



The

September 2022

# LIBRARY

The Newsletter of the Northport-East Northport Public Library

## FOR ADULTS

### A Matter of Balance

(N) Fridays, September 2, 9, 16, 23, 30, October 7, 14, 21, 10:00 a.m.

Taught by two certified coaches, this evidence-based program is for adults 60 and over who are concerned about falling and may be restricting their activities because of fear of falling. If you are interested in improving flexibility, balance, and strength, or if you have fallen in the past, consider joining *A Matter of Balance*. This program is open to Northport-East Northport Public Library cardholders only. Registration is underway. **NENA331**



### The Craft of Writing

Mondays, September 12, 19, 26, October 3, 17, 24, 1:00 p.m.

Each session will begin with a brief discussion of an aspect of the writing process. Participants may read aloud short samples of their writing—up to 500 words—for group discussion and analysis. The workshop is open to all genres: fiction, nonfiction, poetry, dialogue, letters to the editor, memoir, opinion pieces, etc. The workshop leader is a veteran journalist and professor. Registration is underway. **NENA332**



### Managing Your Paper

(Without Losing Your Mind!)

Monday, September 12, 7:00 p.m.

As professional organizers and co-authors of the book *Beyond Tidy*, Marie Limpert and Anmarie Brogan will teach you techniques on how to manage your everyday paperwork. The presenters' fun-loving and non-judgmental approach will make you feel at ease and realize that you are not alone! Q & A will follow the presentation. Registration is underway. **NENA333**



### Why & How to Prepare a Business Plan

(EN) Wednesday, September 14, 7:00 p.m.

Ron Greenstone from Service Corps of Retired Executives (SCORE) will present components of a business plan for those starting a new business as well as existing business owners. Learn about start-up costs, how to prepare a budget, make cash flow projections, and more. Registration begins August 22. **NENR405**



### Celebrate Hispanic Art

Thursday, September 15, 7:00 p.m.

Celebrate the artistic achievements of artists Pablo Picasso, Joan Miró, José Clemente Orozco, Robert Matta, and others. Discover how these Hispanic artists inspired Jackson Pollock in the creation of his groundbreaking abstract art, then virtually tour the barn studio where Pollock created his famous drip paintings. Registration is underway. **NENA334** *This program is co-sponsored by the public libraries in the Town of Huntington.*



National Recovery Month is held annually in September by Substance Abuse and Mental Health Services Administration (SAMHSA). The Library is joining the community initiative to “turn purple” to raise awareness about addiction treatment and recovery as well as support those in recovery. Visit our library displays for information about community events, resources, and more. *The following two programs are co-sponsored by Northport-East Northport Community Drug and Alcohol Task Force.*

### Medicine Collection

(N & EN) Thursday, September 15, 3:30–6:30 p.m.

The Northport Police Department and the Suffolk County Sheriff's Office will collect unused or expired prescription and over-the-counter medications. Proper disposal of these items is essential for risk reduction and environmental protection. No questions asked and no personal information is required.

**Only medications in pill form will be accepted and must be placed in a plastic bag before arrival.**

Ask an Adult Services Librarian for a list of places to safely dispose of medical sharps.



### Opioid Overdose Prevention Training

(N) Tuesday, September 20, 7:00 p.m.

CN Guidance & Counseling Services will conduct training for all interested adults (16 years and older) on how to recognize the signs of an opioid overdose and administer Naloxone (Narcan). Registration is underway. **NENR410**



### NY Project Hope

(N) Thursday, September 29, 2:00–4:00 p.m. EAC Network, a provider of NY Project Hope, will be on hand in the library lobby with information about community resources and referrals that are available to help cope with ongoing life changes experienced during the COVID-19 pandemic. No registration required.



# FOR ADULTS

## Patti Lupone: Broadway Diva

(N) Monday, September 19, 2:00 p.m.

Long Island-born Patti LuPone is an American actress and singer, best known for her work in stage musicals. She is a two-time Grammy Award winner and a three-time Tony Award winner. LuPone began her professional career in 1972 and has been active in musicals, plays, concerts, solo performances, and film and television ever since. Join lecturer Marc Courtade to see and hear examples of her instantly recognizable voice. Registration is underway. **NENR418**



## Tips for Selling Your Home

Tuesday, September 20, 6:30 p.m.

