



TOWN OF HUNTINGTON

Adult Day Care Newsletter

July 2025



Dear residents,

June brought, as it always does, a great deal to celebrate and enjoy. With graduations, Father's Day, Juneteenth, and, of course, the first day of summer, we are never at a loss for things to do. Last month began with a health fair that featured over 60 vendors, a group comprised of local health organizations, and so much more. Attendees had the opportunity to speak to vendors and representatives, obtain blood pressure screenings and hearing tests, sit in on presentations, and receive plenty of giveaways. This event was not just for our seniors – it was for the entire community to engage in caring for their wellbeing as well as those they care for. It is always a pleasure to welcome residents to the Flanagan Center, and I look forward to the next opportunity to open our doors to the community to share, learn, or give back.

We are excited to have officially kicked off the Town of Huntington's annual Summer Concert Series, which many of our seniors know and love – it will run at Heckscher Park's Chapin Rainbow Stage until the end of August. This year's Summer Concert Series will feature a wide variety of performances and musical genres. Whether you are interested in a tribute band dedicated to Fleetwood Mac, Foreigner, or Huntington's own community band, or are seeking a Shakespearean experience with EastLine Theatre, there will be something for everyone this summer, Wednesday through Saturday.

The Senior Beach House is officially open for the summer season, with an additional day to enjoy the activities our seniors know and love. Each month, the Beach House offers beginner and intermediate art classes, games, sports, and more. Please see the calendar for a full list of Beach House activities. We welcome all our seniors to visit the Beach House from Sunday through Friday this summer. A Senior Membership Card is required to participate in Beach House activities. Please visit the Flanagan Center or the Beach House to apply. As a reminder, Town of Huntington beach parking permits are free for seniors. Seniors need only apply for a beach parking permit once – it does not need to be renewed unless the holder's license plate changes. For assistance, please contact the Department of Parks and Recreation at (631) 351-3089.

July will feature events for our seniors to enjoy both in and out of the Flanagan Center. The Town's Movies on the Lawn program kicks off at Heckscher Park on July 7, and this year's Summer Arts Festival is underway. The Flanagan Center will kick off July with an Independence Day party – be sure to stop by and celebrate with special treats and music by DJ Geoff Cohen. There will be musical performances throughout the month, as well as parties to beat the heat and play bingo with friends. The highlight of July is always the Summer BBQ and Picnic at the Senior Beach House, which brings everyone together for an afternoon of good food and fun. Join us at the Senior Beach House on July 23 for this special event (flyer enclosed). For a full list of events and activities, please see the calendar.

I hope that you are all enjoying everything Huntington has to offer during the summer. I look forward to seeing you around town this summer – either at the Flanagan Center, at our parks or beaches, or at one of the great concerts at Heckscher.

Sincerely,

Ed Smyth, Supervisor



Councilman
Dr. Dave Bennardo



Councilman
Salvatore Ferro



Supervisor
Edmund J. Smyth



Councilwoman
Brooke A. Lupinacci



Councilwoman
Theresa Mari

Town Board Meetings: Tuesday, July 15 @ 2:00 pm



TOWN OF HUNTINGTON

Edmund J. Smyth, Supervisor

DEPARTMENT OF HUMAN SERVICES

Kevin Thorbourne, Director

(631) 351-3304

HumanServices@HuntingtonNY.gov

423 Park Avenue

Huntington, New York 11743

Senior Citizens Division

Julia Frangione, Director (631) 351-3253

Minority Affairs

Kevin Thorbourne, Director (631) 446-3723

Veterans Affairs

Carol Rocco, Coordinator (631) 351-3012

Women Services

Julia Frangione, Coordinator (631) 351-3253

Persons with Disabilities

(631) 446-3726

Human Services Institute

(631) 446-3726

| | |
|---|--|
| Senior Center Manager <i>Geri VanDyke</i> | (631) 351-3253 |
| Adult Day Care <i>Rachel Michaelis, Program Supervisor</i> | (631) 351-3293 |
| Community Dev., Senior Housing <i>Heather Warringer</i> | (631) 351-2881 |
| EISEP, Volunteers, Senior Clubs, Beach House <i>Maria Soskel, Coordinator</i> | (631) 351-3253 |
| Hands on Huntington <i>Beth Del Giudice, LMSW, Director</i> | (631) 351-6610 |
| Home Delivered Meals <i>Rose Ramirez, Program Supervisor</i> | (631) 446-3783 |
| Senior Center <i>Michele Foulke, Senior Advocate</i> | (631) 446-3702 |
| Home Maintenance/Repair Program <i>Don McIntosh, Crew Leader</i> | NEW! Direct Line (631) 446-3721 |
| Senior Social Worker <i>Laurie Byrne, LMSW</i> | (631) 351-3253 |
| Town Hall | (631) 351-3000 |

