

December 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

<p>2</p> 	<p>3</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>4</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>5</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>6</p> 
<p>9</p> 	<p>10</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>11</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>12</p> <p>BIRTHAY PARTY 9AM- COFFEE, AFFIRMATION & ANNOUNCEMENTS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- CORNELL COOPERATIVE PRESENTATION 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>13</p>
<p>16</p> 	<p>17</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- SITE COUNCIL METTING 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>18</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM- GROUP SESSION DEBRA C.E.C HEALF CARE 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>19</p> <p>CHISTMAS PARTY 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- D.J.MC LOVIN! 12PM- LUNCH HOUR 1PM- PARTY TIME</p> 	<p>20</p> 

Monday

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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