Are you thinking about selling your house and do not know where to start? This informative lecture class by Sharper Training Solutions, Inc. will answer many important questions you may have on how to sell your house on your own or with a realtor. Registration is underway. **NENA346**



## Unclaimed Funds Workshop

Wednesday, September 21, 3:00 p.m.

A representative from the NYS Comptroller's Office will present a program on unclaimed funds including the history and facts, as well as search instruction and tips. Registration is underway. **NENA347** This program is co-sponsored by the public libraries in the Town of Huntington.



## How to Get a Civil Service Job

(N) Thursday, September 22, 10:00 a.m.

A Suffolk County Department of Civil Service representative will discuss civil service employment opportunities in the County, towns, schools, libraries, and villages. Registration begins September 1. **NENR406**



## Linzer Tarts

Monday, September 26, 2:00 p.m.

The Baking Coach will demonstrate how to make a classic sugar cookie dough and turn it into Linzer tarts filled with Nutella or raspberry jam. The recipe will be emailed to registrants before the program. Registration is underway. **NENA348**



## EastLine Theatre Presents: "The Guys"

(N) Saturday, October 1, 2:00 p.m.

Innovative, nonprofit EastLine Theatre presents "The Guys," a timely, true story relevant to our Long Island community. Shortly after the September 11 attacks, an editor named Joan receives a phone call on behalf of Nick, a fire captain who has lost most of his men in the attack. He is looking for a writer to help him with the eulogies he must present at their memorial services. As Joan and Nick make their way through the emotional landscape of grief, they discover the possibilities of friendship in each other and their shared love for the unconquerable spirit of New York City. Registration is underway. **NENA349**



## Defensive Driving Class

(N) Saturday, September 24, 9:30 a.m.–3:30 p.m.

A representative from Empire Safety Council will conduct a 6-hour defensive driving class. A \$30 fee (cash or check payable to "Empire Safety Council") is due at the time of registration. **In-person registration begins September 1 at the Northport building.** This program is open to Northport-East Northport Public Library cardholders only. Limit two registrants per library card. **NENA337**

*Note: These courses promote safe driving and help participants maintain their driving skills. Check with your insurance company about the specific premium and point reductions available to you.*



## Language Learning & Literacy

### Dynamic English

(EN) Thursdays, September 8, 15, 22, 29, October 13, 20, 27, 7:00 p.m.

Develop your English vocabulary, grammar, reading, and pronunciation with this friendly English conversation group. Registration is underway. **NENR399**



### Pronunciation Practice

Mondays, September 12, 19, October 3, 17, 24, 26, 7:00 p.m.

Improve your English pronunciation skills with a certified Speech Language Pathologist and Accent Modification Trainer. You will learn how to use Standard American English sounds and strategies that will help you to get your point across. Registration begins September 1. **NENR413**



### Everyday Spanish

Tuesdays, September 13, 20, October 11, 18, 25, November 1, 4:00 p.m.

This Spanish conversation workshop focuses on building listening skills, improving comprehension, and mastering key vocabulary to help you start conversing in Spanish immediately. Please note: this is not a traditional leveled Spanish language class. Registration begins September 1. **NENR411**



## Gallery Exhibits

### Northport:

#### Familiar Places by Vicki Mies Field

Watercolor paintings of iconic images of Northport as well as figures, portraits, and pets.

### East Northport:

#### Expressive Movement by Gina Cariello

Mixed media paintings.

**Meet the Artist:** Friday, September 16, 7:00–9:00 p.m.



# FOR ADULTS

## Computer and Technology Classes

### Computers for Home Use: Microsoft Excel

Thursday, September 8, 7:00 p.m.

You can manage your personal finances with Microsoft Excel. Learn how to create a check register and format it for bank reconciliation, track investments and expenses, and create a simple database. Basic knowledge of Excel is required. Registration is underway. **NENC535**

### SeniorNet: Introduction to Windows 11

(N) Tuesday, September 13, 2:00 p.m.

