

March 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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|-----------|
| <p>3</p>  | <p>4</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM-COMMUNITY FORUM ALZHEIMER'S ASSOCIATION 12PM- HAMBERGUER ON BUN 1:00PM-BINGO OR DOMINO</p> | <p>5</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM-CARBONO MONOXIDE PREVENTION W/EDUARDO TORRES 12 PM- STUFFED SHELLSW/SAUSE 1 PM- BINGO OR DOMINO</p> | <p>6</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ARTS & CRAFTS WITHSHIELA 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM- BAKED CHICKEN 1PM-BINGO OR DOMINGO</p> | <p>7</p> |
| <p>10</p> | <p>11</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM CORNELL COOPERATIVE FOOD CONNECTS US 12PM- CHICKEN MARSALA 1:00PM-BINGO OR DOMINO</p> | <p>12</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- SITE COUNCIL METTING 12 PM- EGGPLANT ROLLATINI 1 PM- BINGO OR DOMINO</p> | <p>13</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ARTS & CRAFTS WITHSHIELA 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM- SALISBURY STEAK 1PM-BINGO OR DOMINGO</p> | <p>14</p> |
| <p>17</p>  | <p>San Patrick's Party 18</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM-MOUNT SINAI HOSPITAL 12PM- CORNED BEEF AND CABBAGE 1:00PM-BINGO OR DOMINO</p> | <p>19</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11.00AM- DEBRA PRESENTATION 12 PM- MACARONI SALAD 1 PM- BINGO OR DOMINO</p> | <p>20</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ARTS & CRAFTS WITHSHIELA 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM-- STUFFED PEPPERSW/RICE 1PM-BINGO OR DOMINGO</p> | <p>21</p> |



Monday

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| | | | | |
|---|--|--|--|---|
| <p>24</p> | <p>25</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM- HWCLI PRESENTATION MEDICARE W/EVELIN 12PM- PORK LOIN WITH GRAVY 1:00PM-BINGO OR DOMINO</p> | <p>26</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- PRESENTATIONS NYU RECOGNITION OF STROKE 12 PM- BEEF AND BEAN BURRITO 1 PM- BINGO OR DOMINO</p> | <p>27</p> <p>Birthday Party</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ARTS & CRAFTS WITHSHIELA 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM- CHICKEN CACCIATORE 1PM-BINGO OR DOMINGO</p> | <p>28</p>  |
| <p>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: MARCH 27, 2024

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