

# November 2024

Hispanic Brotherhood of Rockville Centre Inc.  
59 Clinton Avenue, Rockville Centre, New York 11570  
(516) 766-6610



# 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

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4	5	6	7	8	
	<p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  <b>11AM-</b> TIME TO SOCIALIZE!  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>9:30AM-</b> TIME TO SOCIALIZE!  <b>10:30AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- ZUMBA DANCE CLASS WITH NILO</b>  <b>11AM- CORNELL COOPERATIVE: FINDING SUGARS IN FOOD LABELS</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>		
11	12	13	14	15	
	<p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>9:30AM-SITE COUNCIL MEETING</b>  <b>10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  <b>11AM-</b> TIME TO SOCIALIZE!  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>9:30AM- VAXINOBILE MUONT SANAI</b>  <b>10:30AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- ZUMBA DANCE CLASS WITH NILO</b>  <b>11AM- WELLCARE: MEDICARE PRESENTATION BY MARY</b>  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>		


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<p>18</p> <p>9AM- COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  11AM- CEC-HEALTH CARE:DEBRA  12PM- LUNCH HOUR  1PM- BINGO OR DOMINO</p>	<p>19</p> <p>9AM- COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  11AM- CEC-HEALTH CARE:DEBRA  12PM- LUNCH HOUR  1PM- BINGO OR DOMINO</p>	<p>20</p> <p>9AM- COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>9:30AM- TIME TO SOCIALIZE!</b>  <b>10:30AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS</b>  12PM- LUNCH HOUR  1PM- BINGO OR DOMINO</p>	<p>21</p> <p><b>NOVEMBER BIRTHDAYS</b></p> <p>9AM- COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- ZUMBA DANCE CLASS WITH NILO</b>  11AM- TIME TO SOCIALIZE!  12PM- LUNCH HOUR  1PM- BINGO OR DOMINO</p>	<p>22</p>
<p>25</p> <p>9AM- COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10:00AM-HOLIDAY FOOD DONATION</b>  11AM- TIME TO SOCIALIZE!  12PM- LUNCH HOUR  1PM- BINGO OR DOMINO</p>	<p>26</p> <p><b>THANKSGIVING FEAST</b></p> <p>9AM- COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</b>  11AM- TIME TO SOCIALIZE!  12PM- LUNCH HOUR  1PM- BINGO OR DOMINO</p>	<p>27</p> <p><b>NO LUNCH SERVICE</b></p>	<p>28</p>  <p><b>CLOSED THANKSGIVING DAY!</b></p>	<p>29</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 516-766-6610 TO RESERVE MEALS & EXERCISE**