

April 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

	<p>1</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILO 11AM-NEW YORK LIFE FINANCE 12PM- SAUSAGE Y PEPPERSW/ONION 1:00PM-BINGO OR DOMINO</p>	<p>2</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- CHICKEN FRANCAISE 1 PM- BINGO OR DOMINO</p>	<p>3</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- COLORING 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM-GREEK CHICKEN SALAD 1PM-BINGO OR DOMINGO</p>	<p>4</p>
<p>7</p>	<p>8</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM-TIME TO SOCIALIZE 12PM-RAVIOLI W/MARINARA SAUCE 1:00PM-BINGO OR DOMINO</p>	<p>9</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- PRESENTATION NYU RECOGNITION OF STROKE 11 AM- GAMES AND PUZZLES 12 PM- PORK LOIN W/GARAVY 1 PM- BINGO OR DOMINO</p>	<p>10</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- GRUP SESSION W/DEBRA 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM-CHICKEN W/PEPER AND ONION 1PM-BINGO OR DOMINGO</p>	<p>11</p>
<p>14</p> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- CHICKEN CUTLET W/GRAVY 1 PM- BINGO OR DOMINO</p>	<p>15</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILE 11AM CORNELL COOPERATIVE NUTRITION MYTHS VS. FACTS 12PM- QUICHE SPINACHY CHEESE 1:00PM-BINGO OR DOMINO</p>	<p>16</p> <p>HAFTER PARTY 9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11.00AM-- PRESENTATION OAK STREET HEALTH 12 PM- TUNA SALAD W/TOMATOES LETTUCE 1 PM- BINGO OR DOMINO</p>	<p>17</p> 	<p>18</p> <p>OFFICE CLOUSE</p>


Monday

Tuesday

Wednesday

Thursday

Friday

<div>21</div> 	<div>22</div> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILO 11AM-TIME TO SOCIALIZE 12PM- SALUSBURY STEAK 1:00PM-BINGO OR DOMINO</p>	<div>23</div> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- BONE IN ADOBO BAKE CHICKEN 1 PM- BINGO OR DOMINO</p>	<div>24</div> <p>Birthday Celebration</p> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- COLORING 11AM- 1PM- HEALTH PROMOTION: SANDYE'S YOGA 12PM-SLICED TURKEY ROLLS 1PM-BINGO OR DOMINGO</p>	<div>25</div>
<div>28</div>	<div>29</div> <p>9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: ZUMBA WITH NILO 11AM-SITE COUNCIL MEETING 12PM- SLOPPY JOES BUN 1:00PM-BINGO OR DOMINO</p>	<div>30</div> <p>9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- CHICKEN FRANCAIS 1 PM- BINGO OR DOMINO</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: APRIL 24, 2024

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