

February 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



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

<p>3</p> 	<p>4</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- BOARD GAMES 12PM- LUCH TIME: CHICKEN FRANCAISE 1PM- BINGO OR DOMINO</p>	<p>5</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- PRESENTATION OAK STREET HEALTH W/ANTONIO 12PM-LUNCH TIME: STUFFED SHELLS W/MARINARA 1PM- BINGO OR DOMINO</p>	<p>6</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30AM-GAMES AND WORD SEARCH 10:00AM-ZUMBA DANCECLAS WITH NILO 11AM- COMMUNITY FORUM ALZHEIMER'S ASSOCIATION 12PM- LUNCH TIME: SAUSAGE & PEPPERS W/ONIONS 1PM- BINGO OR DOMINO</p>	<p>7</p>
<p>10</p>	<p>11</p> <p>9AM- COFFEE, STATEMENT 9.30 AM-GAMES AND WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- CHAINED WORDS 12PM- LUNCH TIME: SLICE TURKEY ROLLS W/GRAVY 1PM- BINGO OR DOMINO</p>	<p>12</p> <p>9AM- COFFEE, STATEMENTS 9.30 AM-GAMES AND COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- PROJET WARMTH W/BIENA 12PM-LUNCH TIME: PORK LOIN W/GRAVY 1PM- BINGO OR DOMINO</p>	<p>13</p> <p>Valentine's Day celebration 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30AM- TRIVIALIDADES 10:00AM-ZUMBA DANCECLAS WITH NILO 11AM- CORNELL COOPERATIVE: HEART HEALTH 12PM- LUNCH TIME: BEEF BURRUTO W/CHEESE 1PM- BINGO OR DOMINO</p>	<p>14</p> 



Monday


Tuesday

Wednesday

Thursday

Friday

<p>17</p> <p>OFFICE CLOSED HOLIDAY</p> 	<p>18</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11AM- MOUNT SINAI HOSPITAL! 12PM- LUNCH TIME: GREEK SALAD 1PM- BINGO OR DOMINO</p>	<p>19</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- TIME TO SOCIALIZE! 12PM-LUNCH TIME: CHICKEN W/PEPPERS AND ONIONS 1PM- BINGO OR DOMINO</p>	<p>20</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10:00AM-ZUMBA DANCECLAS WITH NILO 11.00AM- CHAIR VOLLEYBALL 12PM- LUNCH TIME: MEALTLOAF W/BROW GRAVY 1PM- BINGO OR DOMINO</p>	<p>21</p>
<p>24</p>	<p>25</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- SITE COUNCIL METTING 12PM- LUNCH TIME: QUICHE W/SPINACH &CHEESE 1PM- BINGO OR DOMINO</p>	<p>26</p> <p>9AM- COFFE ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM-GROUP SESSIONS WITH DEBRA 12PM-LUNCH TIME; MIXED VEGETABLES HAMBURGER 1PM- BINGO OR DOMINO</p>	<p>27</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- POISON CONTROLW/EDUARDO T. 12PM- LUNCH TIME: CHICKEN W/PEPPERS AND ONIONS 1PM- BINGO OR DOMINO</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 516-766-6610 TO RESERVE MEALS & EXERCISE