OCTOBER
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 27,861for 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
	1 Pork Cutlet 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Level 3 11:35 Tai Chi Level 2 12:30 Canasta - Hand, Knee, Foot Instruction 2:15 Caregiver Yoga	**2 Beef Stir Fry w/ Fried Rice** 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 Initial Spousal Loss Support Group	**3 Barbecue Chicken** 10:00 Mahjong & Free Play 11:00 Pool Sharks 11:00-1:00 **Blood Pressure Screenings with Janet** 1:00 Duplicate Bridge	**4 Krab Cakes** 10:00 Arthritis Exercise 10:30 Pool Tournament 1:00 Intermediate Bridge 1:30 Poetry Out Loud
7 Stuffed Cabbage ***Birthdays of the Month Special Dessert*** 10:00 Arthritis Exercise 10:00 Informal Canasta 11:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Road Now Traveled Support Grp 2:00 Zumba	**8 Roast Pork Dijon** 9:30 Fitness Training 10:00 Pool Sharks 10:00-12:30 **HIICAP Counseling Sessions** Call 631.351.3253 for appt 10:45 Tai Chi Level 3 11:35 Tai Chi Level 2 12:30 **Music with Alex** 12:30 Canasta - Hand, Knee, Foot Instruction 2:15 Caregiver Yoga	**9 Meat Loaf with Gravy** 9:30 **Board of Director's Meeting** 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 Bingo 1:30 Initial Spousal Loss Support Group	**10 Chicken Parmesan** 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:30 **Piano Music with Angela** 11:00 Pool Sharks 11:05 Fitness Exercise II 1:00 Duplicate Bridge	**11 Lobster Ravioli w/ Shrimp** 10:00 Cardio Drumming 10:30 Pool Tournament 10:30 Caregiver Support Group 1:00 Intermediate Bridge
14 Closed	**15 Grilled Cheese w/Turkey** 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Level 3 11:35 Tai Chi Level 2 12:30 **Piano Music with Remy** 12:30 Canasta - Hand, Knee, Foot Instruction 1:30 **Financial and Elder Law Planning Support** 2:15 Caregiver Yoga	**16 Spaghetti w/ Meatballs** 8:30-1:30 **Suffolk County Office for the Aging: Senior Advocate Appointments** 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 11:30 **Supervisor's Pasta Party Music with Mark Danti** 1:30 Bingo 1:30 Initial Spousal Loss Support Group	**17 Chicken Milanese** 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 10:30 Veteran's Support Group 11:00 Pool Sharks 11:05 Fitness Exercise II 1:00 Duplicate Bridge 1:00 Operation Hope • Commodity Supplemental Food Program Distribution 1:30 Engineer's Group	**18 Shrimp Scampi w/ Linguine** 9:30 - 4:15 **AARP Smart Driving** 10:00 TheraBand and Balance 10:00 - 12:00 **Northwell Health Car Fit** 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge
21 Pasta Kiki 10:00 Arthritis Exercise 10:00 Informal Canasta 11:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:00 **League of Women Voters: Election Information** 1:30 Road Now Traveled Support Grp 2:00 Zumba	**22 Roasted Pork** 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi Level 3 11:35 Tai Chi Level 2 12:30 **Music with Geoff** 12:30 Canasta - Hand, Knee, Foot Instruction **1:00 - 4:00 Shred and Shed Event in Senior Center Parking Lot** 2:15 Caregiver Yoga	**23 Beef Stew** 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 **Mental Health Awareness Month Family Service League Presents: Seniors and Suicide: The Risks, The Rates and How to Prevent It** 1:30 Bingo 1:30 Initial Spousal Loss Support Group	**24 Chicken Florentine** 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:05 Fitness Exercise II 1:00 Duplicate Bridge	**25 Potato Crusted Cod** 9:30 - 10:45 **Volunteer Breakfast by Invitation only** 10:00 Arthritis Exercise 10:30 Pool Tournament 10:30 Caregiver Support Group 11:00-1:00 **Blood Pressure Screenings with Janet** 1:00 Intermediate Bridge
28 Manicotti w Meat Sauce 10:00 Arthritis Exercise 10:00 Informal Canasta 11:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Steps Support Group for those who have lost a spouse 2:00 Social Dance	**29 Pork Cutlet** 9:00 - 1:00 **Women's Award Ceremony, Breakfast & Networking Event** 10:00 Pool Sharks 10:45 Tai Chi Level 3 11:35 Tai Chi Level 2 12:30 Canasta - Hand, Knee, Foot Instruction (106) 2:15 Caregiver Yoga (Library)	**30 Beef Stir Fry w/ Fried Rice** 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy **1:30 Northwell Health Presentation: Breast Cancer Awareness** 1:30 Bingo 1:30 Initial Spousal Loss Support Group	**31 Barbecue Chicken** 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:05 Fitness Exercise II 12:30 **Halloween Party with Joe DePiola** 1:00 Duplicate Bridge **ALL DAY BLOOD DRIVE IN GYM**	**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.

Events

Cinema Arts Senior $5 Movie
Monday-Friday **See details on flyer**
Must show **Senior Pink ID card**

Financial and Elder Law Planning Support
A monthly series of discussions
Tuesday, October 15
Room 104 ▪ 1:30 pm

Supervisor's Pasta Party
Wednesday, October 16
11:30 am – 1:15 pm
Entertainment by Mark Danti
12:30 - 2:00 pm

Northwell Health Car Fit Program
Senior Center Parking Lot
Friday, October 18
10:00 am - 12:00 pm

Shred and Shed Event
Tuesday, October 22
Senior Center Parking Lot
1:00 - 4:00 pm

Women's Award Ceremony, Breakfast & Networking Event
Tuesday, October 29
Senior Center Gymnasium
9:00 am - 1:00 pm
Tickets required

Northwell Health Presents: Breast Cancer Awareness
Wednesday, October 30
Room 104 ▪ 1:30 pm

HALLOWEEN PARTY
Thursday, October 31
Costume Parade & Contest
Music with: JOE DePIOLA
12:30 - 2:00 pm