Huntington Senior Citizens Board of Directors

Maureen Strein, Chairperson

SENIOR CENTER 423 Park Avenue, Huntington NY 11743

Monday - Friday 8:30 AM - 4:30 PM

(631) 351-3253

Seniors@HuntingtonNY.gov

www.TOHSeniors.com

TOWN OF HUNTINGTON

Edmund J. Smyth, Supervisor



ADULT DAY CARE NEWSLETTER

July 2025

Special Events

Thursday, 3

4th of July Celebration with George Maselli

Wednesday, 9

Piano Time with Remy D'Esposito

Tuesday, 15

Chair Yoga with Sally Schwartz

Thursday, 17

Brain Gym with Emily Eisen

Friday, 18

Member Spotlight: Jack M.

Monday, 28

Trip to Centerport Senior Beach House

Thursday, 31

Dance Party with Mary Peck

Dr. Dave Bennardo
Councilman

Salvatore Ferro
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Brooke A. Lupinacci
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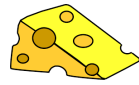





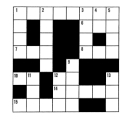







Huntington Adult Day Care Program
423 Park Ave, Huntington
631-351-3293 HuntingtonNY.gov/ADC



MONDAY

TUESDAY




WEDNESDAY

| | | |
|---|---|--|
| | 1 Roast Pork w/ madeira sauce | 2 Spaghetti with Meatballs |
| To receive our Newsletter by email, register at: HuntingtonNY.gov/ADC Click on Notify Me Enter your email and check box for Adult Day Care | Small Group Programs Vegas Bingo Beer Pong Guesstures  | Made in the USA Day Members Choice Arts & Crafts Cheese Toss  |
| 7 Chicken with Bow Tie Pasta | 8 Pulled Pork | 9 Meat Loaf with Gravy |
| Billiards Bikini Debut 1946 Beach Ball Trivia Beach Bingo Swimsuit Contest  | Trivia Maker Who Knew? Darts What Should We Bring?  | Current Events Ladder Game: Flower  <i>Piano Time with Remy D'Esposito</i> Ring Toss |
| 14 Stuffed Cabbage | 15 Fried Pork Chop w/ Gravy | 16 Baked Ziti w/ Meat Sauce |
| Billiards Current Events Finish the Line Trivia Maker Sun Drop  | Riddles Word Connect <i>Chair Yoga with Sally Schwartz</i> Guess the Drawing  | Small Group Programs What is My Career? Animal Habitat Crossword Puzzle  |
| 21 Eggplant Rollatini | 22 Sliced Pork with Gravy | 23 Beef Stew |
| Billiards National Junk Food Day Sweets A-Z Person Place or Thing?  | Bingo Bonanza Words, Words, Words Skee-ball The Year Was  | Jeopardy Chat Pack  Bowling Flashback Quiz  <i>Happy Birthday Irene F. & Liz I</i> |
| 28 Pizza | 29 Roast Pork w/ madeira | 30 Spaghetti with Meatballs |
| Trip to Centerport Senior Beach House  | Small Group Programs The Hottest Places on Earth Basketball Spot the Mistake  | Current Events 1st US Patent Accidental Inventions Golf  |

July 2025

THURSDAY

FRIDAY

| | |
|---|--|
| 3 Hamburger Deluxe | 4 CLOSED |
| 4th of July Trivia Senior Skit <i>4th of July Celebration with George Maselli</i> Dog Days of Summer <i>Happy Birthday Liz S.</i> |  |
| 10 Baked Chicken over Rice | 11 Seafood Salad |
| Billiards Our Founding Fathers National Pina Colada Day Bowling Rebus Snack: Mock Pina Coladas | Small Group Programs Most Heroic Dogs in the US Balloon Tic Tac Toe Boggle  |
| 17 Chicken Piccata | 18 Shrimp Salad |
| Billiards <i>Brain Gym with Emily Eisen</i> Hangman Music Bingo Think Fast | <i>Member Spotlight: Jack M.</i> Current Events Moon Landing Fishing Open Mic  <i>Happy Birthday Hector P.</i> |
| 24 BBQ Chicken | 25 Shrimp Scampi |
| Billiards Current Events Knock, Knock Jokes Arts & Crafts Hot Potato | National Cowboy Day Words, Words, Words Cowboy Hat Toss You Be the Judge  <i>Happy Birthday Francisco C.</i> |
| 31 Chicken Parmesan | ALTERNATIVE ACTIVITIES |
| Billiards Members' Council <i>Dance Party with Mary Peck</i> Funny Tee Shirts Temperature Rising | Jigsaw Puzzles, Crossword Puzzles, Word Search, Arts & Crafts Project, Computer Time, Read the Newspaper, Patio Time, Recliner Relaxation, Music Listening |

ALTERNATIVE MEALS

Peanut Butter & Jelly
Cheese Sandwich
Scrambled Eggs
Served with vegetable, carbohydrate & dessert of the day.

