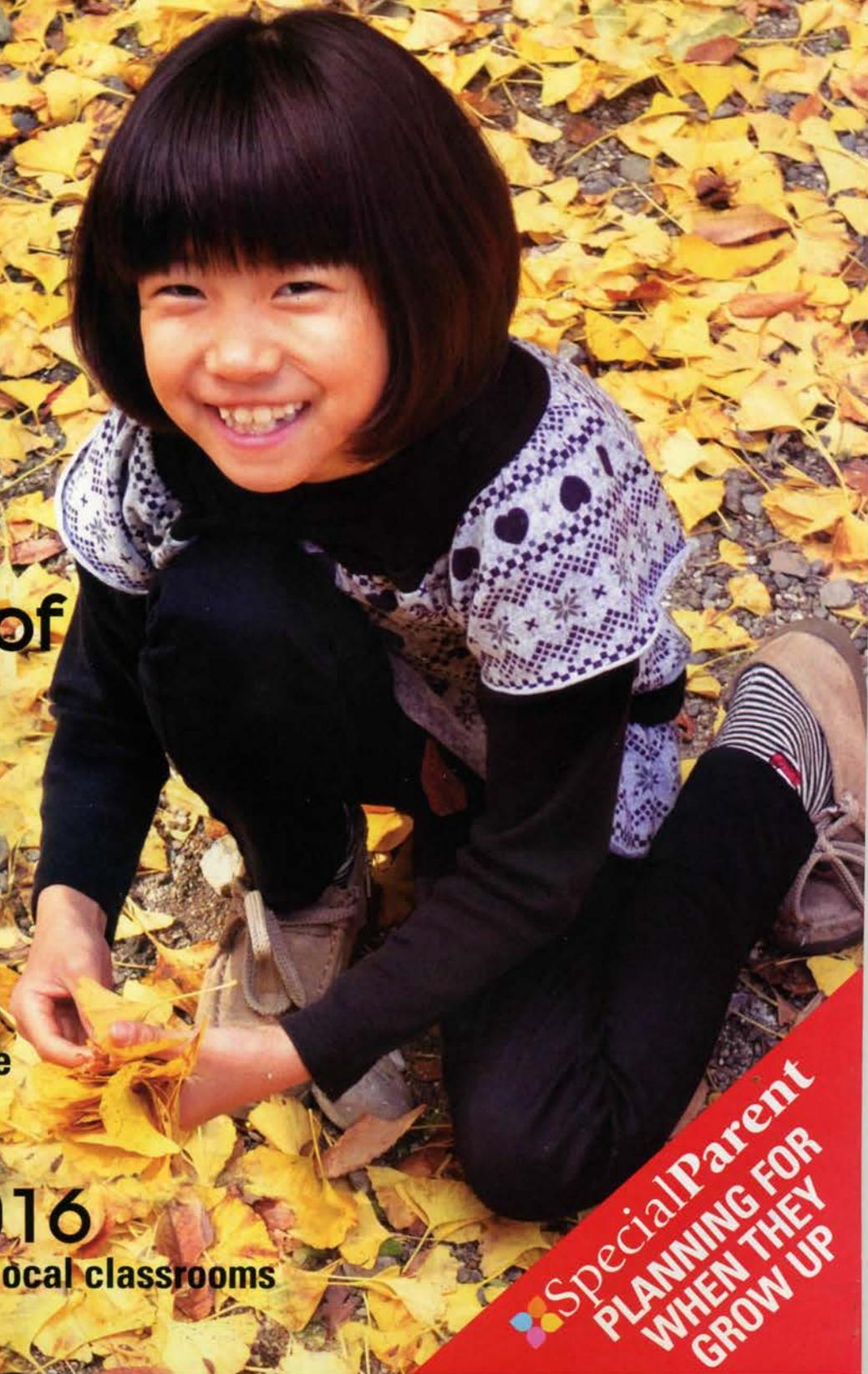


Long Island Parent

SUFFOLK EDITION

NOVEMBER 2016

NYMETROPARENTS.COM



An Ounce of Prevention

Tips for keeping your kids healthy

Toddlers & 911

Teaching kids to handle emergencies

Decision 2016

The election comes to local classrooms

Special Parent
**PLANNING FOR
WHEN THEY
GROW UP**

WHERE TO GO ICE-SKATING



THANKSGIVING SIDE DISHES

Sky Zone Cares

WHEN: Monday, Nov. 7, 3-6pm

WHERE: Sky Zone Deer Park, 111 Rodeo Drive, Deer Park

AGES: All

WHAT: Sky Zone dials down the music, increases the number of staff on duty, and limits capacity.

WANT TO GO? \$16 per hour. 631-392-2600. skyzone.com/deerpark.

