

February 2025

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



NO MATTER HOW LONG THE STORM IS,
THE SUN ALWAYS SHINES AGAIN
THROUGH THE CLOUDS.

<p>3</p> 	<p>4</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 9.30AM-GAMES AND WORD SEARCH 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM- POISON CONTROL W/EDUARDO TORRES 12PM- LUCH TIME: CHICKEN FRANCAISE 1:00PM-BINGO OR DOMINO</p>	<p>5</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 9.30 AM-COLORING 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- LUNCH TIME: STUFFED SHELLS W/MARINARA 1 PM- BINGO OR DOMINO</p> 	<p>6</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 9.30 BOARD GAMES 10.00AM-GAMES AND WORD SEARCH 11AM- 1PM- HEALTH PROMOTION: SANDY'S YOGA 12PM- LUNCH TIME: SAUSAGE & PEPPERS W/ONIONS 1PM-BINGO OR DOMINGO</p>	<p>7</p>
<p>10</p>	<p>11</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 9.30 AM-COLORING 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM CORNELL COOPERATIVE HEART HEALTH 12PM- LUNCH TIME: SLICE TURKEY ROLLS W/GRAVY 1:00PM-BINGO OR DOMINO</p>	<p>12</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 9.30 BOARD GAMES 10 AM- TIME TO SOCIALIZE 11 AM- PRESENTATION OAK STREET HEALTH W/ANTONIO 12 PM- LUNCH TIME: PORK LOIN W/GRAVY 1 PM- BINGO OR DOMINO</p>	<p>13</p> <p>Valentine's Day celebration 9:00AM- COFFEE AND ANNOUNCEMENTS 9.30.AM TRIVIALIDADES 10.00 AM-GAMES 11AM HEALTH PROMOTION: SANDYE'S YOGA 12PM- - LUNCH TIME: BEEF BURRUTO W/CHEESE 1PM-BINGO OR DOMINGO</p>	<p>14</p> 

<p>17</p> <p>OFFICE CLOSED HOLIDAY</p> 	<p>18</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM-GROUP SESSIONS WITH DEBRA 12PM- - LUNCH TIME: GREEK SALAD 1:00PM-BINGO OR DOMINO</p>	<p>19</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 9.30 AM-COLORING 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- -LUNCH TIME: CHICKEN W/PEPPERS AND ONIONS 1 PM- BINGO OR DOMINO</p> 	<p>20</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM- TIME TO SOCIALIZE 11AM- 1PM- HEALTH PROMOTION: SANDY'S YOGA 12PM- LUNCH TIME: MEALTLOAF W/BROW GRAVY 1PM-BINGO OR DOMINGO</p>	<p>21</p> 
<p>24</p>	<p>25</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11 AM- GAMES AND PUZZLES 12PM- LUNCH TIME: QUICHE W/SPINACH &CHEESE 1:00PM-BINGO OR DOMINO</p>	<p>26</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 9.30 BOARD GAMES 10AM- SITE COUNCIL METTING 11AM-GAMES AND PUZZELS 12PM- LUNCH TIME; MIXED VEGETABLES HAMBURGER 1PM- BINGO OR DOMI</p>	<p>27</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- SITTING VOLLEYBALL 11AM- 1PM- HEALTH PROMOTION: SANDY'S YOGA 12PM- - LUNCH TIME: CHICKEN W/PEPPERS AND ONIONS 1PM-BINGO OR DOMINGO</p>	<p>28</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: February 27, 2024

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-428-6010 TO RESERVE MEALS & EXERCISE