

**November 2024**

**Hispanic Brotherhood Inc.  
124 Greenwich Street, Hempstead, NY 11550  
516-483-6018**



**Nassau County Office for the Aging**

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday

Tuesday

Wednesday

Thursday

Friday

					1			
4	<p><b>9:00AM- COFFEE AND ANNOUNCEMENTS</b>  <b>10:00AM- HEALTH PROMOTION: ZUMBA W/NILO</b>  <b>11AM-WELLCARE: MEDICARE PRESENTATION BY MERY</b>  <b>12PM- LUNCH HOUR</b>  <b>1PM- BINGO OR DOMINO</b></p>	5	<p><b>9:00AM-Island Harvest CSFP BOX Delivery</b>  <b>9:30AM- COFFEE AND ANNOUNCEMENTS</b>  <b>10AM- TIME TO SOCIALIZE</b>  <b>11AM-GAMES AND PUZZELS</b>  <b>12PM- LUNCH HOUR</b>  <b>1PM- BINGO OR DOMINO</b></p>	6	<p><b>9:00AM- COFFEE AND ANNOUNCEMENTS</b>  <b>10:00AM-TIME TO SOCIALIZE!</b>  <b>11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  <b>12PM- LUNCH HOUR</b>  <b>1PM-BINGO OR DOMINO</b></p>	7	8	
11		12	<p><b>9:00AM- COFFEE AND ANNOUNCEMENTS</b>  <b>9:30AM-SITE COUNCIL MEETING</b>  <b>10:00AM- HEALTH PROMOTION: ZUMBA W/NILO</b>  <b>11AM- CEC HELALFCARE: DEBRA</b>  <b>12PM- LUNCH HOUR</b>  <b>1PM- BINGO OR DOMINO</b></p>	13	<p><b>9:00AM- COFFEE AND ANNOUNCEMENTS</b>  <b>10AM- TIME TO SOCIALIZE</b>  <b>11AM- CORNELL-FINDING SUGARS IN FOOD LABELS</b>  <b>12PM- LUNCH HOUR</b>  <b>1PM- BINGO OR DOMINO</b></p>	14	<p><b>9:00AM- COFFEE AND ANNOUNCEMENTS</b>  <b>10:00AM-TIME TO SOCIALIZE!</b>  <b>11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  <b>12PM- LUNCH HOUR</b>  <b>1PM-BINGO OR DOMINO</b></p>	15



Monday

Tuesday

Wednesday

Thursday

Friday

18	19	20	21	22
	<p><b>9:00AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10:00AM- HEALTH PROMOTION: ZUMBA W/NILO</b>  <b>11AM-</b>TIME TO SOCIALIZE  <b>11:30AM-SITE COUNCIL MEETING</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p><b>9:00AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE  <b>11AM-FAMILY &amp; CHILDREN: SOLANGE</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p> 	<p><b>NOVEMBER BIRTHDAYS</b></p> <p><b>9:00AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10:00AM-</b>TIME TO SOCIALIZE!  <b>11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b>BINGO OR DOMINO</p>	
25	26	2	28	29
<p><b>9:00AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10:00AM-HOLIDAY FOOD DONATION</b>  <b>11AM-</b>TIME TO SOCIALIZE  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p><b>THANKSGIVING FEAST</b></p> <p><b>9:00AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10:00AM- HEALTH PROMOTION: ZUMBA W/NILO</b>  <b>11AM-</b>TIME TO SOCIALIZE  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO  <b>1:30PM-TURKEY DISTRIBUTION</b></p>	<p><b>NO LUNCH SERVICE</b></p>		<p><b>OFFICE CLOSED</b></p>



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

**IMPORTANT INFORMATION!**

**Hours of Operation: 9:00am – 2:00pm**

**Meals suggested contribution: \$3.00.**

**Suggested contribution for transportation, workshops, and exercise classes: \$2.00.**

**Birthday Celebration: November 21, 2024**

**RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-483-6018 TO RESERVE MEALS & EXERCISE**