

April 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

	1 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- PRESENTATION OAK STREET HEALTH 12PM- SAUSAGE Y PEPPERSW/ONION 1PM- BINGO OR DOMINO	2 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- CHAIR VOLLEYBALL 12PM-CHICKEN FRANCAISE 1PM- BINGO OR DOMINO	3 9AM- COFFEE, AFFIRMATIONS 9.30 AM- WORD SEARCH 10AM- ZUMBA DANCE CLASS WITH NILO 11AM-CORNELL COOPERATIVE: NUTRITION 12PM- GREEK CHICKEN SALAD 1PM- BINGO OR DOMINO	4 
7	8 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM COLORING 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- BOARD GAMES 12PM- RAVIOLI W/MAINARA SAUCE 1PM- BINGO OR DOMINO	9 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM- TIME TO SOCIALIZE! 12PM PORK LOIN W/GRAVY 1PM- BINGO OR DOMINO	10 9AM- COFFEE & ANNOUNCEMENTS 9.30 AM-WORD SEARCH 10AM- ZUMBA DANCE CLASS WITH NILO 11.00AM- CHAIR VOLLEYBALL 12PM- CHICKEN W/PEPER AND ONIONS 1PM- BINGO OR DOMINO	11
14 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.15AM-ZUMBA DANCE CLASS WITH NILO 10:15AM-COLORING 11.00 PM- BOARD GAMES 12PM- CHICKEN CUTLETW/GRAVY 1PM- BINGO OR DOMINO	15 9AM- COFFEE, STATEMENTS 9.30 AM- COLORING 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11AM- MOUNT SINAI HOSPITAL 12PM QUICHE SPINACHE CHEESE 1PM- BINGO OR DOMINO	16 EASTER PARTY 9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AMCOLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- TIME SOCIALIZE! 12PM- TUNA SALAD W/TOMATOES, LETTUCE 1PM- BINGO OR DOMINO	17 	18 OFFICE CLOUSE


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Wednesday

Thursday

Friday

<p>21</p> 	<p>22</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00AM- NEW YORK LIFE FINANCE W/DANIELLA 12PM- SALUSBURY STEAK 1PM- BINGO OR DOMINO</p>	<p>23</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM-GAMES AND COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00 PM- BOARD GAMES 12PM-BONE IN ADOBO BAKE CHICKEN 1PM- BINGO OR DOMINO</p>	<p>24</p> <p>MARCH BIRTHDAY CELEBRATION 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- ZUMBA DANCE CLASS WITH NILO 11AM- TIME TO SOCIALIZE! 12PM- SLICED TURKEY ROLLS 1PM- BINGO OR DOMINO</p>	<p>25</p>
<p>28</p>	<p>29</p> <p>9AM- COFFEE, STATEMENTS AND ANNOUNCEMENTS 9.30 AM WORD SEARCH 10:00AM-HEALTH PROMOTION: SANDYE YOGA CLASS 11.00 PM- SITE COUNCIL MEETING 12PM-SLOPPY JOES BUN 1PM- BINGO OR DOMINO</p>	<p>30</p> <p>9AM- COFFEE, STATEMENTS 9.30 AM COLORING 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11.00AM- GROUP SESSIONS W/DEBRA 12PM-CHICKEN FRANCAIS 1PM- 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