



# December 2016



## MONDAY

## TUESDAY

## WEDNESDAY

<p><b>LUNCH SERVED NOON - 1:20 PM</b>  <b>SUGGESTED DONATION: \$2.00</b></p> <p><b>Please Note:</b>  <b>There is always an optional entrée</b>  <b>in place of the Menu of the Day</b></p>	<p>The Nutrition Center is sponsored by the Town of Huntington with funding by Title 111C under U.S. Older Americans Act through New York State Office for the Aging and administered through Suffolk County Office for the Aging.</p>	<p>The Older Americans Act of 2006, encourages a suggested 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 2016, 185% of the federal poverty level is \$21,978 for a household of one, and \$29,637 for a household of two.</p>
<p><b>5 Chicken Fajita:</b> <i>Pepper &amp; Onions</i></p> <p>9:45 Arthritis Exercise First            11:00 Arthritis Exercise Second            12:45 Sign Language            1:30 Line Dancing            1:30 Independent Chess            1:45 Power of Positive Thinking            2:00 Yoga Class</p>	<p><b>6 Pork Cutlet:</b> <i>Mushroom Dijon</i></p> <p>9:15 Fitness Training            10:00 Sunshine Singers            10:00 Basic Bridge            10:00 Pinochle Anyone?            1:00 Computer Instruction - Beginner</p> <p><b>HAPPY HOLIDAYS PARTY</b>            Entertainment by DJ Bob  <b>1:00 - 2:30 pm</b></p> <p>2:00 Yoga for Caregivers            2:30 Sport Line Dancing</p>	<p><b>7 Beef Stew:</b> <i>Carrots, Onions &amp; Celery</i></p> <p>9:00 - Noon <b>Medicare Basics Counseling - by appointment only</b>            9:00 Multimedia Art            10:00 <b>Operation Medicine Cabinet</b>            10:30 Art Therapy for Caregivers            10:30 Tai Chi, Advanced            11:30 Tai Chi, Beginner            1:30 Art Class, Beginner/Intermediate            1:45 Readers/Acting Theatre            2:00 Brain Gym</p>
<p><b>12 Chicken Cutlet Hero</b></p> <p>9:45 Arthritis Exercise First            11:00 Arthritis Exercise Second            12:45 Sign Language            1:30 Line Dancing            1:30 Independent Chess            1:45 Power of Positive Thinking            2:00 Yoga Class</p>	<p><b>13 Spaghetti &amp; Meatballs</b></p> <p>9:15 Fitness Training            10:00 Sunshine Singers            10:00 Basic Bridge            10:00 Pinochle Anyone?            11:00 <b>Ken at the Piano</b>            11:00 <b>Asian Culture Association: <i>Silk and It's Role in History</i></b>            1:00 Computer Instruction - Beginner            1:30 Bingo            2:00 SeniorNet Presentation            2:00 Yoga for Caregivers            2:30 Sport Line Dancing</p>	<p><b>14 Roast Beef</b></p> <p>8:30 - 11:00 Podiatrist            10:30 Veterans Group            10:30 Tai Chi, Advanced            11:30 Tai Chi, Beginner</p> <p><b>Holiday Meal</b>  <i>Strolling Musician Tommy Santoriello</i>  <b>Noon - 1:20 pm</b></p>
<p><b>19 Meatloaf</b></p> <p>12:45 Sign Language            1:30 Line Dancing            1:30 Independent Chess            1:45 Power of Positive Thinking            2:00 Yoga Class</p>	<p><b>20 Chicken Teriyaki</b></p> <p>9:15 Fitness Training            10:00 Sunshine Singers            10:00 Basic Bridge            10:00 Pinochle Anyone?            10:00 <b>Tea Time with Jillian</b>  <b>Senior Holiday Show • 11:00 - Noon</b>            1:00 Computer Instruction - Beginner            1:30 Bingo            2:00 Yoga for Caregivers            2:30 Sport Line Dancing</p>	<p><b>21 Pork Cassoulet</b></p> <p>8:30 - Noon <b>Advocate from SCOFA</b>            9:00 Multimedia Art            10:30 Art Therapy for Caregivers            10:30 Tai Chi, Advanced            11:30 Tai Chi, Beginner            1:30 <b>Pazzazz: The Music and Song Duo</b>            1:30 Art Class, Beginner/Intermediate</p>
<p><b>26 Closed</b></p>	<p><b>27 Roast Pork:</b> <i>Roasted Garlic Sauce</i></p>	<p><b>28 Krab Cakes:</b> <i>Avocado Fruit Salsa</i></p>
<p><b>CLOSED</b>  <b>HAPPY HOLIDAYS</b></p> 	<p>10:00 Basic Bridge            10:00 Pinochle Anyone?            11:00 Karaoke            1:00 Computer Instruction - Beginner            1:30 Bingo            2:00 <b>Bob's Bookies: <i>After You</i></b> by Jojo Moyes            2:00 Yoga for Caregivers            2:30 Sport Line Dancing</p>	<p>9:00 Multimedia Art            10:30 Tai Chi, Advanced            11:30 Tai Chi, Beginner            1:30 Art Class, Beginner/Intermediate            1:30 <b>Philip Harwood, Film Historian</b>  <b>New Year... Radio, TV and Film</b></p>