ONGOING

- ♦ Current Events
- ♦ Sittercise
- ♦ Sing-A-Long
- ♦ SGA-Small Group Activity
- ♦ Language Class
- ♦ Brain Gym

Special Events

Thursday, 3 @ 1:15

4th of July Celebration with George Maselli

Wednesday, 9 @ 1:15

Piano Time with Remy D'Esposito

Tuesday, 15 @ 1:00

Chair Yoga with Sally Schwartz

Thursday, 17 @ 11:00

Brain Gym with Emily Eisen

Friday, 18 @ 10:00

Member Spotlight: Jack M.

Monday, 28

Trip to Centerport Senior Beach House

Thursday, 31 @ 11:00

Dance Party with Mary Peck

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

Superman Day



Father's Day



TOWN OF HUNTINGTON



SENIOR CENTER SUPPORT SERVICES

Laurie Byrne, LMSW

(631) 351-3253 Ext. 3780 LByrne@HuntingtonNY.gov



Support Services for Caregivers

Funding provided by New York State Office for the Aging and
Suffolk County Office for the Aging.
Caregivers Support Service Project 2025

IF YOU REQUIRE SENIOR SUPPORT SERVICES, PLEASE CALL THE SENIOR CENTER
MONDAY THROUGH FRIDAY BETWEEN 9:00 AM - 4:00 PM FOR ASSISTANCE: (631) 351-3253

Senior ID Pink Membership card is required to participate in any program

| SUPPORT GROUPS | JULY DATES | PLACE | TIME |
|---|---|----------|---------------------|
| Initial Spousal Loss Intake required | 12-week series: Wednesday: 2, 9, 16, 23, 30 | Library | 1:30 - 3:00 PM |
| Monday Bereavement Group for spousal loss Intake required | 12-week series: Monday: 7, 14, 21, 28 | Room 106 | 1:30 - 3:00 PM |
| Caregiver Support Group | Friday: 11th 25th speaker from ADRC | Room 106 | 10:30 AM - 12:00 PM |
| Caregiver Yoga with Sally | Tuesday: 1, 8, 15, 22, 29 | Room 106 | 2:15 - 3:15 PM |
| Veterans Support Group w/ Ron | Thursday: 17 | Library | 10:30 - 11:45 AM |

INITIAL SPOUSAL LOSS: Those who have recently experienced the death of a spouse can work through grief, examine feelings and discover inner strengths - all within a caring and supportive setting. Group size limited. For information, and required intake and registration paperwork contact: Laurie Byrne, LMSW (631) 351-3253 x-3780 or LByrne@HuntingtonNY.gov.

MONDAY BEREAVEMENT GROUP FOR SPOUSAL LOSS: Many participants choose to continue in a group setting. This support group, in collaboration with Suffolk YJCC, encourages individuals to take steps towards new routines and activities, even as they continue to grieve. Group size limited. For information and required intake, please contact: Laurie Byrne, LMSW (631) 351-3253 x-3780 or LByrne@HuntingtonNY.gov.

CAREGIVER RESPITE PROGRAM: While caregivers attend the **Caregiver Support Groups and/or Calling All Caregiver Events**, respite care is available for your loved one in our Adult Day Care Program. Please call **two days** in advance for a respite care appointment at (631) 351-3293.

VETERANS SUPPORT GROUP: An intimate group setting whereby participants bond, share and grow. For information contact: Ronald Worrell (631) 351-3253 Ext. 3752 or RWorrell@HuntingtonNY.gov.

SUFFOLK COUNTY OFFICE FOR THE AGING: SENIOR ADVOCATE

Wednesday, July 16, from 8:30 am - 1:30 pm

A Senior Advocate from Suffolk County will be available to educate eligible seniors in the Town of Huntington/ Suffolk County area, to apply for programs/benefits they may qualify for. Programs that foster economic independence such as: Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Program (MSP)



TOWN OF HUNTINGTON SENIOR CENTER

**Complimentary Hair Salon Services
for Seniors by Diana**

**Wash, Cut, and Blow Dry
Men and Women**



**Beginning Monday July 7th
Mondays and Tuesdays
9:00AM-1:30PM**

**Must call to make an
appointment at (631) 351-3253**



**Edmund J. Smyth
Supervisor**

**Dr. Dave Bennardo
Councilman**

**Salvatore Ferro
Councilman**

**Brooke A. Lupinacci
Councilwoman**

**Theresa Mari
Councilwoman**

Introducing New Announcement Telephone Line

631.446.3705

We are implementing a telephone number to communicate notifications of class cancellations. It is a voicemail message that can be dialed into to “check” if your class was cancelled unexpectedly. Special Announcements might be made on this line as well. This extension does not accept voice messages from you.

