

March 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>3</p> 	<p>4</p> <p>9AM- COFFEE, ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM CHAIR VOLLEYBALL 12PM- HAMBERGUER ON BUN 1PM- BINGO OR DOMINO</p>	<p>5</p> <p>9AM- COFFEE, STATEMENTS 9.30 AM-GAMES AND COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- HWCLI PRECENTATION MEDICAREW/EVELIN 12PM-STUFFED SHELLSW/SAUSE 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- CORNELL: FOOD CONNECTS US 12PM- BAKED CHICKEN 1PM- BINGO OR DOMINO</p>	<p>7</p> 
<p>10</p>	<p>11</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- COMMUNITY FOURUMS ALZHAIMER 12PM- CHICKEN MARSALA 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- PRESENTATION NYU RECOGNITION OF STROKE 12PM-EGGPLANT ROLLATINI 1PM- BINGO OR DOMINO</p>	<p>13</p> <p>9AM- COFFEE, STATEMENTS 9.30AM-GAMES AND WORD SEARCH 10:00AM-ZUMBA DANCECLAS WITH NILO 11.00AM-MONOXIDO PREVENTION W/EDUARDO TORRE 12PM- SALISBURY STEAK 1PM- BINGO OR DOMINO</p>	<p>14</p>
<p>17</p> 	<p>18</p> <p>St. Patrick's Day Party 9AM- COFFEE, STATEMENTS 9.30 AM-COLORING 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- CHAINED WORDS 12PM- CORNED BEEF AND CABBAGE 1PM- BINGO OR DOMINO</p>	<p>19</p> <p>9AM- COFFEE, STATEMENTS 9.30 COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- TIME SOCIALIZE 12PM-MACARONI SALAD 1PM- BINGO OR DOMINO</p>	<p>20</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30AM- WORD SEARCH 10:00AM-ZUMBA DANCECLAS WITH NILO 11AM- COLORING 12PM- STUFFED PEPPERSW/RICE 1PM- BINGO OR DOMINO</p>	<p>21</p>



Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">24</p> 	<p style="text-align: right;">25</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM- WORD, COLORING 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- SITE COUNCIL MEETING 12PM- PORK LOIN WITH GRAVY 1PM- BINGO OR DOMINO</p>	<p style="text-align: right;">26</p> <p>9AM- COFFEE, STATEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- PRESENTATIONS DEBRA 12PM-BEEF AND BEAN BURRITO 1PM- BINGO OR DOMINO</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">MARCH BIRTHDAY CELEBRATION</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30AM-GAMES AND WORD SEARCH 10:00AM-ZUMBA DANCECLAS WITH NILO 11AM- TIME TO SOCIALIZE 12PM- CHICKEN CACCIATORE 1PM- BINGO OR DOMINO</p>	<p style="text-align: right;">28</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: MARCH 27, 2024

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