Windows 11 is the new operating system from Microsoft. This class will show you how to test your computer to see if upgrading is a possibility. Explore some of the changes from previous versions of Windows including the new Start Menu, Task Bar, File Explorer, Settings, Widgets, and more to determine if you want to upgrade your computer to Windows 11. Registration is underway. **NENC536**

### All About Streaming Services

Thursday, September 22, 7:00 p.m.

There are ways to access TV and movies other than using a cable provider. In this class you will learn about Internet-based streaming and the services available from various providers, including the Library. Registration is underway. **NENC537**

### Introduction to Cryptocurrency

Thursday, September 29, 7:00 p.m.

What is cryptocurrency? Learn about this new form of digital currency and how to find more information about it online. Registration is underway. **NENC538**

### Download Ebooks and Audiobooks from the Library

Thursday, October 6, 7:00 p.m.

Learn how to download and use ebooks and audiobooks from the library's website. Demonstrations will include username and password creation, using the Libby app, navigating the website, finding and downloading items, and more. Registration is underway. **NENC539**

## Medicare Counseling

Have your Medicare questions answered by a trained HIICAP volunteer. Registration begins September 1.

**by phone:**

**Wednesday, September 14**  
10:00 a.m. **NENA338**  
10:30 a.m. **NENA339**  
11:00 a.m. **NENA340**  
11:30 a.m. **NENA341**

**in-person:**

**(N) Tuesday, September 20**  
10:00 a.m. **NENA342**  
10:30 a.m. **NENA343**  
11:00 a.m. **NENA344**  
11:30 a.m. **NENA345**

## Friday Movies

### *Downton Abbey: A New Era*

(N) Friday, September 2, 2:00 p.m.

**NENR414**

(EN) Friday, September 9, 2:00 p.m.

**NENR415**

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess' newly-inherited villa. Rated PG. 125 min. Registration is underway.

### *Elvis*

(N) Friday, September 16, 2:00 p.m.

**NENR416**

(EN) Friday, September 23, 2:00 p.m.

**NENR417**

*Elvis* is Baz Luhrmann's biopic of Elvis Presley, from his childhood to becoming both a rockstar and movie star in the 1950s. The film explores the complex relationship between Presley and his manager, Colonel Tom Parker. Rated PG-13. 159 min. Registration is underway.



## Book Groups

Print copies of the book are available for pick up at the Northport building Circulation Desk. You may also access a copy of the ebook or audiobook on the library Downloads page: [www.nenpl.org/downloads/](http://www.nenpl.org/downloads/)

### Page Turners

(N) Thursday, September 8, 2:00 p.m.

Join Page Turners leader Donna Diamond to discuss *The Lincoln Highway* by Amor Towles. Registration is underway. **NENA335**

### Novel Ideas

(N) Monday, September 19, 7:00 p.m.

Join Librarian Candace Reeder to discuss *The Book Woman of Troublesome Creek* by Kim Michele Richardson. Registration is underway. **NENA336**

### Between the Lines

(N) Tuesday, September 27, 7:00 p.m.

Join Librarian Connor McCormack for a discussion of *The Memory Police* by Yoko Ogawa. Registration begins September 1. **NENR419**

# FOR TEENS

Registration for the following **Teen Programs** begins September 1.



## LEGO Club: Shark!

**(N) Friday, September 16, 7:00–8:00 p.m.**

Come hang out and build a LEGO shark set. Participate in a speed build and creative mode competition. **NENY178**

## Locker Decoration Workshop

**(N) Saturday, September 17, 2:00–3:00 p.m.**

Make cool magnetic decorations for your school locker. **NENY180**

## Pokémon Club

**(N) Friday, September 23, 7:00–8:00 p.m.**

If you love all things Pokémon, try this new club! **NENY179**

Registration for the following **Teen Volunteer Opportunities** begins September 1. *Open to students in grades 7–12* You may choose a maximum of two volunteer opportunities.