If any clarifications are needed, call the Front Office between 8:30 am - 4:30 pm 631.351.3253 to speak with a staff member.



Our wonderful neighbor, Cinema Arts Centre has graciously extended an invitation to Seniors with a Town of Huntington **Pink Senior ID card** to attend *any matinée first showing* movie, Monday through Friday for a special fee of \$5.00. Most movies will be shown with open captions.

Thank you Cinema Arts for supporting our seniors!

Huntington Residents: Do you need a Helping Hand?



Local youth, ages 14-18, are available for:
Babysitting, Garage Cleanout, Gardening, House Cleaning,
iPhone/Computer Assistance, Yard Work
AND MORE!!!



(please call at least a week in advance to discuss use of services)

All applicants have completed an
Employment Workshop and have been screened.

Don't Delay! Call Today!

Project Excel (631) 271-5499



* Homeowner is responsible to pay youth for services rendered. *

Project Excel is a part of the Huntington Youth Bureau Youth Development Research Institute, which is a 501 c (3), Not for Profit organization funded through the Town of Huntington, New York State Office of Children and Family Services, The Suffolk County Youth Bureau, The Townwide Fund, BAE Systems, various fundraisers and private donations.

HUNTINGTON HUMAN SERVICES INSTITUTE INC.
AND
EMPIRE AUTOMOTIVE GROUP
PRESENTS

2025 SUMMER CARNIVAL

RIDES PROVIDE BY



FIREWORKS, RIDES, GAMES, FOOD, MUSIC & RAFFLES

BREEZY PARK

19 WEST ROGUES PATH, HUNTINGTON STATION, NY
(CORNER OF OAKWOOD ROAD AND WEST ROGUES PATH)

THUR., AUGUST 7
6:00-10:00 PM

FRI., AUGUST 8
6:00-11:00 PM
FIREWORKS 9 PM

SAT., AUGUST 9
5:00-11:00 PM

SUN., AUGUST 10
2:00-7:00 PM

FOR FURTHER INFORMATION CONTACT
HUNTINGTON HUMAN SERVICES INSTITUTE INC.
501(C)(3) NOT-FOR-PROFIT ORGANIZATION

631-351-3304 OR HUMANSERVICES@HUNTINGTONNY.GOV

HUNTINGTON HUMAN SERVICES INSTITUTE INC. BOARD MEMBERS

EDMUND J. SMITH
PRESIDENT

DR. DAVE BENNARDO
VICE PRESIDENT

TEENA NGUYEN
TREASURER

KEVIN THORBOURNE
SECRETARY





TOWN OF HUNTINGTON

SENIOR CENTER



**ISLAND
HARVEST**
FEEDING AMERICA
Nourishing Long Island's Future

FOOD DISTRIBUTION

3RD THURSDAY OF EVERY MONTH

★ SENIOR CENTER REAR PARKING LOT ★

1:00 PM - 2:00 PM



**ISLAND
HARVEST**

**OPERATION:
HOPE**



- **AVAILABLE TO SENIOR
VETERANS AND
VETERAN SPOUSES**
- **HEALTHY FOOD PROVIDED
TO VETERANS AND VETERAN
SPOUSES BY VETERANS**



**Commodity
Supplemental
Food Program**
a Senior Food Assistance Program



- **FREE MONTHLY NUTRITIOUS
FOOD PACKAGES FOR
SENIORS**
- **60 YEARS OF AGE OR OLDER**
- **NY STATE RESIDENT**
- **NON-US CITIZENS WELCOME**
- **INCOME VERIFICATION -
• \$1,580 MONTHLY GROSS
INCOME PER SENIOR**



