

April

Meals subject to change

HUNTINGTON SENIOR NUTRITION CENTER

423 Park Avenue, Huntington ~ Lunch Served • Noon - 1:15 pm
 \$3 Suggested Voluntary Anonymous Contribution
 Please Note: There is always an optional alternate meal.

The Older Americans Act of 2006, encourages a suggested voluntary anonymous contribution equal to the actual cost of the service for participants with self-declared incomes at or above 185% of the federal poverty level. For 2024, 185% of the federal poverty level is \$27,861 for a household of one, and \$37,814 for a household of two.

The Nutrition Center is sponsored by the Town of Huntington with funding provided by the U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Events

1 Sloppy Joes * REGISTRATION * 9:00 - 12:00 AARP Tax Prep Assistance 10:00 Arthritis Exercise I 10:00 Informal Canasta 10:00 Pool Sharks 11:05 Arthritis Exercise II 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Step Widow & Widowers Support Group 1:30 Social Dance	2 Pork Milanese * REGISTRATION * 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Intermediate 11:35 Tai Chi Beginner 12:30 Music with Alex Alexander 12:30 Canasta - Hand, Knee, Foot Instruction 2:15 Caregiver Yoga	3 Swedish Meatballs * REGISTRATION * 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 11:00 - 1:00 Shed the Meds 1:30 Bingo 1:30 Widow & Widowers Support Group 
8 Rigatoni 9:00 - 12:00 AARP Tax Prep Assistance 10:00 Arthritis Exercise I 10:00 Informal Canasta 10:00 Pool Sharks 11:05 Arthritis Exercise II 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Step Widow & Widowers Support Group 2:00 Zumba	9 Sweet & Sour Pork 9:30 Fitness Training 10:00 Pool Sharks 10:00 RSVP: HIICAP Counseling Sessions (see flyer) 10:45 Tai Chi Intermediate 11:35 Tai Chi Beginner 12:30 Canasta - Hand, Knee, Foot Instruction 2:15 Caregiver Yoga	10 Meatloaf 9:30 Board of Directors Meeting 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 Bingo 1:30 Widow & Widowers Support Group 1:30 Financial Literacy For Seniors (see flyer)   
15 Chicken Pappagallo 10:00 Arthritis Exercise I 10:00 Informal Canasta 10:00 Pool Sharks 11:05 Arthritis Exercise II 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Step Widow & Widowers Support Group 1:30 Social Dance	16 Pork Goulash 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Intermediate 11:35 Tai Chi Beginner 12:30 Canasta - Hand, Knee, Foot Instruction 1:15 Nat'l Poetry Month: Open Mic 2:15 Caregiver Yoga	17 Chicken Francese 8:30 Suffolk County Office for the Aging: Senior Advocate Appointments 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 12:30 April Showers Party with Geoff Cohen 1:30 Bingo 1:30 Widow & Widowers Support Group 
22 Manicotti 10:00 Informal Canasta 10:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Step Widow & Widowers Support Group 2:00 Zumba	23 Pork Cubana Sandwich 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Intermediate 11:35 Tai Chi Beginner 12:30 Piano Music with Remy 12:30 Canasta - Hand, Knee, Foot Instruction 2:15 Caregiver Yoga 	24 Cold Roast Beef Platter 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 Bingo 1:30 Widow & Widowers Support Group 1:15 Northwell Health Presentation: Diabetes Education 
29 Sloppy Joe 10:00 Arthritis Exercise I 10:00 Informal Canasta 10:00 Pool Sharks 11:05 Arthritis Exercise II 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Step Widow & Widowers Support Group 1:30 Social Dance	30 Pork Milanese 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Intermediate 11:35 Tai Chi Beginner 12:30 Music with Allen Santoriello 12:30 Canasta - Hand, Knee, Foot Instruction 2:15 Caregiver Yoga 	<p style="text-align: center;"><i>Save the date!</i> First Monday of the Month... Celebrating Birthdays of the Month Monday, May 6 11:00 am</p> 


4 Roast Turkey * REGISTRATION * 10:00 Instructional Mahjong & Free Play 10:00 Pool Sharks 11:00 - 1:00 Blood Pressure Screening w/ Janet 1:00 Duplicate Bridge  GYM CLOSED - PROJECT PROM EVENT


5 Crab Cakes * REGISTRATION * 10:00 Cardio Drumming 10:30 Caregiver Support Group 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge

11 Chicken Parmesan 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 10:00 Pool Sharks 11:05 Fitness Exercise II 12:30 CarFit Presentation (see flyer) 1:00 Duplicate Bridge 
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12 Potato Crusted Cod 10:00 TheraBand 10:30 Pool Tournament 11:05 Chair Yoga 12:30 DJ Charlie 1:00 Intermediate Bridge

18 Chef Salad 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 10:00 Pool Sharks 10:30 Veteran's Support Group 11:05 Fitness Exercise II 12:30 - 2:00 Senior Beach Permit Registration (see flyer) 1:00 Duplicate Bridge 1:00 Operation Hope • Commodity 

19 Beer Battered Cod 9:30 AARP Smart Driving 10:00 - Noon Follow-Up CarFit Event (see flyer) 10:30 Caregiver Support Group 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge 
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25 Chicken Piccata 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 10:00 Pool Sharks 11:05 Fitness Exercise II 11:30 Music with Angela 1:00 Duplicate Bridge 
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26 Seafood Newburg 10:30 Pool Tournament 11:00 - 2:00 Senior Beach Permit Registration (see flyer) 1:00 Intermediate Bridge 



PLEASE NOTE:
All classes and events are open to Town of Huntington Residents with Membership Cards. Get your membership card in the Senior Center's Front Office.

RSVP: HIICAP Counseling Sessions
CALL (631) 351-3253
 to make 1/2 hour appointment
 Tuesday, April 9 - 10:00 am-12:30 pm



Financial Literacy For Seniors
 Heather K. Simek, VP Bus. Dev. Officer
 First Central Savings Bank


Wednesday, April 10
 1:30 pm - Room 104
 (See flyer)

CarFit Presentation
 Thursday, April 11
 12:30 pm - 1:15 pm

Follow-Up CarFit Event
 Friday, April 19
 10:00 am - 12:00 pm
 see flyer for details

National Poetry Month Open Mic
 Tuesday, April 16
 1:15 pm - Dining Room



April Showers Party With Geoff Cohen
 Wednesday, April 17
 12:30 pm - Dining Room



Senior Beach Permit Registration
 Thursday, April 18
 12:30 pm - 2:00 pm

Senior Beach Permit Registration
 Friday, April 26
 11:00 am - 2:00 pm
 see flyer for details

Northwell Health Presentation
Diabetes Education
 Wednesday, April 24
 1:15 pm - Room 104

