

January 2025

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>THE NEW YEAR BRING JOY, PEACE AND HAPPINESS TO YOU</p>	 <p>OFFICE CLOSED</p>	<p>9AM- COFFEE, AFFIRMATIONS 9.30-NEW YEAR'S RESOLUTIONS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- HAPPY NEW YEAR PARTY 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM-FOOD DONATION AND WORD SEARCH 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 
<p>6</p>	<p>7</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDY'S YOGA CLASS 11AM- INTERACTION SHARING LIFE STORIES 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>8</p> <p>9AM- COFFEE, AFFIRMATIONS 9.30 AM- COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00 AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>9</p> <p>9 AM-COFFEE, AFFIRMATIONS 9.30 AM-GAMES AND WORD SEARCH 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>10</p>
<p>13</p>	<p>14</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDY'S YOGA CLASS 11AM- BOARD GAMES 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>15</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00 AM-MEDICINE SAFETY W/EDUARDO TORRES 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>16</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>17</p>




Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">20</p>  <p style="text-align: center;">OFFICE CLOSED HOLIDAY</p>	<p style="text-align: right;">21</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 style="text-align: right;">22</p> <p>9AM- COFFEE, AFFIRMATIONS 9.30 AM- COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00 AM- GROUP SESSIONS WITH DEBRA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p style="text-align: right;">23</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 style="text-align: right;">24</p>
<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- SITE COUNCIL MEETING 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p style="text-align: right;">29</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00 AM- BOARD GAMES 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p style="text-align: right;">30</p> <p style="background-color: yellow; text-align: center;">JANUARY BIRTHDAYS</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 style="text-align: right;">31</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: January 30, 2025

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