REPRESENTATIVES FROM ISLAND HARVEST WILL ALSO BE AVAILABLE FOR ANY QUESTIONS YOU MAY HAVE



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



TOWN OF HUNTINGTON

SENIOR DIVISION



JOIN US FOR OUR ANNUAL

SENIOR BEACH HOUSE

BBQ

AND PICNIC

WEDNESDAY, JULY 23
11:00 AM – 3:30 PM

\$1.00 ADMISSION INCLUDES:
HOT DOG, DRINK, COOKIE
ENTERTAINMENT BY DJ GEOFF 1:30-3:30 PM
RAIN DATE: JULY 24

TICKETS CAN BE PURCHASED AT SENIOR CENTER,
CLUBS, OR SENIOR BEACH HOUSE
239 LITTLE NECK ROAD - CENTERPORT 631-261-9186

DONATIONS BY



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



TOWN OF HUNTINGTON SENIOR CITIZENS BEACH HOUSE AT CENTERPORT BEACH

239 Little Neck Road, Centerport
Beach House: (631) 261-9186 Cottage: (631) 261-1058
Game Room and Snack Bar open!

**COME SOCIALIZE AND ENJOY THE BEAUTIFUL VIEW
OF CENTERPORT BAY!**

Sunday: Noon - 4:45 pm Monday - Friday 10:00 am - 3:45 pm

CLOSED: Friday, Fourth of July, Independence Day



**Book Your 2025 Rentals
Senior Beach House & Pavilion**

Please Contact: Zaida Mannetta
(631) 446-3709
Zmannetta@HuntingtonNY.gov



Beach House Summer Barbecue

Wednesday, July 23

11:00 am - 3:30 pm

Rain date: Thursday, July 24



JULY ACTIVITIES AT THE BEACH HOUSE

ALL ACTIVITIES REQUIRE A TOWN OF HUNTINGTON SENIOR MEMBERSHIP CARD
MEMBERSHIP CARDS FOR PROGRAM AND ACTIVITIES ARE AVAILABLE AT
THE SENIOR BEACH HOUSE OR JOHN J. FLANAGAN SENIOR CENTER

Senior Clubs will be meeting at the Beach House, please see Club Calendar page for dates

| ACTIVITY | DAY | PLACE | TIME |
|--|---------------------|-------------------------------|--------------------------------------|
| Bridge | Sunday | BH/Large Card Room | 12:30 am - 4:15 pm |
| Pool Sharks (Informal) | Sunday | Cottage | 12:30 am - 4:15 pm |
| Ping Pong | Mon./Tues./Wed. | Cottage | 10:00 am - 3:00 pm |
| Just Jammin' (Informal Music Group) | Monday Wednesday | Cottage/Bayview BH/Cottage | Noon - 3:00 pm 10:00 am - 1:00 pm |
| Harbormasters Art Group | Thursday | BH/Bayview | 10:00 am - 1:30 pm |
| Advanced Art *REGISTRATION REQUIRED* | Thursday | Cottage | 10:00 am - Noon |
| Beginner/Intermediate Art *REGISTRATION REQUIRED* | Thursday | Cottage | 1:00 pm - 3:00 pm |
| Harmonizers | Thursday | Large Card Room | 1:00 pm - 3:00 pm |
| Adult Day Care Program Visit | Monday, July 28 | Porch: weather permitting | 11:00 am - 1:30 pm |

Schedule subject to change - Seniors must provide their own art, card and/or game supplies

Hands on Huntington NNORC

Hands on Huntington, a Neighborhood Naturally Occurring Retirement Community program, is a program provided at no cost to seniors age 60 years and older.

If you reside in their catchment area, including parts of Greenlawn, East Northport or Huntington, this program can assist you with at home access to a social worker for case management, a nurse for health assessments and educational programs. Services are geared to keeping seniors in their homes and community, living as independently as possible.



Beth, Joyce, Bunny

For information, please call: (631) 351-6610

<https://huntingtonny.gov/hands-on-huntington>

Director: Beth Del Giudice, LMSW

Social Worker: Joyce Little, LMSW

Nurse: Bunny Karalitzky, RN MS

Attention Senior Citizens:

Join us for a Mediterranean Cooking Demo, Tasting & Educational Seminar

Tuesday, July 8, 2025 - 1:00 pm

Harborfields Library, 31 Broadway, Greenlawn, NY 11740

Learn how to properly prepare a healthy Mediterranean salad from start to finish! Join Hands on Huntington and Registered Dietitian/Nutritionist and Certified Health Coach Jodi Levine for an educational seminar and then follow along with Jodi to prepare a delicious dish with fresh ingredients! RSVP to the Harborfields Library at: 631.757.4200.

Jodi Levine, MS, RDN, CDN has over 25+ years of experience as a registered dietitian in the field of Nutrition. Currently serving as the Director of Nutrition at Suffolk County Community College, she has a passion and dedication for empowering individuals to lead healthier lifestyles through emphasizing the role that food and exercise play. She will discuss nutrition concepts and controversies with evidence-based scientific research.

Next Advisory Board Meeting

Thursday, August 21, 2025 - 11:00 am Paumanack Village Community Center

650 Paumanack Village Drive, Greenlawn, NY 11740

Join a discussion of what you would like to see in your neighborhood for seniors and what we are currently offering at Hands on Huntington.