Cupcake Decorating Class

WHEN: Nov. 7-28, Mondays, 4-7pm

WHERE: Cause Café, 1014 Fort Salonga Road, East Northport

AGES: 9 and older

WHAT: This class is tailored to young adults with special needs, but everyone is welcome. Admission includes a beverage and a cupcake.

WANT TO GO? \$20. 631-651-8667. facebook.com/ourcoffeewcause.

Creative Expeditions

WHEN: Tuesday, Nov. 29, Tuesdays, 4-5:15pm

WHERE: Nassau County Museum of Art, 1 Museum Drive, Roslyn Harbor

AGES: 5-12

WHAT: Children on the autism spectrum, along with their families or caregivers, engage in gallery experiences that encourage talking about and making art.

WANT TO GO? \$12; \$8 seniors; \$4 children ages 4-12; \$2 weekend parking fee. 516-484-9338. nassaumuseum.org.

Ariella's NY Friendship Circle: Zumba

WHEN: Nov. 7-Dec. 19, Mondays, 5:45-6:30pm

WHERE: The Chai Center, 501 Vanderbilt Parkway, Dix Hills

AGES: 5-12

WHAT: Ariella's friendship circle unites teen volunteers and children with special needs. This Zumba class is for kids of all abilities run by a licensed Zumba instructor who is also a speech language pathologist.

WANT TO GO? \$15 per class. 631-351-8672. thechai.com.

Special Olympics Bowling at the All Star

WHEN: Through Dec. 1, 2018: Mondays, 5pm

WHERE: The All Star, 96 Main Road, Riverhead

AGES: All

WHAT: Bowlers with special needs are invited to bowl on the main lanes and experience the arcade with the latest games.

WANT TO GO? \$10 for two games. 631-998-3565. theallstar.com.



MOVERS & SHAKERS

Mounted Cowboy Shooting Match

WHEN: Saturday, Nov. 5, 11:30am-1:30pm

WHERE: Old Bethpage Village Restoration Fairgrounds, 1303 Round Swamp Road, Old Bethpage

AGES: All

WHAT: Watch as New York's original mounted shooting club The Island Long Riders, dressed in Old-West attire, navigate a course on horseback while shooting targets. The show is based on the historical reenactment of shooting events held at Wild West Shows during the 19th century.

WANT TO GO? \$10; \$7 children ages 5-12; free for children younger than 5. 516-572-8400. islandlongriders.com.

Holocaust Survivor

WHEN: Wednesday, Nov. 9, 7pm

WHERE: The Chai Center, 501 Vanderbilt Parkway, Dix Hills

AGES: 9 and older

WHAT: Hear an extraordinary Jewish mother's battle to save her seven children during the outbreak of World War II as told by her youngest child, Jeannie Parnes Wechsler.

WANT TO GO? \$30; \$12 children younger than 16. 631-351-8672. thechai.com.

Robotics Bowling **FREE**

WHEN: Wednesday, Nov. 16, 5:30-7pm

WHERE: Riverhead Free Library, 330 Court St., Riverhead

AGES: 9-17

WHAT: Program a robot to knock down bowling pins. Registration required.

WANT TO GO? 631-727-3228. riverheadlibrary.org.

Play Place **FREE**

WHEN: Nov. 3-17, Thursdays, 10-11am

WHERE: Riverhead Free Library, 330 Court St., Riverhead

AGES: Newborn to 5

WHAT: Join this informal drop-in playtime program for newborns and toddlers to play, and meet new friends.

WANT TO GO? 631-727-3228. riverheadlibrary.org.

Half Hollow Hills Robotics Annual Invitational Tournament **FREE**

WHEN: Saturday, Nov. 19, 8am

WHERE: Half Hollow Hills High School West, 50 Vanderbilt Parkway, Dix Hills

AGES: All

WHAT: Watch students' homemade robots battle for points in an arena at this free all-day event.

WANT TO GO? team3624.org.

Music & Movement **FREE**

WHEN: Wednesday, Nov. 23, 11-11:45am

WHERE: Brentwood Public Library, 34 Second Ave., Brentwood

AGES: 3-8

WHAT: You and your child will enjoy singing songs and dancing together.

WANT TO GO? 631-273-7883. brentwoodnylibrary.org.

Parents Night Out

WHEN: Nov. 4-26, Fridays, 6:30-9:30pm; Saturdays, 6-9pm

WHERE: Tumbling Tunes, 212 Laurel Road, East Northport

AGES: 3-8

WHAT: Enjoy a night out while your children enjoy a night featuring gymnastics equipment, crafts, musical instruments, games, a parachute, and toys. Reservations required.

WANT TO GO? \$12 per hour; \$17 for two siblings; \$20 for three siblings. 631-697-0140. tumblingtunes.com. 22