## Recycle Volunteers

Let's see how many bottles and cans you can recycle! Bring bottles and cans to your local supermarket to recycle. For every 10 bottles or cans you recycle, you will earn one hour of community service credit (maximum of two hours). Email a photo of your recycling receipt to: [teenvolunteer@nenpl.org](mailto:teenvolunteer@nenpl.org) by September 30. **NENY185**



## Kindness Rocks

Paint or draw designs and hopeful, inspirational words on rocks you find in your yard. Place rocks where people might see them around the neighborhood. Earn one hour of community service credit for four (4) rocks (maximum of two hours). Email a photo of your rocks to: [teenvolunteer@nenpl.org](mailto:teenvolunteer@nenpl.org) by September 30. **NENY186**

## Cards for Hospitalized Kids

Brighten up someone's day with a handmade card and a friendly message. *Cards for Hospitalized Kids* (CFHK) is an internationally-recognized charitable organization that spreads hope, joy, and magic to hospitalized kids across America through uplifting cards. Upon registration, cards and directions will be available to pick up in the Northport building Teen Center. Please pick up card making materials by September 23. Decorate two cards and email a photo of your cards by September 30 to: [teenvolunteer@nenpl.org](mailto:teenvolunteer@nenpl.org) and receive one hour of community service credit. **NENY187**



## SAT Preparation Workshop

**(N) Thursdays, September 8, 15, 22, 29, 6:15-8:45 p.m.** *Students in grades 10-12*

Registration is underway and limited seats may be available.

Students can prepare for the fall PSAT/SAT exams with teachers Jason Bernstein and Jay Berger. A non-refundable check for \$125 payable to the *Northport-East Northport Public Library* must be paid within three days of registration. Payment includes the workbook for the SAT exam. Your class placement is not complete until payment is received. **NENY177**



## College Application Essay Writing Workshop

**(N) Wednesday, September 14, 7:00 p.m.** *Students in grades 9-12 and parent/guardian* Registration begins September 1.

The essay is often one of the hardest parts of the college application process. Learn more about writing this important essay as Naushad Mehta, a professional writing coach, offers guidance and tips on writing a winning essay. **NENY181**



## TAKE AND MAKE KITS

Registration and pickup begin September 1.

Pick up all kits at the **Northport building Teen Center**. All materials are provided. *Please note: Your registration will be canceled if your kit is not picked up by September 23.*

### Basket Weave

Learn to weave a small basket with twine and beads for decoration. **NENY182**

### Food Artist! Star and Moon Pies

Make your own decorated Moon Pie using pieces of candy. *Note: Snack foods may contain potential allergens. Please review ingredients with a parent or guardian before eating this food.* **NENY183**

### Glycerin Soap

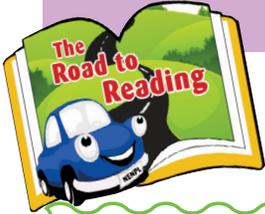
Use a simple technique to make your own bar of soap. **NENY184**

Need homework help?  
Connect with a live tutor!



Live homework help! All you need is an internet connection, computer or mobile device, and your library card. Ask a Librarian for more information.

# FOR CHILDREN



Registration for Children's Programs begins **August 26**.  
All programs are in-person unless otherwise noted. Please use your child's library card when registering. (One series program per child, please.)

## Sing & Play

**(EN) Mondays, September 12, 19, October 3, 10:00 a.m. NENJ645 or 11:00 a.m. NENJ646**  
*Children 1–3 years with adult; siblings welcome*  
Sing along with Molly Mouse while using scarves, bells, balls, and more. (45 min.)

## Time for Tots

**(N) Tuesdays, September 13, 20, October 4, 10:00 a.m.**  
*Children 2–5 years with adult; siblings welcome*  
You and your child will enjoy fun and educational activities designed to encourage early reading, math, and school readiness skills. (60 min.) **NENJ647**

## Mother Goose Rhyme Time

**(N) Wednesdays, September 14, 21, 28, 10:00 a.m.**  
*Children birth–23 months with adult; no siblings, please*  
Enjoy rhymes and songs with your young child in this program focusing on nursery rhymes. (30 min.) **NENJ648**

