

# MAY

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 2025, 185% of the federal poverty level is \$28,952.50 for a household of one, and \$39,127.50 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
		<b>PLEASE NOTE:</b> 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.
<b>5 Manicotti w/ meat sauce</b> <b>BLOOD DRIVE IN GYM</b> <i>Birthdays of the Month Special Dessert</i> 10:00 Arthritis Exercise (213) 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 2:00-3:30 <b>Guitar lessons with Brent and Kevin: Bring Your Guitar</b>	<b>6 Roast Pork Dijonnaise</b> 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 <b>Music with Alex</b> 12:30 Canasta - Hand, Knee, Foot Instruction 2:00 Social Dance 2:15 Caregiver Yoga	<b>7 Beef Stew</b> 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 11:00 - 1:00 <b>Shed the Meds</b> 1:30 Bingo 1:30 Initial Spousal Loss Support Group 1:30 <b>April Showers Bring May Flowers: Gardening/weather presentation with NEWS 12 Meteorologist, Alex Calamia</b>
<b>12 Lasagna Rollups</b> 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 2:00-3:30 <b>Guitar lessons with Brent and Kevin: Bring Your Guitar</b>	<b>13 Roast Pork</b> 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 <b>Music with Janice Buckner</b> 12:30 Canasta - Hand, Knee, Foot Instruction 2:00 Social Dance 2:15 Caregiver Yoga	<b>14 Sloppy Joes</b> 9:30 <b>Board of Director's Meeting</b> 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
<b>19 Stuffed Cabbage</b> 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 Zumba 2:00-3:30 <b>Guitar lessons with Brent and Kevin:</b>	<b>20 Pork Milanese</b> 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 Canasta - Hand, Knee, Foot Instruction 1:30 <b>Financial and Elder Law Planning Services</b> 2:00 Social Dance 2:15 Caregiver Yoga	<b>21 Meat Loaf</b> 8:30-1:30 <b>Suffolk County Office for the Aging: Senior Advocate Appointments</b> 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 1:30 <b>Presentation: Diabetes &amp; You by Excel</b> 1:30 Bingo 1:30 Initial Spousal Loss Support Group
<b>26 CLOSED</b> 	<b>27 BBQ Roast Pork</b> 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 <b>Piano Music with Remy</b> 12:30 Canasta - Hand, Knee, Foot Instruction 2:00 Social Dance 2:15 Caregiver Yoga	<b>28 Swedish Meatballs</b> 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 <b>Presentation: Acupuncture &amp; You Dr. Victoria Liotta</b> 1:30 Bingo 1:30 Initial Spousal Loss Support Group

THURSDAY	FRIDAY
<b>1 Roast Turkey</b> 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:05 Fitness Exercise II 1:00 Duplicate Bridge	<b>2 Shrimp Scampi</b> 10:00 Cardio Drumming 10:30 Caregiver Support Group 10:30 Pool Tournament 11:05 Chair Yoga 12:30 <b>May Day Party with DJ Chuck</b> 1:00 Intermediate Bridge 1:30 Poetry Out Loud
<b>8 Chicken Piccata</b> 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:00-1:00 <b>Blood Pressure Screenings with Janet</b> 11:05 Fitness Exercise II 1:00 Duplicate Bridge	<b>9 Krab Cakes</b> <i>Mother's Day Special Dessert</i> 10:00 TheraBand and Balance 10:30 Pool Tournament 11:05 Chair Yoga 12:30 <b>Music performance by Woodhull School Students</b> 1:00 Intermediate Bridge 1:30 Laugh Out Loud
<b>15 Chicken Parmesan</b> 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 11:30 <b>Wonderful Piano Songs of Yesteryear with Angela</b> 1:00 Operation Hope • Commodity Supplemental Food Program Distribution 1:00 Duplicate Bridge 1:30 Engineer Group	<b>16 Salmon</b> 9:30 - 4:15 <b>AARP Smart Driving</b> 10:00 Cardio Drumming 10:30 Caregiver Support Group 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge 1:30 Poetry Out Loud <b>AARP Driver Safety</b>
<b>22 BBQ Chicken</b> 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:05 Fitness Exercise II 11:00-2:00 <b>Memorial Day Recognition with Color Guard, Guest Speaker, and DJ Bob</b>	<b>23 Potato Crusted Cod</b> 10:00 TheraBand and Balance 10:30 Pool Tournament 11:00-1:00 <b>Blood Pressure Screenings with Janet</b> 11:05 Chair Yoga 1:00 Intermediate Bridge 1:30 <b>Asian American &amp; Pacific Islander Heritage Month Movie: The Farewell</b> 1:30 Laugh Out Loud
<b>29 Roast Turkey</b> 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:05 Fitness Exercise II 1:00 Duplicate Bridge 1:30 <b>Asian American &amp; Pacific Islander Heritage Month: Asian Paper Cutting Craft</b>	<b>30 Shrimp Scampi</b> 10:00 Cardio Drumming 10:30 Caregiver Support Group 10:30 Pool Tournament 11:05 Chair Yoga 12:30 <b>Silver Chords Performance</b> 1:00 Intermediate Bridge 1:30 Poetry Out Loud

Events
<b>May Day Party with DJ Chuck</b> Friday, May 2 • 12:30 pm
<b>Guitar Lessons with Brent and Kevin</b> Mondays • 2:00-3:30 pm <i>Must bring your own guitar</i>
<b>April Showers Bring May Flowers: Gardening/Weather Presentation with NEWS 12 Meteorologist, Alex Calamia</b> Wednesday, May 7 • 1:30 pm
<b>Music Performance by Woodhull School Students</b> Friday, May 9 • 12:30-1:30 pm
<b>Music with Janice Buckner</b> Tuesday, May 13 • 12:30-1:30 pm
<b>Diabetes and You Presentation By Excel</b> Wednesday, May 21 • 1:30 pm
<b>Memorial Day Recognition</b> Thursday, May 22 11:00 am-2:00 pm Color Guard Speaker: <b>Hon. W. Gerard Asher</b> US Army Captain/Korean War <b>DJ Bob</b> Cakes donated by: Brandywine Senior Living
<b>Acupuncture and You</b> <b>Dr. Victoria Liotta</b> Wednesday, May 28 • 1:30 pm
<b>Asian American &amp; Pacific Islander Heritage Month</b> <b>Movie: The Farewell</b> Friday, May 23 • 1:30 pm <b>Asian Paper Cutting Craft With Jane and Karen</b> Thursday, May 29 • 1:30 pm
<b>Silver Chords Performance</b> Friday, May 30 • 12:30 pm