This project is grant funded by the New York State Office of the Aging (NYSOFA) and supported by the Suffolk Y Jewish Community Center and the Town of Huntington.



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Councilwoman



TOWN OF HUNTINGTON SENIOR CENTER

10TH ANNUAL

SENIOR TALENT SHOW



GOT TALENT?
WE'RE LOOKING FOR YOU!



SAVE THE DATE: WEDNESDAY, SEPTEMBER 17 ● 1:30-3:30PM

MUSIC - DANCE - SONG - COMEDY - POETRY - AND MORE!

RESERVE YOUR SPOT TODAY!

CALL BY AUGUST 28 TO SIGN UP

TOWN OF HUNTINGTON SENIOR CENTER: (631) 351-3253



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TOWN OF HUNTINGTON



DEPARTMENT OF HUMAN SERVICES SENIOR DIVISION



SENIOR CITIZENS SHOPPING ASSISTANCE PROGRAM

**PROVIDES SHOPPING ASSISTANCE
FOR ELIGIBLE SENIOR CITIZENS IN THE TOWNSHIP OF HUNTINGTON**

The CSE Shopping Assistance Program service is available to residents of the Township of Huntington who are 60 years of age and older. Priority is given to those homebound elderly, who are frail, low income, minority, persons with a disability, isolated, with diminished ability to perform normal daily tasks. This program is not meant to pay for an individual's groceries.



Our Services Assist In:
Online Ordering of Groceries
Setting up Delivery of Groceries
Curbside Pick-up of Groceries



For More Information, Please Contact:

Karen Vicino / 631-505-1665

Wednesday - Friday | 9:00am - 2:30pm

The Shopping Assistance Program is sponsored by the Town of Huntington with funding by Suffolk County Office for the Aging. This program is funded by New York State Office for the Aging through Suffolk County Office for the Aging.



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Free Rail Road Station Parking for Town of Huntington Seniors at designated locations



- ⇒ Northside of station/tracks - 4 spots
- ⇒ Southside of station/tracks - 5 spots
- ⇒ Free parking for Town of Huntington Seniors with current **Pink Senior Membership card**
- ⇒ Current Town of Huntington (TOH) Senior Membership card (pink) must be displayed face down on the car dashboard.
- ⇒ TOH Senior Membership cards available:
Flanagan Senior Center
423 Park Avenue, Huntington NY 11743
Monday - Friday: 10:00 am – 4:00 pm
Main Office - Room 103
- ⇒ Proof of Town of Huntington residency and proof of age required to get Senior ID card



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Councilwoman

Theresa Mari
Councilwoman



American Heart Association.

Healthy for Good™



REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

1.

Lots of the Good

Fruits and vegetables provide many beneficial nutrients, vitamins and minerals. Add fruits and vegetables to meals and snacks for a nutritional power boost.



2.

Less of the Bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

3.

Won't Weigh You Down

Fruits and vegetables are low in calories. They fill you up, thanks to the fiber and water they contain, that can help manage your weight.



4.

Super Flexible Super Foods

All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added sodium or added sugar.

5.

A Whole Body Health Boost

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.



EAT SMART

MOVE MORE

BE WELL

heart.org/HealthyForGood

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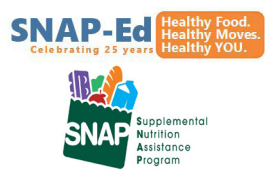
Fruit and Vegetable Seasonal Guide

By choosing fruits and vegetables that are in season, you will enjoy the best flavor and save some money in the process. Use the guide below to help you select produce at their peak harvest while teaching your family to enjoy these “good for you” foods.

