

DECEMBER  
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		THURSDAY		FRIDAY		Events	
<b>1 Lasagna Roll Ups</b> <i>Birthdays of the Month Special Dessert</i> 9:00-1:30 Hair Salon 10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 12:30 Card Playing/Chinese Mahjong 2:00 Zumba 2:00-3:00 Beginner Guitar Lessons 3:00-4:00 Intermediate Guitar Lessons		<b>2 Sliced Pork with Gravy</b> 9:00-1:30 Hair Salon 9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 <b>Music with Saxy Ric</b> 12:30 Canasta- Hand, Knee, Foot Class 1:30 Conventional Bridge 2:00 Social Dance 2:15 Caregiver Yoga		<b>3 Pepper Steak</b> 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 - 1:00 <b>Shed the Meds</b> 11:00 - 2:00 <b>Medicare Update Appointments with Martha</b> 1:45 Bingo		<b>4 BBQ Chicken</b> 10:00 Instructional Mahjong & Free Play 10:00 Pool Sharks 10:30 Caregiver Support Group 1:00 Duplicate Bridge		<b>5 Krab Cakes</b> 10:00 Cardio Drumming 10:30 Pool Tournament 11:05 Chair Yoga 12:30 <b>Music with DJ Charlie</b> 1:00 Intermediate Bridge 1:30 Rummikub 1:30 Write to Share		<i><b>P-u-z-z-l-e-r-s</b></i> <i><b>Monday &amp; Friday:</b></i> <i><b>9:30-12:15 and 1:30-3:00</b></i> <i><b>Wednesday: 9:30-12:15</b></i>	
<b>8 Manicotti w Meat Sauce</b> 9:00-1:30 Hair Salon 10:00 Informal Canasta 10:00 Pool Sharks 12:30 Card Playing/Chinese Mahjong 1:15 <b>Senior Holiday Show</b>		<b>9 Pork Chops with Gravy</b> 9:00-1:30 Hair Salon 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 Class 1:30 Conventional Bridge 2:00 Social Dance 2:15 Caregiver Yoga		<b>10 Meatloaf with Gravy</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 <b>Northwell Health Presentation Healthy Eating</b> 1:45 Bingo		<b>11 Chicken Parmesan</b> 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 10:00 Pool Sharks 10:30 Caregiver Support Group 11:00-1:00 <b>Blood Pressure Screenings with Janet</b> 11:05 Fitness Exercise II 12:30 <b>Holiday Party with Mark Danti</b> 1:00 Duplicate Bridge		<b>12 Shrimp Newburg w White Rice</b> 10:00 Balance and Endurance 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge 1:30 Rummikub 1:30 Laugh Out Loud		<b>SENIOR HOLIDAY SHOW</b> <b>Monday, Dec. 8 • 1:15 pm</b> <i>Music, Dance and More Music</i> <i>To get you in the Holiday Spirit!</i>	
<b>15 Stuffed Cabbage</b> 9:00-1:30 Hair Salon 10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 12:30 <b>Happy Hanukkah w Geoff Cohen</b> 12:30 Card Playing/Chinese Mahjong 2:00 Zumba		<b>16 Pulled Pork</b> 9:00-1:30 Hair Salon 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 Class 2:00 Social Dance 2:15 Caregiver Yoga		<b>17 Roast Beef w Gravy HOLIDAY MEAL</b> 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 12:00 <b>Holiday Meal with Strolling Musician Alex Alexander 11:30 am - 1:30 pm</b> <i>* Special Dessert compliments of Duck Island Bread Company</i>		<b>18 Chicken Piccata w Artichokes</b> 10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 10:30 Veteran's Support Group 10:00 Pool Sharks 11:30 <b>Piano Music with Angela</b> 11:05 Fitness Exercise II 1:00 Island Harvest - Commodity Supplemental Food Program Distribution 1:00 Duplicate Bridge 1:30 Engineer Group		<b>19 Potato Crusted Cod</b> 9:30 - 4:15 <b>AARP Smart Driving</b> 10:00 Cardio Drumming 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge 1:30 Rummikub 1:30 Write to Share		<b>HOLIDAY PARTY</b> <b>WITH MARK DANTI</b> <b>Thurs., December 11</b> <b>12:30 - 2:00 pm</b>	
<b>22 Shrimp Gumbo over Rice</b> 9:00-1:30 Hair Salon 10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 12:30 Card Playing/Chinese Mahjong 1:15 <b>Kwanzaa Celebration</b>		<b>23 Grilled Turkey &amp; Cheese</b> 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 <b>Piano with Charles</b> 12:30 Canasta- Hand, Knee, Foot Class 2:00 Social Dance 2:15 Caregiver Yoga		<b>24 CLOSED</b> <b>HAPPY HOLIDAYS</b>		<b>25 CLOSED</b> <b>Merry Christmas</b>		<b>26 Krab Cakes</b> 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge 1:30 Rummikub 1:30 Laugh Out Loud		<b>HOLIDAY MEAL</b> <b>Wednesday, December 17</b> <b>Noon - 1:15 pm</b> <i>Strolling Musician</i> <b>Alex Alexander</b> <b>11:30 am - 1:30 pm</b>	
<b>29 Manicotti w Meat Sauce</b> 9:00-1:30 Hair Salon 10:00 Stretch & Strength 10:00 Informal Canasta 11:00 Pool Sharks 12:30 <b>Piano with Remy</b> 12:30 Card Playing/ Instructional Chinese Mahjong		<b>30 Sliced Pork w Gravy</b> 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 <b>Glitz &amp; Glam New Year's Eve Party with Geoff Cohen</b> <i>*Decorations compliments of Alchemy Ice Cream *</i> 12:30 Canasta- Hand, Knee, Foot Class 2:15 Caregiver Yoga		<b>31 Pepper Steak</b> 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:45 Bingo		<i><b>New Social Worker in the Senior Division</b></i> <i><b>Jeannine Comito, LMSW Schedule:</b></i> <i><b>(631) 351-3253 Ext. 3780</b></i>  <i><b>Monday: 9:00 am - 2:00 pm</b></i> <i><b>Thursday: 9:00 am - 2:00 pm</b></i> <i><b>Friday: 9:00 am - 3:00 pm</b></i> <i><b>(Away Dec. 18-Jan.4)</b></i>		<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>KWANZAA CELEBRATION</b> <b>Monday, December 22</b> <b>1:15 pm</b>	
										<b>GLITZ &amp; GLAM</b> <b>NEW YEAR'S EVE PARTY</b> <b>TUESDAY, DEC. 30</b> <b>WITH GEOFF COHEN</b> <b>12:30 - 2:00 PM</b>	