## 1, 2, 3, Play with Me

**(EN) Wednesdays, September 14, 21, 28, 10:00 a.m.**  
*Children 1–3 years with adult; siblings welcome*  
Child development experts are on hand to answer your questions while your children play with age-appropriate toys. An open-ended art activity and a circle time with stories and songs are also included. (75 min.) **NENJ649**

## Books a Poppin'

**(EN) Fridays, September 16, 23, 30, 10:00 a.m.**  
*Children birth–5 years with adult; siblings welcome*  
We will read stories, sing songs, share rhymes and fingerplays, and have fun in this interactive storytime. (30 min.) **No registration required.**

## Pajama Storytime: School Is Cool

**(N) Tuesday, September 20, 7:00 p.m.**  
*Children birth–5 years with adult; siblings welcome*  
Join us for an evening of our favorite stories and songs about school. (30 min.) **No registration required.**

## Baseball Buddies

**(N) Thursday, September 15, 10:00 a.m.**  
*Children 18–35 months with adult; siblings welcome*  
Introduce your little athlete to the basics of baseball in this fun and energetic program. (45 min.) **NENJ650**



## Little Baseball Stars

**(N) Thursday, September 15, 11:00 a.m.**  
*Children 3–5 years with adult; siblings welcome*  
Your little athlete will develop important baseball skills such as throwing, catching, hitting, and running the bases. (45 min.) **NENJ651**

## Breastfeeding Support Group

**(N) Mondays, September 12, 19, October 3, 9:30 a.m.**  
*For breastfeeding mothers and their children*  
Meet other mothers as an internationally board-certified lactation consultant helps you and your child navigate the breastfeeding process and grow together as a family. (60 min.) **NENJ652**



## Moms' Group

**(EN) Thursdays, September 15, 22, 29, October 6, 13, 20, 10:00 a.m.**  
*For mothers with children 1–3 years; siblings welcome*



This is a weekly discussion for moms and their children. Led by a trained facilitator, this program will introduce various topics and activities that celebrate and explore motherhood while your children play with toys beside you. (90 min.) Due to the unique nature of this program, we will not be able to accommodate drop-ins. **NENJ653**

## STARTING SCHOOL!

Ask a Children's Librarian about our starting school titles.



## NEED AN AFTERSCHOOL SNACK?



VISIT THE LIBRARY CAFE AND ENJOY ICE CREAM, CHIPS, PRETZELS, COOKIES, BEVERAGES, AND MORE!

# FOR CHILDREN

## Paws to Read

(N) Thursday, September 22,

6:30 p.m. **NENJ654** 7:00 p.m. **NENJ656**

6:45 p.m. **NENJ655** 7:15 p.m. **NENJ657**

Children in grades 1–5

Dogs are great listeners and provide a calming environment for kids to read aloud. Fetch a good book and sign up for a 15-minute reading session with a certified therapy dog.



## Chess Club

(N) Thursday, September 29, 7:00 p.m.

Children in grades 2–6

Chess teaches children about foresight, helps to expand self-confidence, and sharpens their ability to focus. All skill levels are welcome, but a basic knowledge of the game is required. (45 min.) **No registration required.**



## Graphic Novel Club: *Twins*

(N) Wednesday, September 28, 7:00 p.m.

Children in grades 3–6

Maureen and Francine Carter are twins and best friends. They participate in the same clubs, enjoy the same foods, and are partners on all their school projects. But just before the girls start sixth grade, Maureen begins to notice that they are growing apart. Are sisters really forever? Or, will middle school change things for good? After registering for the program, stop by the Northport building Children's Room to check out a copy of the book. (60 min.) **NENJ658**



## Outdoor Movie in the Library Courtyard: *The Addams Family 2*

(N) Friday, September 30, 7:00 p.m.

Join us in the Library Courtyard and view the Disney film *The Addams Family 2*.

Everyone's favorite spooky family is back! Morticia and Gomez are distraught that their children are growing up. To reclaim their bond, they decide to cram everyone into their haunted camper and hit the road for one last miserable family vacation. Rated PG. 93 min. Children must be accompanied by an adult. No registration required. **In the event of inclement weather, the program will be canceled.**



## Sensory Fun

(N) Thursday, September 29, 11:00 a.m.