| VEGETABLES | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| ASPARAGUS | | | | | | | | | |
| BEANS, STRING * | | | | | | | | | |
| BEANS, SHELL | | | | | | | | | |
| BEETS | | | | | | | | | |
| BEET GREENS | | | | | | | | | |
| BROCCOLI | | | | | | | | | |
| BRUSSELS SPROUT | | | | | | | | | |
| CABBAGE | | | | | | | | | |
| CARROTS | | | | | | | | | |
| CAULIFLOWER | | | | | | | | | |
| CELERY | | | | | | | | | |
| COLLARD GREENS | | | | | | | | | |
| CORN * | | | | | | | | | |
| CUCUMBERS * | | | | | | | | | |
| EGGPLANT * | | | | | | | | | |
| FENNEL | | | | | | | | | |
| HERBS | | | | | | | | | |
| KALE | | | | | | | | | |
| LETTUCE * | | | | | | | | | |
| LEEKs | | | | | | | | | |
| LIMA BEANS * | | | | | | | | | |
| MESCLUN | | | | | | | | | |
| ONIONS | | | | | | | | | |
| PARSNIPS | | | | | | | | | |
| PEAS * | | | | | | | | | |
| PEPPERS * | | | | | | | | | |
| POTATOES | | | | | | | | | |
| PUMPKINS | | | | | | | | | |
| RADISHES * | | | | | | | | | |
| RHUBARB | | | | | | | | | |
| SCALLIONS | | | | | | | | | |
| SPINACH | | | | | | | | | |
| SQUASH, SUMMER* | | | | | | | | | |
| SQUASH, WINTER | | | | | | | | | |
| SWISS CHARD | | | | | | | | | |
| TOMATOES | | | | | | | | | |
| TURNIPS | | | | | | | | | |
| TURNIP GREENS | | | | | | | | | |
| FRUITS | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
| APPLES | | | | | | | | | |
| BLACKBERRIES | | | | | | | | | |
| BLUEBERRIES | | | | | | | | | |
| CANTALOUPEs | | | | | | | | | |
| CHERRIES | | | | | | | | | |
| CURRANTS | | | | | | | | | |
| GRAPES | | | | | | | | | |
| PEACHES | | | | | | | | | |
| PEARS | | | | | | | | | |
| PLUMS | | | | | | | | | |
| PRUNES | | | | | | | | | |
| STRAWBERRIES | | | | | | | | | |
| RASPBERRIES * | | | | | | | | | |
| WATERMELON | | | | | | | | | |

* Harvest and availability ends with frost, as early as September or October.

Visit our website for more information about our free programs: www.eatsmartnyli.com



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Farmers' Market Tips and Tricks

The Senior Farmers' Market Nutrition Program

Do you find your food budget running low? Does this make it hard to purchase fresh produce? You may benefit from the Senior Farmers' Market Nutrition Program (SFMNP), which provides access to local fruits, vegetables, honey, and herbs. The SFMNP gives vouchers to older adults so they can go to their local farmers' market to shop for fresh produce.

The United States Department of Agriculture (USDA) funds the SFMNP, but each state manages and administers the program differently. Not all farmers' markets participate in the SFMNP. Check with your state program and local market before going if you want to use your benefits. Find local farmers' markets using the [USDA National Farmers' Market Directory](#).

How to Apply

If you are age 60 or older and meet income requirements – for example, a one-person household with an annual income of \$13,590 or a two-person household with an annual income of \$18,310 – you can qualify. Your local [Cooperative Extension Agency](#) may be able to help you learn more about eating healthy and help to apply for the SFMNP. USDA also has [SFMNP State Agency contact information](#), and you can see if you qualify at [Benefits.Gov](#). Contact your local Area Agency on Aging for help finding resources you may need using the [Eldercare Locator](#).

Farmers' Market Shopping Tips

- Purchase produce that is in season. Some farmers even have produce available in the winter.
- Talk with vendors at the farmers' market and find out what will be available the next time you come. Use this information to plan your purchases.
- Buy only what you need for that week, so produce does not go to waste.
- Consider canning or freezing produce if you purchase more than you can eat in a short time.

- Plan to prepare or store produce safely, so it will be available when you need it. Use the City of Seattle's [Fruit & Vegetable Storage Guide](#) to learn how to properly store produce.

Produce Tips & Tricks

Fresh fruits and vegetables are important to a healthy diet. However, every food item has the potential to be harmful if not stored or prepared properly. Bacteria or germs can affect produce during growth, harvest, storage, and preparation. Make sure you are following safe steps with produce to decrease the chances for a foodborne illness.

Buying Produce

- Keep produce separate from meat, poultry, and seafood when packing them to take home.
- When buying pre-cut produce, make sure it is stored in a cold environment or on ice at the market.
- Inspect produce for quality – choose produce that is not bruised or damaged.

Storing Produce

- Store produce properly. Produce that requires refrigeration should be stored at 40 degrees Fahrenheit. Some produce must be stored in a dry, cool location.
- Refrigerate all pre-cut produce at home.

Preparing Produce

- Cut away any damaged areas on the produce before preparing or eating.
- Wash all produce under running water before preparing or eating. Do not use soap or detergents.
- Even if you do not plan to eat the skin, wash the produce before you peel so no bacteria get under the skin when peeling.
- Use a produce brush on firm produce.
- After washing produce, dry with a clean cloth or paper towel to avoid contamination with bacteria.

