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

ivioriday	Tuesday	wednesday	mursday	Filday
Ho	uppy Thanksgiu	oing		Island Harvest A FOOD BANK FOR LONG ISLAND
4	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	7 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- CORNELL COOPERATIVE: FINDING SUGARS IN FOOD LABELS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	8
WE WILL BE CLOSED ON VETERANS DAY	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM-SITE COUNCIL MEETING 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- VAXINOBILE MUONT SANAI 10:30AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- WELLCARE: MEDICARE PRESENTATION BY MARY 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	15

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

Wednesday



Tuesday

Monday

BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE

IMPORTANT INFORMATION!

Thursday

Friday

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