## HUNTINGTON SENIOR NUTRITION CENTER

423 Park Avenue, Huntington

Lunch Served • Noon - 1:20 pm • \$2 Donation Suggested

### THURSDAY

### FRIDAY

<p><b>1 Lemon Chicken</b></p> <p>9:30 Mahjong 10:00 Fitness First 10:00 <b>Charity Workshop Presentation</b> <i>By invitation only</i> 11:05 Fitness Second 1:45 Greek Dancing</p>	<p><b>2 Potato Crusted Pollack</b></p> <p>10:15 Birthdays/Anniversaries of the Month 11:00 Guitar Lessons 11:00 Exercise for Energy 1:00 <b>Movie: Operation Petticoat</b> 1:00 Computer Instruction - Beginner 1:30 Independent Chess 1:30 Bridge, Intermediate</p>
<p><b>8 Chicken Pappagallo</b></p> <p>9:30 Mahjong 9:30 Charity Workshop 10:00 Fitness First 11:05 Fitness Second 1:30 Duplicate Bridge 1:30 Engineers Group 1:30 Caregiver Support Group</p>	<p><b>9 Stuffed Tilapia Athenian: Feta &amp; Spinach</b></p> <p>9:30 - 4:15 Smart Driving 10:00 8 Ball Tournament, Singles 11:00 Guitar Lessons 1:00 <b>Movie: Me Before You</b> 1:00 Computer Instruction - Beginner 1:30 Independent Chess 2:00 Bridge, Intermediate</p>
<p><b>15 Roast Pork: Apple Chutney</b></p> <p>9:30 Mahjong 9:30 Charity Workshop 10:00 Fitness First 10:30 Blood Pressure Screening 11:05 Fitness Second 1:30 Independent Bridge 1:45 Greek Dancing</p>	<p><b>16 Broiled Flounder: Garlic Aioli</b></p> <p>10:30 Bereavement Support Group 11:00 Guitar Lessons 11:00 Exercise for Energy 1:00 <b>Movie: National Lampoon Christmas Vacation</b> 1:00 Computer Instruction - Beginner 1:30 Independent Chess 1:30 Bridge, Intermediate</p>
<p><b>22 Sauerbraten</b></p> <p>9:30 Mahjong/Canasta 9:30 Charity Workshop 10:00 Fitness First 11:05 Fitness Second 1:30 Caregiver Support Group 1:30 Independent Bridge</p>	<p><b>23 Center Closed</b></p> <p style="text-align: center;"><b>CLOSED</b> <b>HAPPY HOLIDAYS</b></p> 
<p><b>29 Stuffed Shrimp</b></p> <p>10:00 Fitness First</p> <p style="text-align: center;"><b>New Year's Eve Party</b> Entertainment by Steve Cassano 12:30 - 2:30 pm</p>	<p><b>30 Potato Crusted Pollack</b></p> <p>11:00 Exercise for Energy 1:00 <b>Movie: When Harry Met Sally</b> 1:00 Computer Instruction - Beginner 1:30 Independent Chess 1:30 Bridge, Intermediate</p>



## Presentations/Events



### Greek Dancing

With Milton and Chryssa

Thursday, December 1 & 15 • 1:45 pm

## Medicare Basics Counseling

Wednesday, December 7 • 9:00 am - Noon

RSVP - HIICAP's (Health Insurance Information, Counseling and Assistance Program) Medicare Basics Presentation is designed for Medicare eligible people who want a better understanding of Medicare and the options available, the Medicare Savings Program and EPIC (Elderly Pharmaceutical Insurance Coverage) Program.

(1st Wednesday of each Month)

One-on-One Counseling 9 am - Noon

Call Holli at (631) 351-3253

## Asian Culture Association:

*Silk and It's Role in History*

Tuesday, December 13 • 11:00 am

Come and enjoy a festive holiday meal with all the trimmings in the company of your friends at the Center.

## HOLIDAY MEAL

Wednesday, Dec. 14 • Noon - 1:20 pm

**Please plan on arriving early** if you have NOT come in to have a meal since April 1st. **Please bring** proof of address and age (P.O. Box is not considered a valid address). Your driver's license or non-driver's ID issued by Motor Vehicle is acceptable proof of both address and age. Blue Suffolk County Meal Scan Card is not acceptable proof of address or age.

## PLEASE NOTE:

All classes and events are open to Town of Huntington Residents with membership cards. Get your membership card in the Senior Center Front Office.