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Senior Participation Discount List

Contact Merchant for Individual Discounts

Restrictions May Apply

| | | | | |
|--|----------------------------|-----------------|--------------|-----------------------------|
| All Hours Drain and Sewer Services & Plumbing Repairs | | Melville | 631-505-5060 | 10% Off Daily |
| Art League of LI | 107 East Deer Park Avenue | Dix Hills | 631-462-5400 | Senior & Veteran Pricing |
| Buttercookyy Bakery | 495 New York Avenue | Huntington | 631-424-4034 | 10% Off Monday Only |
| C & C Meats | 249 Old Walt Whitman Road | Huntington | 631-271-6504 | 10% Off Tuesdays Only |
| C Town Supermarket | 1662 New York Avenue | Huntington Sta. | 631-673-5878 | 10% Off Wednesday Only |
| Community Market | 108 Depot Road | Huntington Sta. | 631-423-0648 | 10% Off Wednesday Only |
| Copenhagen Bakery | 75 Woodbine Avenue | Northport | 631-754-3256 | 20% Off Monday Only |
| Country Bagels | 361 Route 25A | Northport | 631-261-7821 | 1/2 Off 6 Bagels/Limit 6 |
| Craft Shoes | 6149 Jericho Turnpike | Commack | 631-499-5773 | 20% Off Excl. Sale Items |
| Dunkin | 15 Southdown Road | Huntington | 631-424-0647 | 5% Off Daily |
| Dunkin | 200 East Main Street | Huntington | 631-935-0031 | 5% Off Daily |
| Dunkin | 838 New York Avenue | Huntington | 631-421-2010 | 5% Off Daily |
| Eyewear by Patrice | 829 Fort Salonga Road | Northport | 631-757-3937 | 20% Off Daily |
| Family Care Pharmacy | 33 Walt Whitman Road | Huntington Sta. | 631-350-6400 | 10% Off (Limitations Apply) |
| Filletto's Pizza | 297 Clay Pitts Road | East Northport | 631-266-3700 | 5% In House Dining Only |
| Golden Globe Diner | 365 West Main Street | Huntington | 631-351-9680 | 10% Off Daily |
| Greenlawn Hardware | 83 Broadway | Greenlawn | 631-261-0119 | 10% off (Limitations Apply) |
| Huntington Dental | 1 Schwab Road | Melville | 631-673-1862 | 20% Off Daily |
| Huntington Food Plaza | 2035 New York Avenue | Huntington Sta. | 631-271-3700 | 10% Off Wednesday Only |
| IGA | 301 Clay Pitts Road | East Northport | 631-368-1661 | 5% Off Tuesdays Only |
| IHOP | 259 Old Walt Whitman Road | Huntington Sta. | 631-423-8760 | 10% Off Reg. Price Menu |
| Jones Drug Store | 100 Main Street | Northport | 631-261-7070 | 10% Off (Limitations Apply) |
| Jonny D's Pizza | 946 New York Avenue | Huntington | 631-385-4444 | 10% Off Daily |
| Melville Deli | 90 Broadhollow Road | Melville | 631-351-9338 | 10% Off Daily |
| Mo's Bagels | 75 Broadway | Greenlawn | 631-754-2667 | 10% Off Monday - Friday |
| Mo's Bagels | 707 Fort Salonga Road | Northport | 631-754-6182 | 10% Off Monday - Friday |
| Moss Opticians | 345 Main Street | Huntington | 631-421-4211 | 10% Off Daily 65 & Older |
| Mozzarella's Pizza | 1937 Jericho Turnpike | East Northport | 631-462-0600 | 10% Off/\$15 Minimum |
| Mr. Handyman | 514 Larkfield Road | East Northport | 631-509-3539 | 5% Off Labor |
| North Shore Pharmacy | 25 Southdown Road | Huntington | 631-427-6262 | 10% Off Excl. Prescriptions |
| 110 Pharmacy | 459 Walt Whitman Road | Melville | 631-421-5454 | 10% Off (Limitations Apply) |
| Spuntino | 687 Old Country Road | Dix Hills | 631-547-9300 | 10% Off Not Combinable |
| The Shipwreck Diner | 46 Main Street | Northport | 631-754-1797 | 10% Off Daily |
| Town Drugs | 517A Larkfield Road | East Northport | 631-266-3999 | 10% Off Excl. Prescriptions |
| Uncle Giuseppe's | 890 Walt Whitman Road | Melville | 631-683-5900 | 5% Off Wednesday Only |
| Value Drugs | 106 Broadway | Greenlawn | 631-754-0532 | 10% Off Wednesday Only |
| Value Drugs | 349 New York Avenue | Huntington | 631-427-2919 | 10% Off Wednesday Only |
| Vibrant Light Acupuncture & Massage | 181 Main Street, Suite 109 | Huntington | 516-353-2341 | 30% Off Acupuncture |
| Vision World | 699 Old Country Road | Dix Hills | 631-271-3520 | 20% Off Daily |

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TOWN OF HUNTINGTON



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