audiences.

We are the Nassau Mid-Island Chapter of the Barbershop Harmony Society, the largest chapter on Long Island, and will soon be celebrating our 72nd anniversary.

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WEDNESDAY AFTERNOON AT THE MOVIES

Presents

AFI's 100 YEARS ...100 MOVIES--10th ANNIVERSARY EDITION:

THE TOP 10

November 2- *LAWRENCE OF ARABIA* (1962, PG, 218 min)

Director: David Lean

November 9- *SCHINDLER'S LIST* (1993, R, 195 min)

Director: Steven Spielberg

November 16- *VERTIGO* (1958, PG, 128 min)

Director: Alfred Hitchcock

November 23- *THE WIZARD OF OZ* (1939, G, 102 min)

Director: Victor Fleming

All films are screened at 2:30 PM. No registration necessary.

This Library film series is curated and led by Penelope J. Periconi, Part-Time Reference and Adult Services and Local History Room Librarian.



Register online at www.bsbwlibrary.org