Children 3–6 with adult; siblings welcome

Participate with your child in an interactive storytime followed by a hands-on experience designed to stimulate the senses. (45 min.) **NENJ659**

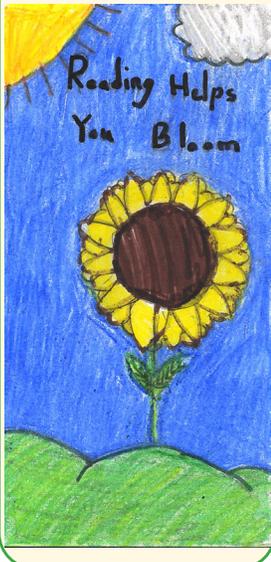


## Summer Library Quest

Reminder: Return your passport to the Library by **September 6** to win a prize and receive a special certificate from Huntington Town Clerk Andrew Raia.

## The Bookmark Spot

Stop by the Library and pick up the September bookmark by Kayla Daly. A reading list compiled by Children's Librarians is on the back.



## Congratulations to all the 2022 Summer Reading Club Participants!



840 children signed up.  
1,378 visits were made to the Library to talk about books.  
2,933 hours were spent reading!

## Pictures from This Year's Summer Reading Club!



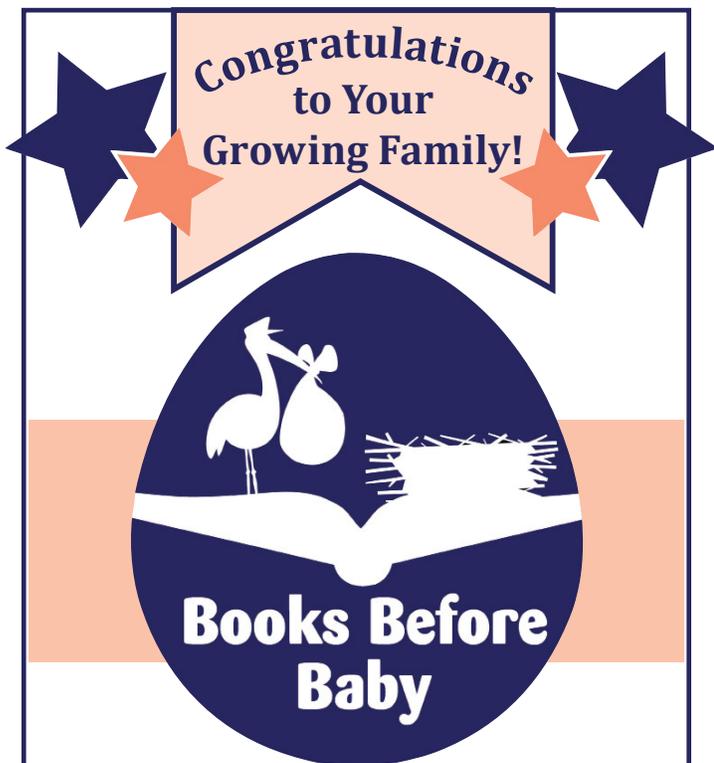
# FOR CHILDREN



## 1,000 BOOKS BEFORE KINDERGARTEN

The Northport-East Northport Public Library participates in an exciting and ongoing program that is part of a national initiative: **1,000 Books Before Kindergarten**. The goal of this program is to encourage parents and caregivers to read and share books with their infants, toddlers, and preschoolers. Sharing books with children is enjoyable and promotes a lifelong love of reading.

**1,000 Books Before Kindergarten** is available to all Northport-East Northport Public Library cardholders with children birth through five years (not yet in kindergarten). Please contact a Children's Librarian for more information.



Bond with your baby before birth by reading, talking, and singing to your little one. Your unborn baby can hear your voice as well as sounds outside the womb. Help his or her early literacy and language learning skills by developing a reading routine from the very beginning.

Log 50 five-minute read-alouds before baby arrives and receive a gift for your newborn. Ask a Librarian for more information, or get started by downloading the log from the library website at: [www.nenpl.org](http://www.nenpl.org).

