

Winter/Spring/Summer 2018

STEPPING ON

Stepping On is a program that empowers mature adults to carry out healthy behaviors that reduce the risk of falls, improve self-management and increase quality of life. This program is facilitated by two trained leaders, along with guest experts in physical therapy, vision, pharmacy, and community safety. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principals.

Smithtown Library-Kings Park

1 Church St, Kings Park
Fridays 10:00am-12:00pm
Jan 19, 26 Feb 7, 14, 21, 28 Mar 6
To register call 631-360-2480

Setauket Fire Department

394 Nicolls Rd, Stony Brook
Tuesdays 1:00pm-3:00pm
Feb 6, 13, 20, 27 Mar 6, 13, 20
To register call 631-444-8385

St. Mark's Church

105 Randall Rd, Shoreham
Wednesdays 10:00am-12:00pm
Mar 7, 14, 21, 28 Apr 4, 11, 18
To register call 631-853-6472

North Babylon Public library

815 Deer Park Ave, North Babylon
Fridays 10:30am-12:30pm
Mar 16, 23, Apr 6, 13, 29, 27 May 4
To register call 631-669-4020

Elwood Library

3027 Jericho Tpk, Elwood
Thursdays 1:30-3:30pm
Mar 22, 29 Apr 5, 12, 19, 26 May 4
To register call 631-499-3722

Stony Brook Southampton SUNY Campus

Library at 29 Tuckahoe Rd, Southampton
Fridays 10:00am-12:00pm
Mar 23, 30 Apr 6, 13, 20, 27 May 4
To register call 631-444-8385

Northport-East Northport Library

151 Laurel Ave, East Northport
Tuesdays 1:30pm-3:30pm
Apr 17, 24 May 1, 8, 15, 22, 29
To register call 631-261-6930

West Babylon Public library

211 Route 109, West Babylon
Thursdays 10:30am-12:30pm
May 3, 10, 17, 24, 31 Jun 7, 14
To register call 631 669-5445

John Jermain Memorial Library

201 Main St., Sag Harbor
Thursdays 10:30am-12:30pm
May 10, 17, 24, 31 Jun 7, 14, 21
To register call 631-725-0049

Huntington Library

338 Main St, Huntington
Mondays 10:00am-12:00pm
Jun 4, 11, 18, 25 July 2, 9, 16
To register call 631-427-5165 ext. 256

Stony Brook Specialty Care

500 Commack Rd, Commack
Tuesdays 9:30am-11:30pm
Jun 5, 12, 19, 26, Jul 3, 10, 17
To register call 631-444-8385

West Islip Library

3 Higbie lane, West Islip
Thursdays 10:00am-12:00pm
Jul 5, 12, 19, 25 Aug 2, 9, 16
To register call 631 661-3335

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TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Tai Chi for Arthritis and Fall Prevention is a falls prevention program that uses the principles and movements of Tai Chi in helping senior citizens improve their balance and increase their confidence in doing everyday activities. Classes are led by a trained/certified instructor; the class meets twice a week, 60 minutes for 8 weeks.

Stony Brook Main Campus

ONLY Open to OLLI Students
SBS Building, Stony Brook
Mondays and Thursdays
February 19 - April 16
Part 1: M&Th at 1:00pm
Part 2: M&Th at 8:30am or 11:30am
Part 3: M&Th at 10:00am

Stony Brook Hampton Bays Wellness Facility

This Class is specifically for patients with Parkinson's Disease
38 W Montauk Hwy, Hampton Bays
Wednesdays and Fridays 1:30-2:30pm
March 7 - April 27
Register: Patti Cronin (631) 726-8800
**All participants must have an initial intake for this location*

Smithtown Library-Nesconset Branch

127-20 Smithtown Boulevard Nesconset
Part 1 T&W at 9:30am
April 3 – May 23
To register call 631 265-3994

Heritage Park

633 Mount Sinai-Coram Rd, Mt Sinai
Wednesdays and Fridays
May 2 - June 22
Part 1 W&F at 10:00am
Part 2 W&F at 11:00am
To register call 631-853-6472

Riverhead Free Public Library

This Class is specifically for patients with Parkinson's Disease
330 Court St, Riverhead
Tuesdays and Thursdays 1:30-2:30pm
July 10 – August 30
Register: TBD
**All participants must have an initial intake for this location*

Stony Brook Specialty Care

500 Commack Rd, Commack
Wednesdays and Fridays
July 18 – September 7
Part 1 W&F at 9:30am
Part 1 W&F at 3:30pm
To register call 631-444-8385

St. Mark's Church

105 Randall Rd, Shoreham
Mondays and Wednesdays
May 7 - July 11 (No Classes weeks of Memorial Day and July 4)
Part 1 M&W at 1:00-2:00pm
To register call 631-853-6472