

December 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

<p>2</p> 	<p>3</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA W/NILO 11AM-GAME END PUZZELS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>4</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM-DIABETES EDUCATION MOUNT SINAI 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>5</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM-TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM-BINGO OR DOMINO</p> 	<p>6</p>
<p>9</p> 	<p>10</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA W/NILO 11AM-GROUP SESSION WHIT DEBRA C.E.C HEALF CARE 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>11</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- GAMES AND PUZZELS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>12</p> <p>BIRTHAY PARTY</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM-TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM-BINGO OR DOMINO</p>	<p>13</p>
<p>16</p> 	<p>17</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA W/NILO 11AM- CORNELL COOPERATIVE PRESENTATION 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>18</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- SITE COUNCIL METTING 11AM-GAMES AND PUZZELS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>19</p> <p>CHRISTMAS PARTY</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM-TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- DJ & LUNCH HOUR 1PM-PARTY TIME! DJ FRANKLIN</p>	<p>20</p> 

Monday

Tuesday

Wednesday

Thursday

Friday

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**OUR OFFICES WILL BE CLOSED THIS WEEK FROM DECEMBER 24, 2024, TO JANUARY 1, 2025
WE REOPEN ON JANUARY 2, 2025**



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: DECEMBER 12, 2024

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-766-6610 TO RESERVE MEALS & EXERCISE