## New Backpack Storytime for children 3 years and up



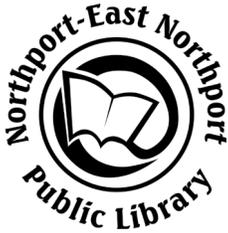
Each Backpack Storytime promotes early literacy skills by providing thematic and age-appropriate books and activities. These kits help you create a fun and stimulating environment wherever you are, which is key to creating a lifelong love of books and learning. **A new theme** has been added to our Backpack Storytime collection: *Yummy in My Tummy!* Check it out today!



Stop by the Children's Room in either building any day during your birthday month to pick up your birthday bag and decoration kit. It's fun for kids of all ages and a special way to celebrate your birthday with the Library. Be sure to tag us @nenpl or #nenplbirthday to show off your completed crafts for everyone to see.



TumbleBooks are animated, talking picture books which teach kids the joy of reading in a format they will love. TumbleBooks are created by taking existing picture books and adding animation, sound, music, and narration to produce an electronic picture book which you can read or have read to you. Ask a Librarian how to access the TumbleBook Library.



151 Laurel Avenue  
Northport, NY 11768  
631-261-6930

185 Larkfield Road  
East Northport, NY 11731  
631-261-2313

# September 2022



Non Profit Organization  
U.S. Postage Paid  
Permit #78  
East Northport, NY

### LIBRARY HOURS

9 to 9 Monday thru Friday  
9 to 5 Saturday  
Closed Sundays, resume October 2

### LIBRARY TRUSTEES

Carolyn McQuade, Chairperson  
Margaret Hartough, Vice Chairperson  
Georganne White  
Jacqueline Elsas  
Michelle Glennon  
*Board Meeting: (N) September 22, 10:00 a.m.*

**LIBRARY DIRECTOR:** James Olney  
**ASSISTANT DIRECTOR:** Nancy Morcerf  
**BRANCH LIBRARIAN:** Michelle Athanas

**EDITOR:** Janet Naideau  
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website: [www.nenpl.org](http://www.nenpl.org)  
contact: [library@nenpl.org](mailto:library@nenpl.org)

\*\*\* ECRWSS \*\*\*  
**RESIDENTIAL CUSTOMER**  
EAST NORTHPORT, NY 11731

**Friends** of the  
Northport-East Northport  
**Library** 

Wednesday, September 21, 5:00 p.m.  
East Northport building, Quiet Study Room  
All are welcome!

September is  
Library Card  
Sign-Up Month

Let your imagination  
sing at the library.



ALA  
OverDrive

Look for the Library Table at:  
**East Northport Festival**  
Saturday, September 10, 10 am-3 pm  
and  
**Cow Harbor Day Festival** in Northport Village Park  
Sunday, September 18, 12-5 pm

**Blood Pressure Kits Now Available!**

Are you interested in monitoring your blood pressure? Blood Pressure Kits are available to borrow for 28 days with your Northport-East Northport Public Library card. Each kit contains an automatic blood pressure monitor and information packet. There are three types of Blood Pressure Kits based on cuff size—standard, small, and large—as well as a talking monitor. This program is in partnership with Suffolk Cooperative Library System, Stony Brook Medicine Healthy Libraries Program, and American Heart Association.



 **Outdoor Movie**  
in the Library Courtyard:  
**The Addams Family 2**



**(N) Friday, September 30, 7:00 p.m.**  
Join us in the Library Courtyard and view the Disney film *The Addams Family 2*. Everyone's favorite spooky family is back! Morticia and Gomez are distraught that their children are growing up. To reclaim their bond, they decide to cram everyone into their haunted camper and hit the road for one last miserable family vacation. Rated PG. 93 min. Children must be accompanied by an adult. No registration required. **In the event of inclement weather, the program will be canceled.**

**Blood Pressure Check** 

**Wednesday, September 7,**  
**(N) 9:30-10:30 a.m., and (EN) 11:00 a.m.-12:00 p.m.**

A nurse from Visiting Nurse Service & Hospice of Suffolk provides free blood pressure checks on the first Wednesday morning of every month.